

TABLETALK

NOVEMBER, 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

Happy Thanksgiving!

Please note that our office
will be closed
Nov 26th - 28th

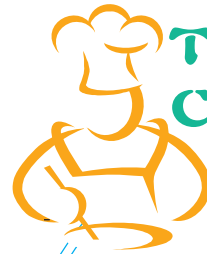
How much food is enough? Too much?

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 food 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



Tips from Chef Bob

CHOCOLATE-CINNAMON BREAD PUDDING

Serves 8

Ingredients: 1/2 cup (1/2 of 8-oz. tub) cream cheese ; 1/2 cup packed brown sugar, 2 large egg whites, 1/2 tsp. ground cinnamon, 1-3/4 cups milk, 6 cups cubed whole wheat bread (6 to 8 slices), 2 squares semi-sweet chocolate, coarsely chopped. **Directions:** **1)** Heat oven to 350°F. Beat cream cheese and sugar in large bowl with mixer until well blended. Add egg whites and cinnamon; mix well. Gradually add milk, mixing well after each addition. **2)** Place bread in 8-inch square baking dish; top with chocolate and cream cheese mixture **3)** Bake 30 to 35 min. or until set in center. Cool slightly. Refrigerate leftovers.

in the meal. They may learn to eat too rapidly, a habit that may lead to later overeating and obesity.

Toddler Feeding Challenges

Making mealtime as pleasant as possible for the toddler while providing supervision and encouragement is a constant challenge. Toddlers are learning to be independent and this is why they want to do things for themselves. In asserting their natural independence, toddlers may decide what foods they "will" and "will not" eat. Frequently those food likes and dislikes change daily or weekly. Regardless of this, childcare providers can help children form sound eating habits by offering nutritious food choices and modeling good eating habits. During mealtime, sit with toddlers and eat the same meal. Have a positive attitude toward foods. Discuss what the foods are, where they come from, colors, textures, tastes, and the differences and similarities of the foods you are eating. for the dessert and a dislike for the vegetables;