

CF-000-28, CCNE: Picky Eaters – Making Peace with Food

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

Part 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Part 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

Snapshot of Group Session:

CCNE Lesson title: Picky Eaters – Making Peace with Food

Developed by: State WIC NE Staff

Date Developed: 11/2011

Approved by: Texas State WIC Office

NE Code: CF-000-28

Class Description: This class uses group discussion and an emotion-based visual aid to provide tips for working with young children who are picky eaters. Participants will learn to recognize picky eating behaviors and why they occur, how to handle picky eating, and ways to get preschoolers to try new foods.

Target Audience: Adults

Type of Learning Activities: Discussion, emotion-based visual aid

Part 1: Planning the Nutrition Education Session

Lesson: CF-000-28, CCNE: Picky Eaters – Making Peace with Food

Item	Notes for Planning the Session
<p>Learning Objective(s) – What will the clients gain from the class?</p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • Identify one type of picky eating behavior. • Choose one strategy they will use to handle their preschooler's picky eating. • List two ways to get their preschooler to try new foods.
<p>Key Content Points – What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</p>	<ol style="list-style-type: none"> 1. There are several types of picky eating behaviors that are common during the preschool years. 2. There are many ways to cope with picky eaters and help them try new foods. 3. It is normal for young children to reject new foods and prefer familiar ones. It may take several tries for a child to accept a new food. Be a good role model, eat and serve nutritious foods for your family, and your child will follow your lead.
<p>Materials – List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</p>	<ul style="list-style-type: none"> • Whiteboard or flip-chart and markers • Index cards • Handout: Stock #13-06-13783, <i>Smart Moms Resist the Food Fights</i>, from Pam McCarthy / Massachusetts WIC (Spanish – Stock #13-06-13783(A))
<p>Resources – Review current WIC resources or other reliable resources like WIC Works.</p>	<p>Mayo Clinic. (2009). <i>Children's nutrition: 10 tips for picky eaters</i>. Retrieved from http://www.mayoclinic.com/health/childrens-health/HQ01107</p> <p>Michigan State University, Family and Consumer Sciences. (2006). <i>Working with picky eaters: the toddler years</i>. Family and Consumer Sciences Quarterly Media Packet. Retrieved from http://www.anr.msu.edu/bsf/downloads/PickyEaters-theToddlerYrs.pdf</p> <p>Satter, E. (1999). <i>Secrets of feeding a healthy family</i>. Madison, WI: Kelcy Press.</p> <p>U.S. Department of Agriculture. (2011). <i>Picky eaters</i>. Retrieved from</p>

<p>Class Flow & Set Up – Consider the flow of the session & room set-up. Note any extra preparation that may be needed.</p>	<p>Arrange chairs in a circle or semi-circle. Leave room for baby carriers and strollers. Set up a whiteboard or flip-chart for use with group activities and to record key points during session.</p>
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Part 2: Session Outline

Lesson: CF-000-28, CCNE: Picky Eaters – Making Peace with Food

Item	Notes for Conducting the Session
<p>Introduction: Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda, exploring ground rules, making announcements, etc.</p>	<p>After welcoming participants and introducing yourself, consider starting the session with the following:</p> <p>There are many types of picky eating. These behaviors are common during the preschool years and should go away with time. We will share ways to cope with picky eaters and to help them try new foods.</p> <p>As long as your preschooler is growing normally and is healthy and energetic, he/she is most likely getting the nutrients he/she needs. After this class, if you are still concerned that your child’s picky eating has lasted a long time or is affecting his health, speak with your child’s doctor.</p>
<p>Icebreaker: Anchor the topic to the participants’ lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<p>Allow participants to introduce themselves and give the name and age of their children. Then begin icebreaker activity below.</p> <p>Do any of the statements below remind you of your preschooler?</p> <p>(Write the following statements on index cards and pass the cards out randomly to the class participants. Have participants read the statements out loud. Ask them to share any other behaviors they have experienced.)</p> <p>“Michael won’t eat anything green, just because of the color.”</p> <p>“Ebony will only eat peanut butter sandwiches.”</p> <p>“Bananas used to be Matt’s favorite food, now he won’t even touch them!”</p> <p>“Maria doesn’t sit still at the table. She can’t seem to pay attention long enough to eat a meal!”</p> <p>“Emily will eat any food – as long as it’s white.”</p>

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<p>Activities: For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p>“Great, thank you for sharing, now we are going to talk about how to deal with some of these difficulties.”</p> <p>Activity #1: Smart Moms Resist the Food Fights photograph activity – front side</p> <ol style="list-style-type: none"> 1. Pass out copies of the Pam McCarthy photograph handout “Smart Moms Resist the Food Fights.” 2. Ask if anyone would like to read the text on the front side only. If no one volunteers, the instructor should read the text. 3. Can somebody tell me what you think of or feel when you see this picture? [The image is symbolic of raising a white flag of surrender to the fighting. Smart moms resist the urge to fight with their child over eating at mealtimes – they raise a white flag. In the end, everyone wins. You both win when <u>you</u> decide what healthy foods to offer and when, and <u>you let your child</u> decide how much or whether or not to eat.] How many of you feel like mealtimes with your child are a struggle or a battle? [Some kids demand the same food morning, noon, and night. The less of an issue you make of it, the better. Focus instead on offering a lot of different healthy foods. The demands won’t last forever.] 4. Facilitate a 10 – 15 minute discussion about their experiences with picky eaters. Consider asking the following: Why do you think picky eating behaviors occur? [Children could be testing their power in the family; trying to be independent; showing dislike of color, taste, texture of foods; staying away from large pieces that may cause them to gag; scared of new and unfamiliar foods; feeling pressured to eat; or trying to be in control or in charge.] How does this make you feel? How many parents are frustrated, concerned, or feel the same way? [Remind parents not to take their child’s picky eating personally – most young children will exhibit some of these behaviors at some point. Stay positive – you are a good parent. Don’t focus too much on one meal or one day – look at your

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	<p>child’s eating over a few days or a week. If you worry about every meal, you will bring more stress to the table.]</p> <p>What is the best way to respond to a child who won’t eat anything? What have you heard works? What have you tried?</p> <p>[Try not to make it a big deal. The picky eating phase will usually end before school age. Try to keep mealtimes peaceful and stress-free. Try not to worry. Most children get the nutrients they need during the week. Continue to give nutritious foods, and offer new foods with foods your child will eat. Most importantly, parents are responsible for <u>what</u> foods are offered and <u>when</u>. It is the child’s responsibility to decide <u>how much</u> food to eat or whether or not they eat.]</p> <p>How do you get your child(ren) involved with new foods?</p> <p>[Let your child pick out healthy foods they want to try, like fruits and vegetables, at the store. Involve your child in preparing foods – they are more likely to try foods they have helped to prepare. Get creative in the kitchen and cut foods into shapes with cookie cutters or make faces. Name a food dish after your child.]</p> <p>Activity #2: Smart Moms Resist the Food Fights photograph activity – back side “New Foods Slip Through Easier When We are Smiling and Laughing.”</p> <ol style="list-style-type: none"> 1. Ask if anyone would like to read the text on the back side only. If no one volunteers, the instructor should read the text. <p>Was there anything in the story that stood out to you?</p> <ol style="list-style-type: none"> 2. Have a 10 – 15 minute conversation about the tips on the back of the handout. Include the following discussion questions: <p>How do you keep mealtimes happy and peaceful in your home?</p> <p>[Sit down and eat with your child. Talk about happy things. If mealtimes are pleasant, then your child will likely develop a better attitude towards food. If you force children to eat, it may turn into a power struggle. Also, turn off the television at mealtimes. TV interferes with family social time and distracts a child from eating.]</p> <p>How can you get your child to try new foods?</p> <p>[Offer new foods many times – it may take many tries for a child to learn to accept a new food. Encourage, but don’t force, a child to try</p>

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	<p>new foods. Give small portions of new foods, even if they say they don't like it. Tell them they don't have to eat the food if they don't like it. Taste buds change over time, and what they do not like one day, they may like tomorrow. Offer only one new food at a time, and offer new foods first when a child is most hungry (do not let your child fill up on milk, juice, or snacks between meals). Serve something you know your child likes along with the new food. Provide healthy choices for your child to pick from. Play a game of food taste testing when your child has friends over.]</p> <p>What are some ways you can work with a picky eater? What has worked for you? (Or ask, "Has anyone tried a tip that Michele, the mom in the story, shared?")</p> <ul style="list-style-type: none"> • [Don't force them to eat. This may cause children to feel stressed about cleaning their plate, or to eat when they are not hungry. Let your child decide how much food to eat (children are very in tune with their feelings of hunger and fullness). Serve child size portions, so they are not overwhelmed. Rule of thumb is 1 tablespoon for each year of age for vegetables and fruit. Allow your child to ask for seconds. Don't put more food on their plate unless they ask for more. Offer foods they like in different ways. Try out different ways to cook foods. Encourage children to do quiet activities before mealtime, like looking at books or coloring – it's difficult to get an excited child to settle down and eat. Some children drink too much milk and juice and are not hungry for meals – don't let your child fill up on drinks before meals. Don't give your child unlimited access to the refrigerator. Remember, you are in charge of when and what food is served.] <p>What can <u>you do yourself</u> to improve the likelihood your child will try new foods?</p> <p>[Be a good role model by trying new foods yourself. Describe its taste positively to your child. You decide what foods to offer. Offer a lot of different nutritious foods. You decide when to offer foods. Serve regularly scheduled sit-down meals and snacks.]</p> <p>What might happen if you reward your child with food after he/she tries a new food?</p> <p>[Rewarding with dessert or other foods may cause your child to "prize" those foods. It may increase your child's liking of sweet foods, or cause your child to eat when not hungry.]</p> <p>What can happen if you:</p>

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	<ul style="list-style-type: none"> - Force your child to eat his vegetables? [He/she may end up hating vegetables.] - Force your child to eat all the food on his plate? [He/she may resist eating and become underweight or overeat and get used to an “overfull” feeling and become overweight.] - Restrict the amount of food your child eats? [Children who are deprived of food in an attempt to keep them thin may think about food more often, may be afraid they will not get enough to eat, may be likely to overeat when they get a chance, and may become overweight.] <p>What if you try all these tips and your child still won’t eat?</p> <p>[If your child is growing and healthy, he is most likely eating enough of the nutrients he needs over the course of a week. You can talk to your child’s doctor or nutritionist about giving your child a multi-vitamin/mineral supplement with iron if your child’s eating is very restrictive.]</p>
<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p>Question/Activity</p> <p>Summarize 2 – 3 “good” or “standout” ideas the group came up with and ask the following:</p> <ol style="list-style-type: none"> 1. What is the most useful thing you learned in today’s class? 2. What made you feel excited or happy today? 3. Can someone tell me one way they will try to get their child to try new foods?
<p>Personal Review of Session (afterward): <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p>What went well?</p> <p>What did not go as well?</p> <p>What will you do the same way the next time you give this class?</p> <p>After teaching this lesson a few times, please complete the <i>Staff Online Lesson Evaluation Survey</i> at http://www.surveymonkey.com/s/CSBZ28K.</p> <p>The staff evaluation survey for this lesson will be available for 6 months</p>

Item	Notes for Conducting the Session
	after the release of the lesson.
<p><i>Supplemental Information – Describe any attachments and include any other needed information.</i></p>	<p>Be on the lookout for a revised client handout on picky eating which will become available from the Texas Department of State Health Services, Nutrition Services Section, in Fall 2011.</p>