

TABLETALK

AUGUST, 2008 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

Best Practices at Mealtimes

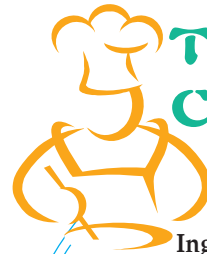
Childcare providers who are good role models make mealtime and snacktime positive, cheerful, unhurried events. Providers should sit with children during meal periods, eat the same foods the children do, offer choices and give children an opportunity to serve themselves. They should also engage the children in upbeat food-related conversations, make positive comments about nutrition and encourage, but not require, children to taste all foods. Providers who force children to "clean their plate" and use food as a reward, punishment or pacifier are less likely to help children develop healthy eating behaviors.

Working parents who screen day-care centers for good food and nutrition practices can be confident their children are getting the nutrition they need and developing healthy eating habits that can help them avoid diet-related problems as they grow older.

Healthy Portion Sizes

Are we setting up our children for a lifetime of weight problems and unhealthy eating by serving them inappropriately large portion sizes? Maybe, according to recent research. When given large portions of lunch components that exceeded the USDA recommended serving sizes, 5- and 6-year olds ate more of all items than when they were served recommended portion sizes. 3 1/2 year old children ate similar amounts no matter what portion size they were offered.

It appears that very young children eat the amount of food needed to satisfy their hunger, then stop. As they get older, children seem to start ignoring their internal hunger cues and eat according to other influences, such as the amount of food offered to them. Nutrition experts think that serving children larger than recommended



Tips from Chef Bob

NACHO CHIPS

20 minutes Serves: 4

Ingredients: 1 cup onions, finely diced; 2 cloves fresh garlic, minced; 1 whole green bell pepper, diced; 1 Lb can cooked red kidney beans, black beans, or pinto beans, drained and rinsed; 1-10-oz bag baked tortilla chips; 1 fresh tomato, diced; 3 ounces shredded low fat mozzarella. Toppings: more onions, nonfat sour cream, salsa, chopped olives (all optional.) **Directions:** Preheat oven to 350 F. Heat a non-stick pan (or use 1 tsp oil in regular pan) to saute onions on medium high until clear. Add garlic and saute for one minute. Add beans and pepper, cook and stir for about 10 minutes.

portion sizes encourages them to eat more than is necessary and may be an important piece of the growing childhood obesity puzzle. CACFP portion sizes are based on the amount of food required for normal growth of children at different stages of development.

Providers must always serve at least the minimum portion size of each meal pattern component. If a child is still hungry after finishing the first serving, offer additional food rather than serving very large portions initially.

LAST DATES 2008 MANADATORY TRAINING

**NOTE: IF YOU DO NOT COMPLETE YOUR ANNUAL TRAINING BY SEPT. 30
YOU WILL NOT BE REIMBURSED FOR ANY FUTURE CLAIMS**

<u>Date</u>	<u>City</u>	<u>Location & Time</u>
Sept. 6	Plano	2501 Coit Road (W. O. Haggard, Jr. Library); 10:00 - 1:00
Sept. 6	Katy	Maud Marks Library, 1815 Westgreen Boulevard, 77450, 10:30 - 1:30