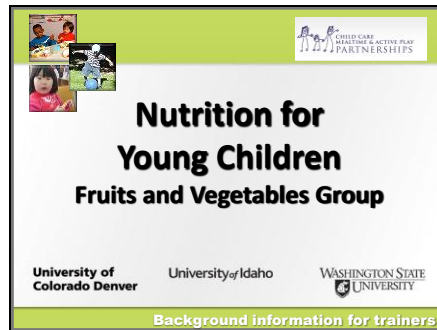


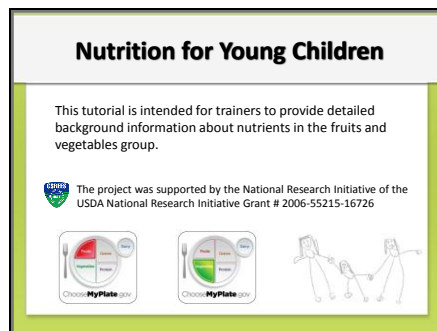
BACKGROUND INFORMATION FOR TRAINERS

Slide 1



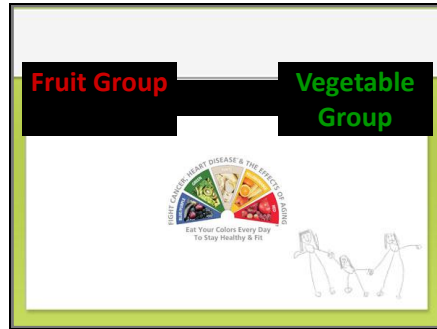
You are viewing a presentation on the nutrition needs for young children. This presentation will provide the information you need to offer children food that will best support their growth and development.

Slide 2



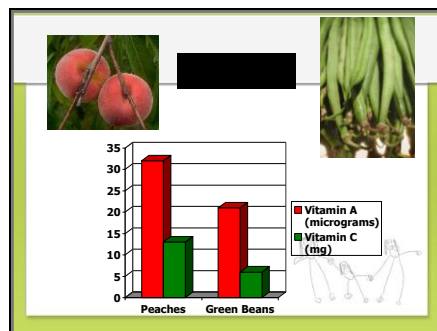
The next food group (or groups) to review are the fruit and vegetable groups. You may be wondering why are the two groups are discussed together. Because many of the same nutrients are found in the two food groups. This should ease any concern you may have if children choose to eat only one or the other of the two groups. What does this mean?

Slide 3



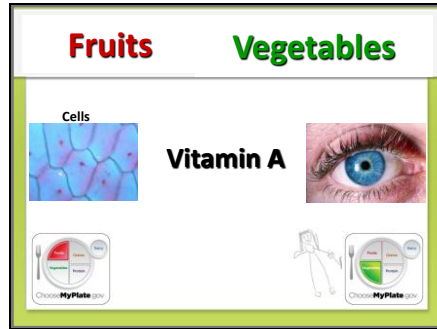
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Slide 4



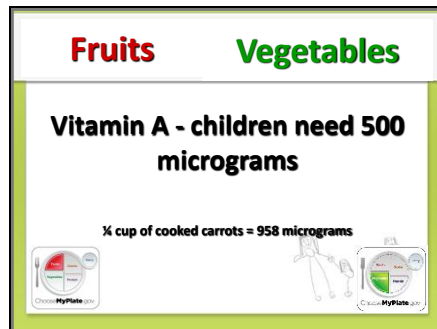
Imagine green beans and peaches were offered in a meal. A child only wants the peaches (and they want a lot of peaches). Many people are concerned the child will not eat the green beans and that the child shouldn't have too many peaches. After reviewing this presentation, you will learn that both are highly nutritious and offer similar nutrients. Rather than focusing on the child eating both, follow the division of responsibility and allow the child to choose. As long as you did your job to offer a variety of fruits and vegetables from EACH group then you are support the child's nutritional needs..

Slide 5



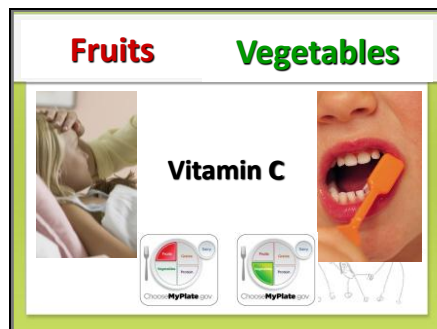
Vitamin A supports growth and repair of body cells, and is beneficial for good vision.

Slide 6



Children under the age of 5 are at a greater risk for Vitamin A deficiency. The deficiency is usually a result of low dietary intake of vitamin A. Children between 3 and 5 years of age need roughly 500 micrograms of Vitamin A each day. Sources of Vitamin A from fruits and vegetables include spinach, carrots, sweet potatoes and red or yellow peppers.

Slide 7



Vitamin C is another nutrient in the fruit and vegetable groups. Vitamin C enhances the immune system and supports healthy tissues, bone, and teeth.

Slide 8

Fruits **Vegetables**

Vitamin C - Children need 45 mg/day

½ Medium Orange = 35 mg
1 Spear of Broccoli = 22 mg

Choose MyPlate.gov

Children need roughly 45 mg of vitamin C per day. Vitamin C is available in most fruits and vegetables. Some examples of fruits and vegetables with vitamin C include cantaloupe, strawberries, tomatoes, and spinach.

Slide 9

Fruits **Vegetables**

Folate

Connective tissue cell Red Blood Cell

Cartilage cells

Choose MyPlate.gov

Folate is one of the B vitamins. If you remember the discussion from the breads and grains group, B vitamins assist in the body's ability to get energy. Folate has an additional role: it has a critical role in new cell synthesis. Creating new cells is the foundation of building the body's tissues.

Slide 10

Fruits **Vegetables**

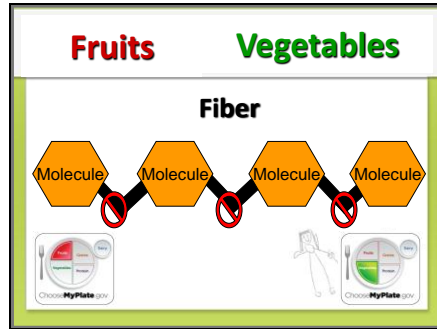
Folate - Children need 75 micrograms / day

½ cup of leafy greens = 38 micrograms
4" banana = 11 micrograms

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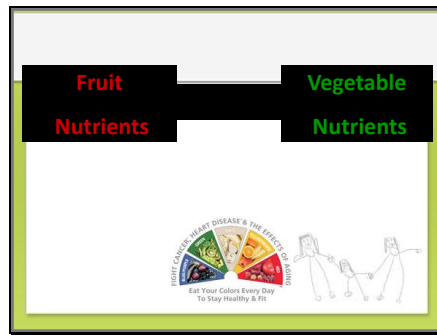
Children's requirement for folate is 75 micrograms per day. Folate is found in leafy green vegetables such as spinach and romaine lettuce, broccoli, tomatoes, bananas and oranges.

Slide 11



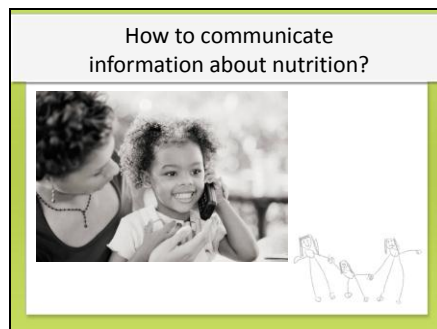
The last nutrient in the fruit and vegetable groups to review is fiber. Recalling from the review of fiber in the breads and grain group, the bonds between the molecules can not be broken. Thus, this unique characteristic offers numerous health benefits such as decreased constipation and a healthy GI tract. All fruits and vegetables provide some fiber in varying amounts.

Slide 12



Remember that fruits and vegetables provide similar nutrients. By doing your job of offering a variety of fruits and vegetables at each meal, you will be supporting the nutrient needs of children. Take advantage of the wonderful rainbow of choices you have in each group and use a variety of fruits and vegetables to colorfully enhance children's meals.

Slide 13




Slide 14

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 15

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.