



Trainee Edition

Arizona WIC Training
**Child Nutrition
Guidebook**



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Training Notes

Module 1 Notes

Division of Responsibility: Toddlers to Adolescents - Food

| Caregiver Responsibilities | Child Responsibilities |
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| Feeding Job Responsibilities | Eating Job Responsibilities |
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| Appropriate beverages to offer at meals and snacks |
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Appropriate beverage to offer in between meals and snacks

1. Why is it important to tell caregivers that any recommendations you provide about how much to offer their child should be used as a general guide?

Hyperactivity and Diet**Myth****Fact**

Module 2 Notes

| Feeding Problem | Tips/Solutions |
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| Catering to Food Requests | |
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| Pressuring a Picky or Choosey Eater | |
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| Pressuring Child to Eat More | |
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| Pressuring Child to Eat Less | |
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Module 3 Notes

Division of Responsibility: Toddlers to Adolescents - Physical Activity

| Caregiver | Child |
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Dental Health Recommendations

| Dental Health Practice | Recommendation |
|------------------------|----------------|
| Daily Dental Care | |
| Dentist Visits | |
| Fluoride | |
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Practice Activities

1. In your opinion, what are the potential benefits of the Division of Responsibility in Feeding for toddlers and caregivers?

Case Study 1

You are meeting with James, the father of 2-year-old Chloe and 4-year old Makenna. When you ask about the meal and snack routine at their house, he says that they all eat breakfast and dinner together. The kids like to sit on the couch and watch a show while they eat, while he usually sits at the table and catches up on social media. He keeps food in the pantry and fridge for the kids to grab when they are hungry throughout the day, like yogurt, sliced fruits and vegetables, crackers, cheese sticks, cereal, snack cakes, and fruit snacks. For beverages, he says that the kids have water bottles that they can fill up throughout the day and he offers milk at breakfast. When you ask about his goals, he says that he wishes his kids would eat more fruits and vegetables.

1. How is this family following or not following the Division of Responsibility for toddlers and feeding/eating jobs?

2. What suggestions could you give him to help with his goal of encouraging his children to eat more fruits and vegetables?

Case Study 2

Genesis, the parent of 2-year old Kai, tells you that they are worried about their child's eating habits. They say that Kai eats very little, at most a few bites at each meal. They have a routine of 3 consistent meals and 2 snacks throughout the day, and Kai is allowed to leave the table when full. When you ask about beverage intake, you learn that Genesis offers milk and juice in between meals and snacks and doesn't track how much Kai drinks. Genesis worries that offering milk or juice at meals and snacks will stop Kai from eating the foods offered.

1. How is this family following or not following the Division of Responsibility for toddlers?

2. What recommendations could you offer this parent to help with their concern?

Case Study 3

You are speaking with Monica, the mother of 4-year-old Nolan. She reports that she and the doctor feel that he is growing well. For his oral health, she brushes his teeth once a day but he hasn't been to the dentist for a year or two. She is not sure if he needs to see the dentist because he only has baby teeth. He "eats everything" and drinks plenty of water with an appropriate amount of juice and milk. The family has a consistent routine of meals and snacks and eat together often. Monica is worried, though, that Nolan doesn't spend enough time playing outside. She notices that he prefers to stay inside and color or play with blocks and is worried that this is going to impact his physical health.

1. What could you share with her about dental health recommendations for children?

2. What could you share with her about physical activity for children?

Live Training Notes

Child Nutrition Post Test 05.2024

Read each of the questions below, then click the box next to the correct answer.

1. When looking at the Division of Responsibility for Toddlers to Adolescents, which responsibilities are the feeding jobs of caregivers?
 - They choose and serve food and also make mealtimes pleasant.
 - They show children how to behave at mealtimes
 - They maintain structure by offering water between meals and snack times.
 - All of the above.

2. When a caregiver asks what to offer toddlers and children during meals, what is an appropriate response?
 - It is okay to offer unlimited desserts during a meal.
 - Offer food from several groups during each meal.
 - Only offer the foods you want children to consume more often.
 - Desserts or foods with refined sugars should never be offered during mealtimes.

3. What beverages are recommended to offer toddlers and young children during meals and snacks?
 - Caregivers are recommended to offer “grown-up” drinks such as soda and Kool-Aid so children learn to enjoy them.
 - Milk, 100% juice, and water
 - All kinds of beverages are recommended.
 - Only water.

4. Which of the following recommendations about when to offer meals and snacks to toddlers is appropriate?
 - Whenever the child asks.

- Since their stomachs are small, every 2-3 hours.
 - To maintain blood sugar, have snacks out all the time.
 - Offer meals and snacks to toddlers when they ask politely..
5. Which of the following suggestions is recommended to make mealtimes more pleasant?
- Require children to try different foods before allowing them to get more of the food they've already eaten.
 - Encourage children to bring electronic devices with educational activities and games to reduce boredom or disinterest.
 - Wait until children are old enough to physically serve themselves before including them in family mealtimes.
 - Caregivers can ask developmentally appropriate questions like "What was the favorite part of your day?" to involve them in mealtime conversations.
6. What is a potential problem of providing children with the foods they request (aka: catering) during meals and snacks?
- Catering to requests interferes with planned family meals and snacks and are often less nutritious.
 - Children may consume a variety of healthy foods.
 - Children feel pressured to try foods they don't want to eat.
 - Catering to requests helps children become competent eaters by avoiding mealtime struggles.
7. How should a caregiver respond to children with picky or choosy behaviors?
- Stop offering favorite foods at mealtimes.
 - Require a "no, thank you bite" before offering dessert.
 - Avoid pressuring children to try foods they don't want to eat.

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- Stop offering food children don't want to eat.
8. What is a potential concern of trying to get a child to eat more?
- Caregiver pressure helps children develop positive attitudes towards food and mealtimes.
 - Children will learn to love vegetables.
 - Children may not learn to respond to internal hunger and fullness cues.
 - None of the above.
9. What is the CDC's recommendation for physical activity for preschool-aged children?
- At least 60 minutes each day.
 - At least 30 minutes each day.
 - Be physically active throughout the day for growth and development
 - Caregivers should limit physical activity as much as possible.
10. Children that live in communities without an adequately fluoridated water are more likely to develop cavities.
- True
 - False
11. Which of the following recommendations about educational TV or apps is correct for children 2 years of age and older?
- Children should have TVs in their bedrooms to promote access to high-quality programming daily.
 - Viewing time for children 2 years and older should be limited to one hour of high-quality programming per day.
 - Caregivers determine what programming children watch, and children determine whether or how much programming to watch.

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- Offer one hour of high-quality programming to be used as a reward for trying new foods or engaging in physical activity.