

CF-000-26, CCNE: Great Tips for Feeding Kids

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: CCNE: Great Tips for Feeding Kids

Developed by: Texas WIC State Office

Date Developed: 10/2010

Approved by: Texas WIC State Office

NE Code: CF-000-26

Class Description: This class uses a short a video that focuses on healthy foods for kids and tips for feeding picky eaters. The instructor then guides a follow-up discussion after the video to help clients to share their ideas and experiences about getting their kids to eat healthy.

Target Audience: Parents and caregivers of children ages 1 to 5.

Type of Learning Activities: video, discussion, handout

Part 1: Planning the Nutrition Education Session

Lesson: CF-000-26, CCNE: Great Tips for Feeding Kids

Item	Notes for Planning the Session
<p>Learning Objective(s) – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • Describe the role of parents and children in the feeding relationship. • Identify one good strategy for making mealtimes enjoyable. • Name one new food or snack they will encourage their children to try.
<p>Key Content Points – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> 1. Parents should not force children to eat. The child should decide how much he/she wants to eat. 2. Parents should let their children help with making meals or in planning meals. 3. It may take up to 10 – 15 offerings before a child will try a new food.
<p>Materials – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none"> • DVD “Feeding, Cooking and Shopping for Healthy Families”, Stock#DV0609 • DVD player • Handout: “Great Tips for Feeding Kids”, (pdf. File) • Pens/pencils for participants • Clipboards for participants • Optional- Board or Flipchart and markers to write down participant’s responses <p>Optional Handouts:</p> <ul style="list-style-type: none"> • “10 ways to get your kids to eat more fruits and vegetables”, Stock no.13-68 English, 13-68A Spanish • “Help! My Child is a Picky Eater!”, Stock no. 13-18 English, 13-18A Spanish • “Tips for feeding 1 to 2 year olds”, Stock no. 13-196 English, 13-196A Spanish • “Tips for feeding 2 to 5 year olds”, Stock no. 13-198 English, 13-198A Spanish <p>Note: Have optional handouts readily available for clients to choose on their own. Let the class know that the handouts are available for them.</p>
	<ul style="list-style-type: none"> • “Help! My Child is a Picky Eater!” Stock no.13-18 English, 13-18A Spanish

<p>Resources – Review current WIC resources or other reliable resources like WIC Works.</p>	<ul style="list-style-type: none"> • “Tips for feeding 1 to 2 year olds” Stock no. 13-196 English, 13-196A Spanish • “Tips for feeding 2 to 5 year olds” Stock no.13-198 English, 13-198A Spanish • “Preschool Nutrition Module” Stock no.13-40
<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. Leave room for baby carriers and strollers. Plan to sit in the circle with the class.</p> <p>It may be helpful during the discussion to write the participant’s responses on a white board or flipchart. This helps the instructor keep the session on track and summarize it at the end of the discussion.</p>

Part 2: Session Outline

Lesson: CF-000-26, CCNE: Great Tips for Feeding Kids

Item	Notes for Conducting the Session
<p>Introduction: <i>Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda exploring ground rules, making announcements, etc.</i></p>	<p>After welcoming participants, introduce the class by saying something like:</p> <p>“Our class today is about feeding children healthy foods. Sometimes it can be frustrating getting our children to eat healthy especially when they are picky or don’t want to eat certain foods. Today we will watch a video about how some families handle these types of situations. Then, we will share our own experiences and ideas about how we can get our children to eat healthy without getting into food battles.”</p>
<p>Icebreaker: <i>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.</i></p>	<p>Ask parents to introduce themselves and say their children’s first names and ages. Then ask them to share a vegetable or fruit that they offered to their child this week, and how their child responded to it.</p>
<p>Activities: <i>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.</i></p>	<p>VIDEO: Choose segment 2- “Great Tips for Feeding Kids” from DVD “Feeding, Cooking and Shopping for Healthy Families”, Stock#DV0609, 7:55 minutes English, 9:47 minutes Spanish</p> <p>DISCUSSION: Use open-ended discussion questions to encourage parents to share their knowledge and experience about getting their children to eat healthy.</p> <p>Suggested discussion questions:</p> <ul style="list-style-type: none">• They mentioned picky eaters in the video. For those of you that have picky eaters, please share some examples of their eating habits. <p>(Examples: Doesn’t like meat or vegetables, always wants to drink milk, only wants to eat certain types of food all the time, not hungry at mealtimes or does not have much of an appetite, only wants sweets or chips, etc, doesn’t want to eat what everyone else is eating.)</p> <ul style="list-style-type: none">• How do you handle your child’s picky eater habits?• What is the role of <u>parents</u> when it comes to feeding? What is the role of the <u>child</u> when it comes to feeding?

Item	Notes for Conducting the Session
	<p>(Parents' role is to decide what foods to offer, when foods are offered, and where foods are offered. Children decide which foods to eat on the plate and how much food to eat. Giving children choices help them to enjoy food more, become independent, and learn to stop eating when they are full.)</p> <ul style="list-style-type: none"> • How do you feel when your child doesn't finish all the food on her plate? • How has your child's eating habits changed over time? • What creative or fun meals or snacks have you tried? • What are some ways you have tried to make family meal times enjoyable and how did those work? <p>After the discussion, hand-out "Great Tips for Feeding Kids", pens or pencils, and optional clipboards to the participants. Briefly read over the handout and clarify anything if needed. Ask participants to fill out the handout and allow enough time for them to fill it out. Assist the participants as needed.</p> <p>When participants are done, ask for volunteers to share and explain their responses to the handout.</p> <p>Offer encouraging words to the participants for their choices.</p> <p>(Let the participants keep their handouts for personal use.)</p>
<p><i>Review and Evaluations:</i> <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>Review the ideas that the group came up with and ask:</p> <ul style="list-style-type: none"> • What is the most useful thing you learned in today's class? • What idea made you feel excited or happy today?
<p><i>Personal Review of Session (afterward):</i> Take a few moments to evaluate the class. What will you change?</p>	<p><i>What went well?</i></p> <p><i>What did not go as well?</i></p> <p><i>What will you do the same way the next time you give this class?</i></p>

Item	Notes for Conducting the Session
<i>Supplemental Information –</i> <i>Describe any attachments</i> <i>and include any other needed</i> <i>information.</i>	