Creating Pleasant Preschool Mealtimes to Improve Child Nutrition

Pass the Peaches, Please
Iowa Team Nutrition Training for CACFP Providers
Des Moines, Iowa ~ May 2013

Pass The Peaches

Today’s Workshop

• Describe basic principles of a Healthy Mealtime Philosophy based on Ellyn Satter’s Approach and Division of Responsibility in Feeding.
• List steps to take to create a setting that supports pleasant and positive meal times.
• Take part in role-playing activities & group activities to practice what to say & what not to say to encourage children’s eating in a supportive way.

Creating Pleasant Preschool Mealtimes to Improve Child Nutrition

Phrases that HELP and HINDER
As the caregiver, you play the biggest role in your child’s eating behavior.
Positive phrases can easily be changed into positives, brighten mood.

Phrases that HINDER

Phrases that HELP

Today’s Workshop

Creating Pleasant Preschool Mealtimes to Improve Child Nutrition

Today’s Workshop

Scenario #1

• You serve a new food at lunch. A 4-year old looks at and says “That’s yucky. I never eat that at home.”
• How do you respond?

Scenario #2

• A 5-year old has eaten only bread and milk for 3 days in a row. His teacher says he refuses to take anything else.
• How do you talk to him about his lunch choices?

Creating Pleasant Preschool Mealtimes to Improve Child Nutrition

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.facebook.com/SchoolMealsThatRock
Pass the Peaches, Please
Iowa Team Nutrition Training for CACFP Providers
Des Moines, Iowa ~ May 2013

Scenario #3
• A 2-year old dumps her plate of spaghetti on the floor, maybe to avoid eating it.
• How do you deal with this situation?

Scenario #4
• An adult staff member says they hate all vegetables and won’t eat them at lunch.
• How do you respond to this adult food jag?

Pleasant Mealtimes
• Do not happen by accident
• Require planning
• Require staff training
• Are worth the effort

YOUR IDEAS?

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.facebook.com/SchoolMealsThatRock