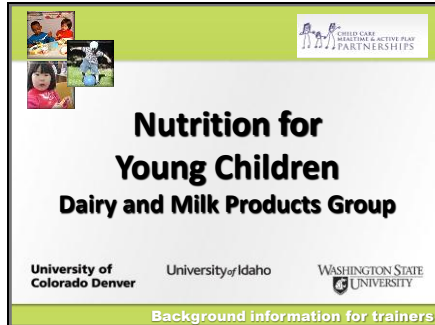


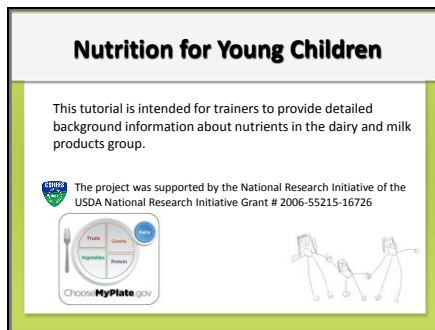
BACKGROUND INFORMATION FOR TRAINERS

Slide 1



You are viewing a presentation on the nutrition needs for young children. This presentation will provide the information you need to offer children food that will best support their growth and development.

Slide 2



The next food group you are reviewing is the dairy group. The types of foods that fall in the dairy group are items such as milk, cheese, yogurt and cottage cheese.

Slide 3



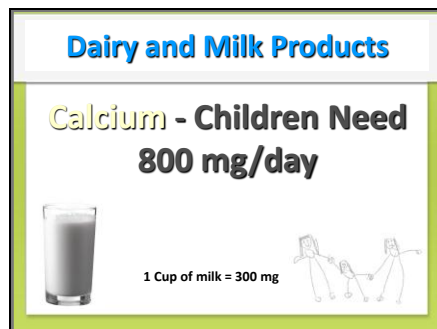
The dairy and milk products group is the fifth group and offers additional nutrients necessary for children's growth and development. Food choices within the dairy and milk products group are milk, cheese, yogurt, and cottage cheese.

Slide 4



Calcium is a mineral and plays the important role in bone development. Consuming adequate amounts of calcium is particularly important for children, because they are establishing the amount of bone they will sustain as adults. Children who do not consume adequate amounts of calcium are at an increased risk for osteoporosis, a serious condition of bone deterioration, when they are adults.

Slide 5




Children need roughly 800 mg of calcium per day. Milk is high in calcium. One cup of milk provides 300 mg of calcium. Children can also get calcium from other foods in the dairy and milk products group such as cottage cheese and yogurt.

Slide 6

Dairy and Milk Products

Protein
Vitamin A
Vitamin D
B-vitamins




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Other nutrients found in the dairy and milk products group are protein, which plays the role in the building and repairing of tissues, vitamin A, which is involved in new cell synthesis and good vision, vitamin D, which assist the body in storing calcium and building bone, and the B-vitamins, which assist in the chemical reaction to create energy.

Slide 7

How to communicate information about nutrition?




Slide 8

Appropriate Communication with Children

Concrete vs. Abstract

- Give children information appropriate to their cognitive developmental stage!



Piaget describes stages in children's cognitive development: sensorimotor stage; preoperational stage; concrete operational, and formal operational or abstract stage. Early childhood involves the first three stages, meaning children are not developmentally ready for abstract information. Unfortunately, a lot of nutrition information is abstract such as vitamins and minerals.

Slide 9

Child Appropriate Phrases

- Concrete information: What nutrients do for the body!
 - Help you run.
 - Keep your hair shiny.
 - Give you energy to play.



Appropriate nutrition information for young children is concrete. Therefore, information about nutrition for trainers will provide phrases that are concrete. Appropriate phrases will be provided in the training materials for each food group topic.