

PLAY FOLLOW THE LEADER TO A HEALTHY PICKY EATER

Target Audience:

Adults, With Lower Elementary School Children
Adults, With Upper Elementary School Children

Topic Areas This Lesson Can be Used For:

Fun & Easy Foods for Kids

Objectives:

- Prepare fun and easy foods for or with their children using vegetables or fruits
- Prepare fun and easy foods for or with their children that are low in sugar

PLAY FOLLOW THE LEADER TO THE HEALTHY PICKY EATER

Lesson Creators:

Mary F. Dworak, Judy Klavens-Giunta, Debra Palmer Keenan

Funding For The Development Of This Lesson Was Provided By:

Fiscal Years 1998 New Jersey Food Stamp Nutrition Education Program. Fiscal years 2011, 2013, 2014, 2015 Supplemental Nutrition Assistance Program Education

What the Nutrition Educator Needs to Know So That Participants' Questions Can Be Answered:

As many as 1/4 of all children under age 6 in the US live in poverty¹ and 13 million children live in homes that are food insecure and do not get all the food they need to eat. 1 in 3 children gets free and reduced price lunch and breakfast.² Because they are food insecure, these children are not able to get enough of the nutrients like vitamins and minerals they need to stay healthy and grow strong. Without healthy food to eat, children:²

- will not grow well
- may have poor health
- will get sick more often
- may not do well in school
- may have behavior problems

Even if they are not food insecure, children that have enough food to eat can have some of the same problems especially if they are picky eaters. When children eat too many processed foods high in solid fat and added sugar and drink too many sweetened beverages at meals and for snacks they do not always get all the nutrients they need. These should be sometimes foods that children eat now and then but not all the time. Eating these foods all the time does not give children the vitamins, minerals and other nutrients they need to be healthy and grow strong. They are empty calories. When children do not eat foods from all the MyPlate food groups they do not always get all the nutrients they need. If they eat food that does not give them what they need each day they can end up with the same health problems as children who do not have enough food to eat.

Eating too much can also be a problem for children even if the food they eat is more healthy. Eating too much of anything will lead to weight gain and cause children to be overweight. Too much weight gain can lead to obesity. In the last 30 years, childhood obesity has increased 2 times in children and 4 times in adolescents. 18% of all children

6-11 years old in the US were obese as of 2012. This was an increase of 7% since 1980. In adolescents the increase went from 5% to 21% in the same time period. “In 2012, more than one third of children and adolescents were overweight or obese” Obesity has been linked to heart disease, diabetes and certain cancers.³

We are going to talk about what children need to eat to be healthy. It is key for all caregivers to be sure that the children in their care are getting the right amount of foods from each My Plate food group each day. The food groups are:

- vegetables
- fruits
- whole grains
- protein
- dairy

You can find what is right for your child at MyPlate:

<http://www.choosemyplate.gov/food-groups>. MyPlate tells us that half our plate at each meal should be veggies and fruits and the other half should be mostly whole grains and some protein. The best way to help children eat better is to provide a choice of healthy foods from all five of these food groups in the right amount for your child. It is best if most of the foods children eat each day are whole foods that have not had a lot of processing and have very little solid fat or added sugar. Foods that are high in solid fat and added sugar are for sometimes but not all the time or each day.

Good nutrition should always include a healthy breakfast and healthy snacks (see *Smart Snacks* lesson for more information). This will give children the energy they need to start the day right, to learn and feed their brain as the day goes on. If children do not eat the right healthy foods in the right amounts they:

- do not learn as well
- do not do as well on tests.
- can become tired and cranky
- do not have enough energy to play

There is one more important thing. All children need iron. Without enough iron from the foods they eat, children can get anemia. Anemia makes it harder for your blood to get oxygen from your lungs to the rest of your body to help your body work the right way. A lot of children who are food insecure get anemia. But even if a child has enough food they might not have enough iron if they do not eat the right foods⁴. Iron deficiency anemia is a problem for a lot of children in the United States.⁵ When you have anemia you:

- are tired all the time.⁴
- have difficulty paying attention in school⁴
- get sick more often⁶

It is key to give children foods that are high in iron like⁴:

- Chicken, turkey, fish, and other meats
- iron fortified cereals
- Dried beans, lentils, and soybeans
- Eggs
- Liver
- Oatmeal
- Peanut butter
- Prune juice
- Raisins and prunes
- Spinach, kale and other greens

Helping kids to eat health, especially picky eaters will give them a good start to having a healthy lifestyle as they grow into adulthood.

Another very important thing to know is the way you learn to eat as a child can be the way you will eat as an adult. If a child eats badly and is overweight or obese as a child they will probably be the same as an adult. If kids start eating healthy and being active at an early age they are more likely to be healthy as adults.³

One way to get your picky eaters to eat healthy is to be a good role model. If you are a leader in making healthy choices, your children will follow your example. If you eat right so will they. Research actually shows that children will eat the foods that their parents or caregivers eat. If parents and caregivers try all kinds of foods their kids usually will as well.⁷ Here are some hints on how to be a good role model^{8,9,10,11,12}

- 1) Lead by example – Eat healthy and your children will follow your lead.
- 2) Try new foods yourself and offer them to your child.
- 3) Let your child see you eat lots of veggies, fruits and whole grains at meals and snack time.
- 4) Keep healthy snacks like veggies and fruits where they are easy to see.
- 5) Go shopping with your child – talk to them about veggies and fruits and where they come from. Let them learn how to make healthy choices.
- 6) Let your children help prepare their meals and snacks. Make it fun. You can even try and find a kids-only cooking class for your children to attend.
- 7) Have a positive attitude at meal time.
- 8) If you are giving your children new food give them small amounts at a time and serve it with foods you know they like.
- 9) Do not push. Try to introduce the new food several times if your child does not eat it the first time you serve it. It can take 10 tries sometimes to get a child to accept a new food.

- 10) If at all possible try and have meals with your family at least once or twice a week. Research shows that eating meals as a family can reduce the risk of obesity and encourage children to eat healthier foods¹³

References

1. Wight, V.T, et al. *Who are America's Poor Children? The Official Story.* National Center for Children in Poverty (NCCP), 2010. Available at: http://www.nccp.org/publications/pub_912.html.
2. *Malnutrition Impairs U.S. Children's Health Behavior.* Louisiana State University Ag Center. 2012. Available at: http://www.lsuagcenter.com/en/family_home/family/childcare/Children_Childcare/Malnutrition+Impairs+US+Childrens+Health+Behavior+Says+LSU+AgCenter+Food+and+Nutrition+Expert.htm.
3. *Childhood Obesity Facts.* Center for Disease Control and Prevention. *Adolescent and School Health-Childhood Obesity Facts.* December 2014. at: <http://www.cdc.gov/healthyyouth/obesity/facts.htm>.
4. *Anemia Caused by Low Iron-Children.* Medline Plus. March 2015. At: <http://www.nlm.nih.gov/medlineplus/ency/article/007134.htm>
5. *Iron Deficiency Anemia in Children.* Duke Medicine. October 2013. At: <https://www.dukemedicine.org/blog/iron-deficiency-anemia-children>
6. *Vitamins and Supplement Life Style Guide – What You Need to Know About Iron Supplements.* WebMD. 2011. At: <http://www.webmd.com/vitamins-and-supplements/lifestyle-guide-11/iron-supplements>
7. Karen Ansel, MS, RDN,CDN. *How to Raise a Future Foodie.* Academy of Nutrition and Dietetics-Kids Eat Right. April 2015. At: <http://www.eatright.org/resource/food/nutrition/eating-as-a-family/how-to-raise-a-future-foodie>
8. *Cooking With Your Children-Why it's so important to spend time in the kitchen with your children-and how you can get started.* WebMD. 2008. At: <http://www.webmd.com/a-to-z-guides/features/cooking-with-your-children?page=6>
9. *Ways to Encourage Children to Have Positive Attitudes About Food.* New York State Department of Health. Retrieved April 2014. At: <https://www.health.ny.gov/prevention/nutrition/resources/attitudes.htm>

10. *Developing Healthy Eating Habits*. USDA Choose MyPlate. At: <http://www.choosemyplate.gov/preschoolers/healthy-habits/set-a-good-example.html>
11. *Make Celebrations Fun, Healthy and Active*. USDS Choose MyPlate. At: <http://www.choosemyplate.gov/Bday/celebrations.html>
12. *Be a Healthy Role Model for your Children*. USDS Choose MyPlate. At: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf>
13. *Family Meals Help Cut Risk of Childhood Obesity*. WebMD. 2011. At: <http://www.webmd.com/parenting/news/20110502/family-meals-help-cut-risk-of-childhood-obesity>

For Additional Reading:

We Can® Parent Tips Be a Good Role Model. We Can!

At: <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-role-model.pdf>

Build a Better Bagged School Lunch. Rutgers NJAES Cooperative Extension. 2015. At:

<http://njaes.rutgers.edu/pubs/publication.asp?pid=FS1242>

Iron Deficiency Anemia. Mayo Clinic. January 2014 at:

<http://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/basics/definition/con-20019327>

PLAY FOLLOW THE LEADER TO THE HEALTHY EATER

Main Themes:

Nutrition & Diet

Cooking & Food Storage

Shopping

Budgeting

Safety & Sanitation

Materials Needed:

Handout: "Are You Leading Your Child to be a Healthy Eater?"

Handout: "My Child's Eating Habits"

Handout: "Ten Things You Can Do to Get Children to Eat Healthy Food"

Handout: Walking Veggie Wrap Salad

Star Shaped Stickers (optional)

Chalkboard or Flip Chart with chalk or markers

Time the Activities are Expected to Take:

Activity 1: 5 minutes

Activity 2: 10 minutes

Activity 3: 20-30 minutes

Activity 4: 5 minutes

Activity 5: 10 minutes

Next Week's Goals: 5 minutes

PLAY FOLLOW THE LEADER TO THE HEALTHY PICKY EATER

Lesson Plan:

Activity 1: “When We Were Kids” (15 minutes)

1. Go around the room asking each participant to tell one food that was special to them as they grew up.
2. Continue the discussion asking participants to talk about:
 - What they else they ate as they grew up
 - What mealtimes were like as they grew up
 - Did they eat together as a family
 - Did everyone eat the same food
 - Did they enjoy eating meals
 - Encourage discussion on any other things about mealtimes they would like to share
3. Distribute the handout “Are You Leading Your Child to be a Healthy Eater?” Tell the participants to take a few minutes taking the test. Tell them they do not have to share their answers. Tell them this is just to get them thinking about how their child eats and points do not really count but are just for their information.
4. When they are done, ask them to share what their kids like to eat that they think is not so healthy and is high in fat and added sugar. Remind them that these are sometimes foods and are not the best for good health. List these on the chalkboard or flip chart.
5. Then ask the participants to think up foods that are more healthy that their child would eat instead. If they need some suggestions to get them started, you can share things like:
 - fresh fruit instead of candy
 - yogurt instead of ice cream
 - veggies and dip instead of potato chips.

List the foods the participants mention on the on the flip chart next to the not so healthy foods.

5. Ask the participants if they think these are good suggestion and if they will try these foods with their kids.

Activity 2: Handout exercise “Helping My Children to Eat Better” (10-15 Minutes)

1. Have a short discussion with the participants about ways they think they can try to change what their kids eat so that they are eating more healthy foods from MyPlate food groups
2. Pass out the handout, “10 Things You Can do to Get Children to Eat Healthy Foods.”
3. Have the participants read the handout and ask if anyone has ideas for how to use these things with their children. Let the participants have a short discussion on their ideas.

Activity 3: “My Child’s Eating Habit” (15-20 Minutes)

1. Pass out the handout, “How My Child Eats.” Suggest to the class that if they have more than one child to focus on only one of their children when they think about this handout. Ask the class to think about:
 - What their child likes to eat
 - Ask them to list these foods on the handout.
 - Have the class look at their list and put a star (distribute stickers if you have them) next to the foods think are healthy.
2. Form groups of two or three participants that have children of about the same age if you can. In the groups have the participants discuss the healthy foods their children like that have a star. Ask the groups to think about more foods like the starred foods that they can give to their child that will give their child more healthy foods to choose from.
3. Have the groups tell the rest of the class what foods they put stars next to and what other foods they can give their child to choose from that will add more healthy food to what they eat each day.

Activity 4: Make the Walking Veggie Wrap Salad” (10 Minutes)

1. Ask for two volunteers. Send them to wash their hands.
2. Hand out recipe for “Walking Veggie Wrap Salad.”
3. Tell participants to create their own walking by adding foods to the list on the recipe.

4. Have the volunteers pick up each ingredient and show it to the class. Then each volunteer makes a “Walking Veggie Wrap Salad” with the foods shown. Cut the walking veggie wrap salads into one or two inch pieces for the participants to taste.
5. If are unable to do this at your site, make the veggie wrap ahead of time and bring some of the ingredients to show the class.

Here is the recipe:

Walking Veggie Wrap Salad

Ingredients:

1 Flour tortilla

- **Choose Veggies:**

Greens like romaine lettuce or spinach

Chopped peppers

Carrots sticks

Cucumbers

String beans

Onions

Beans

Avocado

Broccoli

Or any veggie you would like

Grapes or any other favorite fruit

Craisins or raisins

- **Choose other ingredients (optional):**

Low-fat hard cheese

Low-fat cream cheese

Hummus

Or any other ingredient you think your child would like

- **Choose a Topping:**

Low-fat salad dressing

Salsa

Yogurt

Or any low-fat topping you like

What to do:

Put the ingredients the tortilla add a topping if you like. Then roll it up and enjoy.

This can be a good snack home or on the run.

If you are not able to do this in class, prepare the “Walking Veggie Salad ahead of time and bring it with you to class for the participants to taste.

6. Thank the participants for coming and discuss next week’s goals.

Next Week's Goals (5 Minutes)

1. Ask the participants to name one thing that they learned in today's class that they will use. Make sure that each learning objective is mentioned, and if not, be sure to re-state that objective. Ask them to choose a related goal to work on during the week. Let them know that they will be sharing their personal experiences during the next class.
2. Invite comments, suggestions, or questions.
3. Thank the participants for coming and tell them what the class will be about in the next lesson.

For the Teacher: "What makes this lesson behaviorally focused?"

- This lesson asks participants to write the name of one of a child who may have an eating problem. It asks them to list the foods that child likes to eat. These behaviors direct the focus to the child's specific eating behaviors.
- In Activity #2, participants examine healthy, quick and easy breakfast choices that they could make for their own children.
- The lesson asks the participant to think of how to relate to their own children in ways that may improve their eating habits. The participant is asked to act in ways that the child will see as good eating habits.
- The groups support each participant in actions they can take to improve their child's eating behaviors.
- Participants share in making and tasting a new healthy food that they may make again with their child.
- In Next Week's Goals, the participants are invited to name one thing that they learned during the class that they will use. Through this activity and by reviewing the objectives again, the participants are reminded of the many topics discussed during the lesson. They will choose the behaviors that they will want to work on during the coming week.



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

To Apply for SNAP visit www.njsnap.org



Are You Leading Your Child to be a Healthy Eater?

Check all that apply to you

- | | |
|--|--|
| <input type="checkbox"/> I know what foods my children like that are healthy. | 5 points |
| <input type="checkbox"/> Our family meals have fruits or veggies each day. | 5 points for 5 fruits or veggies
3 points for 3 fruits or veggies |
| <input type="checkbox"/> I eat a lot of high fat foods. | 0 points |
| <input type="checkbox"/> My children help me cook healthy meals. | 3 points |
| <input type="checkbox"/> My family eats a meal together at least once a week. | 2 points |
| <input type="checkbox"/> I give my children candy a lot. | 0 points |
| <input type="checkbox"/> I try to learn about healthy foods for my children. | 2 points |
| <input type="checkbox"/> My children eat a healthy breakfast every morning. | 5 points |
| <input type="checkbox"/> My family eats food from fast food places <u>less</u> than once a week. | 1 point |
| <input type="checkbox"/> I am a good role model for eating healthy foods. | 10 points |

Total Points

25 points or more - You are doing a good job of bringing healthy foods to your children.

10- 25 points – You may want to think about making some changes one step at a time.

10 points or fewer – Good idea to start making some changes as soon as possible.

11/14/16



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

To Apply for SNAP visit www.njsnap.org



How My Child Eats

Name of child: _____

What does this child like to eat?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Put a star next to the healthy foods your child likes to eat.
Write one way you can add more healthy foods to your child's meals.



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

5/4/15

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



To Apply for SNAP visit www.njsnap.org



10 Things You Can do to Get Children To Eat Healthy Foods

- 1) Be a role model for your children by eating all kinds of healthy foods.
- 2) Go to the Choose MyPlate website <http://www.choosemyplate.gov/myplate/index.aspx> to find the right amount of food for your child to eat each day.
- 3) Go to: <http://www.choosemyplate.gov/kids/downloads/MyPlateAtHome-adults.pdf> for tips on how to feed your family.
- 4) A good way to start is to add new foods to foods your child likes. If they like pizza ask them to try a healthy topping that they have never had before like cut up veggies.
- 5) Start each day with a healthy breakfast for yourself and your children.
- 6) Talk in positive terms to your children about food. Do not describe foods as “yucky” or in some other negative way.
- 7) Have your child help you plan and prepare a new healthy meal.
- 8) Have a children’s party where the children try new foods.
- 9) Do not be too pushy. If you force children to eat they may not like it and meal time will become stressful.
- 10) If at all possible, try and have meals with your children whenever you can. This will give your family a chance to spend time together and can encourage healthier eating.

11/14/16



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

To Apply for SNAP visit www.njsnap.org

Walking Veggie Wrap Salad

Ingredients:

- 1 Flour tortilla
- **Choose Veggies:**
 - Greens like romaine lettuce or spinach
 - Chopped peppers
 - Carrots sticks
 - Cucumbers
 - String beans
 - Onions
 - Beans
 - Avocado
 - Broccoli
 - Or any veggie you would like
 - Grapes or any other favorite fruit
 - Craisins or raisins
- **Choose other ingredients (optional):**
 - Low-fat hard cheese
 - Low-fat cream cheese
 - Hummus
 - Or any other ingredient you think your child would like
- **Choose a Topping:**
 - Low-fat salad dressing
 - Salsa
 - Yogurt
 - Or any low-fat topping you like



What to do:

Put the ingredients the tortilla add a topping if you like. Then roll it up and enjoy and home for a snack or on the run.

5/6/15



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

To Apply for SNAP visit www.njsnap.org