



Trainee Edition

Arizona WIC Training
**Child Nutrition
Guidebook**



ARIZONA DEPARTMENT
OF HEALTH SERVICES

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What Will You Learn?

While completing the Child Nutrition LMS course and this associated guidebook, you'll learn the basics of child nutrition, family meals, physical activity, and dental health.

After completing the Child Nutrition LMS course and guidebook, the trainee will be able to:

- Describe the Division of Responsibility for toddlers through adolescents
- Share recommendations about child portion sizes, offering desserts, and making mealtimes pleasant
- Provide recommendations to help caregivers struggling with demands such as catering to food requests, feeding “picky” eaters, getting their children to eat more, or getting their children to eat less
- Describe the Division of Responsibility for physical activity for toddlers through adolescents
- Provide recommendations to caregivers regarding daily dental care and the frequency of dental visits

Items Needed for This Course

- Pen or pencil
- Access to Child Nutrition LMS course

Recommended Time

- Approximate time it takes to complete the Child Nutrition LMS course: 1-2 hours
- Approximate time it takes to complete this Child Nutrition Guidebook and discussion with your trainer: 1-2 hours

Things to Remember

- This guidebook is yours to keep.
- You are encouraged to take notes, highlight, and write in this guidebook.
- As your trainer chooses, you may work in a group or as an individual.
- You are encouraged to ask your trainer(s) for help, ask questions about the information in the course, or ask any questions about additional topics related to Child Nutrition training.

3. Why should desserts be limited to one serving during meals, but be allowed to be eaten in unlimited quantities during some snacks?

4. What recommendations would you offer to caregivers to help them have pleasant mealtimes?

Module 2: Common Feeding Problems and Solutions

1. Trainees will be able to provide recommendations to caregivers who are struggling with the demands of catering to food requests.
2. Trainees will be able to provide recommendations to caregivers who are struggling with feeding “picky” eaters.
3. Trainees will be able to provide recommendations to caregivers who are struggling to get their children to eat more.
4. Trainees will be able to provide recommendations to caregivers who are struggling to get their children to eat less.

Module 2: Questions

Directions:

Answer the following questions.

1. What tips can you offer to a caregiver struggling with the demands of catering to food requests?

