Family Meals – Nutrition and Skills to Get You Started!

We will begin at 12:15 p.m.

PRESENTERS

Monique Koerner
FCS Agent
Cottonwood District

Tristen Cope
Family and Youth Agent
Chisholm Trail District

Today's Guide for A Healthy Conversation

Be respectful and open to others.

Please type your questions in the Q&A box and comments into the chat box for our moderators.

Today's session will be recorded and will be posted to our Living Well Wednesday web page at www.ksre.k-state.edu/fcs/livingwellwed/

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Family Meals

Nutrition and Skills to Get You Started

Monique Koerner, Family and Community Wellness Agent
Cottonwood Extension District

Tristen Cope, Family and Youth Development Agent
Chisholm Trail Extension District
# Daily Food Checklist

<table>
<thead>
<tr>
<th>Food group</th>
<th>2 year olds</th>
<th>3 year olds</th>
<th>4 and 5 year olds</th>
<th>What counts as:</th>
</tr>
</thead>
</table>
| **Fruits**                 | 1 cup       | 1 – 1½ cups  | 1 – 1½ cups       | ½ cup of fruit?  
½ cup mashed, sliced, or chopped fruit  
½ cup 100% fruit juice  
½ small banana  
4-5 large strawberries |
| **Vegetables**             | 1 cup       | 1 – 1½ cups  | 1½ – 2 cups       | ½ cup of veggies?  
½ cup mashed, sliced, or chopped vegetables  
1 cup raw leafy greens  
½ cup vegetable juice  
1 small ear of corn |
| **Grains**                 | 3 ounces    | 3 – 5 ounces | 4 – 5 ounces      | 1 ounce of grains?  
1 slice bread  
1 cup ready-to-eat cereal flakes  
½ cup cooked oatmeal, rice, or pasta  
1 tortilla (6” across) |
| **Protein Foods**          | 2 ounces    | 2 – 4 ounces | 3 – 5 ounces      | 1 ounce of protein foods?  
1 ounce cooked meat, poultry, or seafood  
1 egg  
1 Tablespoon peanut butter  
½ cup cooked beans or peas (kidney, pinto, lentil) |
| **Dairy**                  | 2 cups       | 2 – 2½ cups  | 2½ cups           | ½ cup of dairy?  
½ cup milk  
4 ounces yogurt  
½ ounce cheese |

*Image credits: K-State Research and Extension*
Building a Healthy Plate
Fruits
Vegetables
Protein
Grains
Dairy
Division of Responsibilities (Infants)

Parent’s Job
• What

Children’s Job
• How much
Division of Responsibilities
(Infants and starting solids)

Parent’s Job
• What
• Becoming responsible for when and where the child is fed

Children’s Job
• How much
• Whether to eat the foods offered by the parent
Division of Responsibilities (Toddlers through Adolescents)

Parent’s Job
• What
• Where
• When

Children’s Job
• How much
• Whether to eat the foods offered by the parent
## Picky Eaters

### Phrases that HINDER

<table>
<thead>
<tr>
<th>INSTEAD OF ...</th>
<th>TRY ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat that for me. If you do not eat one more bite, I will be mad.</td>
<td>This is kiwi fruit; it’s sweet like a strawberry. These radishes are very crunchy!</td>
</tr>
<tr>
<td>Phrases like these teach your child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes, and beliefs about food and about themselves.</td>
<td>Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.</td>
</tr>
</tbody>
</table>

### INSTEAD OF ...

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Is your stomach telling you that you’re full? Is your stomach still making its hungry growling noise? Has your tummy had enough?</td>
</tr>
<tr>
<td>Phrases like these help your child to recognize when he or she is full. This can prevent overeating.</td>
</tr>
</tbody>
</table>

### Phrases that HELP

<table>
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<tr>
<th>INSTEAD OF ...</th>
<th>TRY ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>You’re such a big girl; you finished all your peas. Jenny, look at your sister. She ate all of her bananas. You have to take one more bite before you leave the table.</td>
<td>Do you like that? Which one is your favorite? Everybody likes different foods, don’t they?</td>
</tr>
<tr>
<td>Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.</td>
<td>Phrases like these make your child feel like he or she is making the choices. It also shifts the focus toward the taste of food rather than who was right.</td>
</tr>
</tbody>
</table>

### INSTEAD OF ...

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</tr>
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<tbody>
<tr>
<td>See, that didn’t taste so bad, did it?</td>
</tr>
<tr>
<td>This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.</td>
</tr>
</tbody>
</table>

### INSTEAD OF ...

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<tbody>
<tr>
<td>No dessert until you eat your vegetables. Stop crying and I will give you a cookie.</td>
</tr>
<tr>
<td>Offering some foods, like dessert, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.</td>
</tr>
<tr>
<td>Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.</td>
</tr>
</tbody>
</table>
Benefits of Family Meals

• Better academic performance
• Higher self-esteem
• Greater sense of resilience
• Lower risk of substance abuse
• Lower risk of depression
• Healthier eating patterns in young adults
• Increased vocabulary in preschoolers
Tips for Planning Family Meals

• Keep it simple
• Family Involvement
• Make it FUN
• Screen Free Time
Kids in the Kitchen!

- Wipe tables
- Put things in the trash
- Help “read” the cookbook
- Rinse vegetables or fruits
- Describe cooking terms
- Name and count foods
- Peel or squeeze fruits
- Set the table

- Stir ingredients
- Knead and shape dough
- Help measure and add ingredients
- Cut soft fruits with a butter knife
- Clean up the table
Be a Healthy Role Model

At every stage of life, it is never too early or too late to eat healthy.
Additional Resources

- Ellyn Satter Institute
- Family Conversation Jar
- MyPlate Grocery List
- MyPlate Menu
- MyPlate Kitchen Recipes
- MyPlate Weekly Calendar
- Phrases that Help and Hinder
- The Family Dinner Project
Questions?
Thank you!

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THANK YOU FOR ATTENDING!

Please take a few seconds to complete our Living Well Wednesday Survey.

Scan the QR code with your camera phone or follow this link:
https://bit.ly/3vW5kKj

Recordings of presentations and handouts will be posted on our Living Well Wednesday website.
www.ksre.k-state.edu/fcs/livingwellwed/

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