

Lesson 5

Food and Nutrition

LESSON 5

What to Do . . .

Tell the teens that this session is about food and nutrition. Remind them that as babysitters, their job is to keep the child/ren safe. No matter what the child/ren say they want to eat, they must give the child/ren only those foods allowed by the parent/guardians. When it comes to food choices and eating always:

- think safety first.
- ask parent/guardians if the child/ren have any allergies or food to avoid.
- stay with the child/ren when they are eating to be sure they do not choke. Foods most likely to cause choking are round (like grapes), stick-shaped (like hot dogs), hard (like raw apple pieces, nuts, hard candy, and carrots) and sticky (like peanut butter). Any food can cause choking if child/ren put too much in their mouths at once. Cutting food into tiny pieces (ex. grapes in half and hot dogs into matchstick shape pieces) and requiring the child/ren to sit at the table to eat will help prevent choking.
- wash your hands before and after preparing food.
- have the child/ren wash their hands before and after eating.
- wash fruits and vegetables before serving them.
- wash cutting boards with hot soapy water between different foods.

Objective:

To teach food safety and healthy food choices.

Life Skill Addressed:

Concern for others
Healthy life-style choices
Disease prevention
Personal safety

What to Say . . .

If you have questions about the safety of the food, do not serve it and tell the parent/guardians when they get home. A rule of thumb for them to keep in mind is to “keep hot foods hot and cold foods cold.” If serving a hot dish, like macaroni and cheese, warm it, serve it, and put any leftovers in the refrigerator. Milk, formula, or food from the refrigerator that has been sitting out for more than two hours should be thrown away. Eating food that has not been properly handled can make you sick.



Activity:

To practice proper hand-washing

Life Skill Addressed:

Healthy lifestyle

Disease prevention

Materials Needed:

GlitterBug (Source: www.Brevis.com)

Long-wavelength UVA lamp (Source: www.Brevis.com)

Liquid hand soap

Warm water

What to Do . . .

First, make sure that the participants do not have any allergies. Dispense one pump stroke of GlitterBug or similar product on the hands of each teen. Tell them to evenly distribute the lotion by rubbing vigorously. Examine their hands under the UV lamp. Then have the teens wash their hands. Look at them again under the lamp to locate any of the lotion. Then tell them to wash their hands a second time with soap and warm running water while singing the entire “ABC’s” song or “Twinkle, Twinkle Little Star.” Tell them to rub their hands vigorously, to wash the backs of their hands, their wrists, between their fingers and under their fingernails. Rinse well and dry with a paper towel. Tell them to turn off the water with the paper towel instead of using their bare hands. Look again under the lamp. Repeat until very little residue is left. Most people will have some residue around the fingernails and in skin cracks. This shows that even good hand-washing gets rid of most germs, but not all. Ask them: “What happened?” “Were you surprised?” “What would you do differently next time you wash your hands or prepare food?” “How did you feel about this activity?”

What to Say . . .

Tell the teens that part of keeping the child/ren safe involves keeping their hands and food preparation area and utensils clean. Tell them that bacteria can lead to sickness. Explain that they are going to do an activity that will help them see how well they wash their hands.

As babysitters, they will most likely have to provide some kind of nourishment for the child/ren. This could be as simple as a snack of milk and fruit or as involved as a full meal. They can serve healthful, good-tasting foods and still keep safety in mind.

Tell teens that if they are asked to serve a meal, to discuss this in detail with the parent/guardians before they leave. The food must be very simple to prepare since they need to have their attention focused on the child/ren at all times to ensure their safety.

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Tell the teens to:

- Learn how to operate any needed equipment such as the stove or microwave before the adults leave.
- Have the food ready at the normal mealtime. Children can be fussy when they are hungry!
- Do not force the child/ren to eat. Let the parent/guardians know when they return home.
- Be sure the child/ren is sitting in a high chair or at the table when he/she is eating. This will help prevent choking and will help to separate playtime from meal or snack time.
- Keep good nutrition in mind when feeding children. Fruits, vegetables, whole grain products, milk, cheese and yogurt, and lean meats are the best choices. Too much juice or empty calorie foods such as sweets, salty snacks, etc. can make children feel full, and they won't have room for healthier foods.

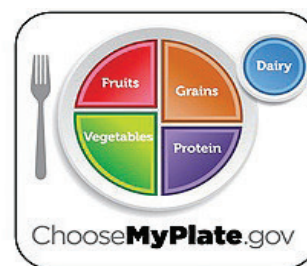
As babysitters, teens should know the basics of healthy eating for the child/ren in their care, as well as, how to serve the food safely. Talk with them about the list on the right.

Good food choices:

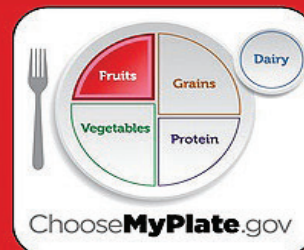
- Whole grain bread, cereal, crackers, and pasta
- Vegetables - cucumbers, squash, green peppers, broccoli, cauliflower, etc.
- Fruit - oranges, apples, bananas, pineapples, and canned fruit packed in 100% juice
- Milk, yogurt, and cheese
- Lean meat, fish, beans, chicken and eggs
- Peanut butter for school-age and older child/ren (be sure to ensure that there are no allergies)
- Combination foods like soups, pizza and macaroni and cheese



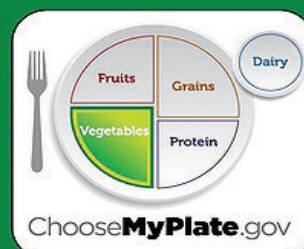
What's MyPlate All About?



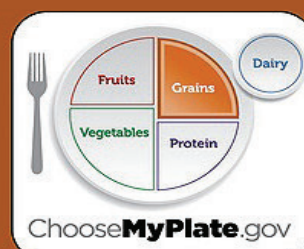
Fruits



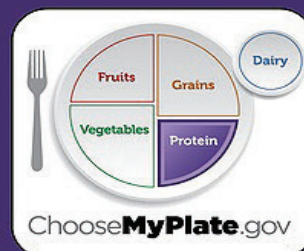
Vegetables



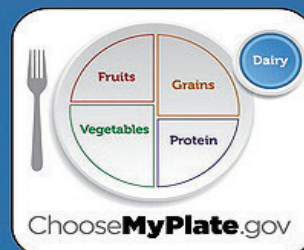
Grains



Protein Foods



Dairy



If you have access to the internet, visit <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/games>. Choose a game based upon the age of the child/ren that you might babysit for.

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Newborn

(0 to 6 months)

- Babies from birth to six months are fed formula or breastmilk. Follow the parent/guardians' directions for when to feed the baby a bottle, how to prepare the bottle, and how much the baby usually eats. Bottles should never be warmed in the microwave because it can cause hot spots and burns and also destroys the healthy properties of human milk.
- Typically when the baby pulls away from the bottle, the baby is finished eating or needs to burp before trying again. Do not try to force him/her to finish a bottle.
- Hold the baby while feeding him/her rather than propping the bottle. Do not put the baby to bed with a bottle.
- When a baby drinks, they can't help but swallow a little air along with breast milk or formula. The air bubbles can make them feel uncomfortable and full before they are really finished eating. Burping a baby expels any excess air that has accumulated and is an important part of the feeding process.
- To burp a baby, hold the baby and gently rub or pat their back. Fussing in the middle of a feeding may be due to discomfort from swallowed air. If a baby becomes fussy try burping the baby to see if an air bubble is causing the discomfort.

Infant

(6 to 9 months)

- Babies may begin to eat solid food at this age. Confirm with the parent/guardian what foods you may feed the baby. Take a small amount out of the container and put it on a separate plate to prevent the introduction of bacteria from the baby's mouth into of the container. Baby food should never be warmed in the microwave because it can cause hot spots and burns. Ask the parent/guardian if they warm the baby's food, and if so, how they do it.
- Babies this age also like finger food like cereals, crackers and toast. Check with the parent/guardian for finger foods that are safe to feed the baby.
- Babies at this age eat small amounts of food.

Older Infant

(10 to 12 months)

- Babies at this age will often be eating many of the same foods that the rest of the family eats.
- They like a variety of textures and flavors in food. They will eat foods such as cottage cheese, small pieces of peeled fruit, graham crackers, cheese slices, cooked vegetables, scrambled eggs, and very small pieces of cooked meat.
- Offer the baby small amounts of food (one tablespoon of each type of food) and provide more if he/she is still hungry.

Toddlers

(1 year to 3 years)

- Children at this age love to explore and show their independence.
- Toddlers often want to eat the same foods again and again or will refuse food with a loud "NO!"
- Find out from the parent/guardians what food(s) the child/ren likes and offer the child/ren a choice from those foods.
- Your job is to make meal and snack time relaxing and pleasant. If the children don't want to eat or finish the food, that's okay. Encourage them to eat but don't force them.
- Toddlers need to eat often and snacks are especially important - their energy needs are high but their stomachs are small. If the child/ren seems unhappy, they may be hungry. Try offering a snack.

Preschoolers

(3 to 5 years)

- Preschoolers enjoy learning. They have an increased sense of what they can and can't do. They are willing to go along with some limits while still showing their independence.
- Preschoolers usually love to help with food preparation. They will be influenced by your behavior at meal time and snack time. Encourage the child/ren to help you prepare the meal or snack and then sit and eat the food together. The preschooler will often follow your lead.
- Do not force the child/ren to clean the plate or to eat something that he/she does not want.
- Snacks are still very important for children this age.

School-Aged Children

(6 to 11 years)

- School-aged children are usually positive, curious, energetic, persistent and increasingly independent. They would often prefer to be active or playing games rather than taking time to eat a meal or snack.
- The child/ren's choice can be made from foods that are supplied by the parent/guardian.
- Child/ren this age can choose from the options the parent/guardian suggests
- Ask parent/guardians for directions about what foods (and how much) the child/ren are allowed to eat.
- Healthy snacks are still an important part of what school-aged children eat.

Activity:

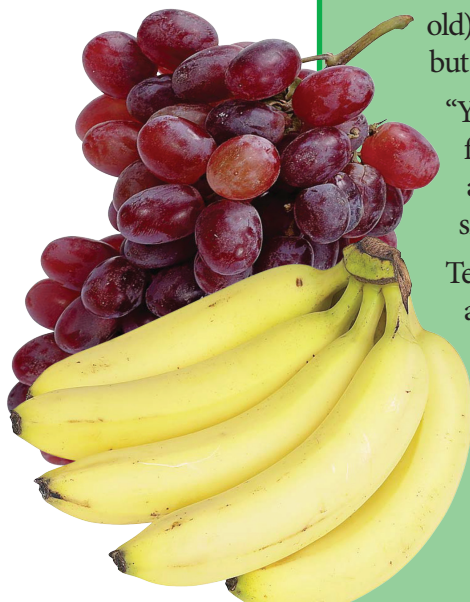
Select healthy food choices for child/ren

Life Skill Addressed:

Healthy lifestyle choices
Concern for others

Materials Needed:

Pictures of food items from magazines, grocery store flyers or food models from the National Dairy Council or NASCO



What to Do . . .

Place a pile of pictures of food items or the food models on the table. Divide the group into teams and assign a feeding scenario to each.

For example, "You are babysitting for one boy (five years old) from 3 pm to 5 pm. You do not have to prepare supper; but you do have to give him a snack."

"You are babysitting two sisters (ages three and eight) from 11 am Saturday morning until 3 pm that afternoon. You need to prepare lunch and afternoon snack."

Tell each team to look through the pictures on the table and to select healthy food choices for the child/ren in their scenario. Once all the teams are done, have them share with the whole group.

Ask questions: "What did you choose and why?" "How would you serve the food?" "What would you do if the child/ren didn't like the food?" "Did anything in this activity seem useful for the future?"

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Make these healthy snacks if time and budget allow.

Yogurt Sundaes

Directions:

1. Place vanilla yogurt in a dish.
2. Top with your choice of:
Wheat germ, granola, crushed graham crackers, raisins, coconut, fresh or canned fruit cut into bite-sized pieces.

Trail Mix

Ingredients

Rice Squares (such as Rice Chex®)
Toasted Oat Cereal (such as Cheerios®)
Corn Puff Cereal (such as Kix®)
Raisins, chopped
Apricots, dried, chopped
Pretzels

Directions

1. Toss cereal, pretzels and dried fruit together.
2. Serve in re-sealable bags or plastic cups.
Note: Dried fruit is not appropriate for younger child/ren.

Serving Tips:

Trail mix is a fun way to get children involved in making their own snack. Let them scoop their own servings with a tablespoon or pre-measured scoops. Give them a variety of healthy options to choose from to design their own. Knowing that they made the snack themselves will make them more likely to eat it.

Store ready to eat foods in a manner that protects from cross contamination by raw foods.

Banana Boats

- 1 small banana
Small amount of canned fruit (peaches, pears or fruit cocktail)
1/2 cup cottage cheese, yogurt, or frozen yogurt
1 or 2 graham crackers

Directions:

1. Split banana lengthwise and lay it on a small dish.
2. Scoop cottage cheese (or yogurt) on top of the banana.
3. Drain the canned fruit and spoon over cottage cheese or yogurt.
4. Crumble graham crackers over the mixture.
Eat and enjoy!



Toaster Oven Pizza

Utensils

Cutting board
Cutting knife
Measuring cups and spoons
Toaster oven or regular oven
Cheese grater
Pizza pan or cookie sheets



Ingredients for each pizza

2 tablespoons pizza or spaghetti sauce
½ whole wheat English muffin or whole wheat pita bread
Assorted veggies - sweet peppers (red, green, yellow), mushrooms, broccoli, onions, black olives, roasted peppers or others
2 tablespoons shredded cheese

Directions

If using English muffins, split in half.
Spread pizza sauce on muffin half or pita bread.
Top with assorted veggies of your choice.
Sprinkle with cheese. Place in toaster oven and bake at 400° for 10 minutes or until cheese is melted. Enjoy!
Makes 1 serving

*Source: Up for the Challenge:
Lifetime Fitness, Healthy
Decisions*

