

TABLETALK

MAY, 2009 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

How much food is enough? Too much?

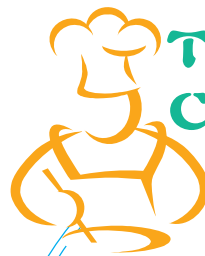
Many parents and caregivers are concerned about how much a child eats. For some, their concern is that the child is eating too little; for others, it is that the child is eating too much. Children know best how much they need. Parents and caregivers can help them meet their nutrient and energy needs by providing a variety of foods and by:

- Respecting the child's ability to determine how much to eat,
- Offering portions suitable for the child (at least the minimum USDA portion sizes), with options for seconds, and allowing children to serve themselves when possible;
- Setting regular meal and snack times - ones that work best for the children, families and child care;
- Making time for healthy eating so that meals and snacks are not rushed;
- Providing a comfortable setting for eating - one that is without distractions such as television, which can interfere with hunger and satiety cues;
- Not pressuring the child to eat.

Make Mealtime a Happy Time

- Encourage social interaction. Teach children the social aspects of dining as well as how to feed themselves.
- Provide a transition or quiet time just before meals so that mealtime can be relaxed.

- Make sure the eating area is attractive and appealing for young children. Use bright colors and decorations that children like.
- Avoid making children feel rushed. Allow children to take their own time to eat. Children who are feeling pressured may choose to quickly eat their favorite foods and ignore other, less favorite foods in the meal. They may learn to eat too rapidly, a habit that may lead to later overeating and obesity.



Tips from Chef Bob

BBQ CHEESEBURGER & RICE SKILLET

Ingredients: 1 lb. ground beef ; 1/2 cup chopped onion; 1-3/4 cups water ; 1 cup barbecue sauce; 2 cups instant white rice, uncooked; 1 cup shredded cheddar cheese **Directions:** Stir fry meat with onion in large skillet; drain. Add water and barbecue sauce; mix well. Bring to boil. Stir in rice; cover. Reduce heat to low; cook 5 minutes. Stir. Sprinkle with cheese. **Variation:** Add 1-1/2 cups water, barbecue sauce and 1 cup frozen or canned whole kernel corn, drained; stir. Bring to boil. Stir in rice. Continue as directed.

SCHEDULED DATES FOR 2009 TRAINING

Please Note: This training is no longer mandatory for the food program. It's for licensing clock hours.

<u>Date</u>	<u>City</u>	<u>Location & Time</u>
June 6	North Houston	11331 Airline Drive, 77037 (Aldine Branch Library), 10:30-1:30
August	TBA	Dallas & Houston Areas

Please note: there is no Plano class this year.