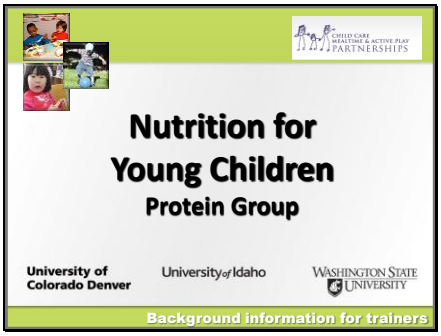
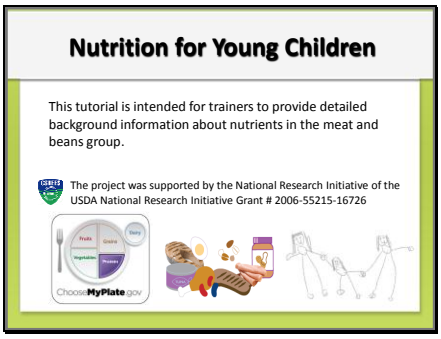
BACKGROUND INFORMATION FOR TRAINERS

Slide 1



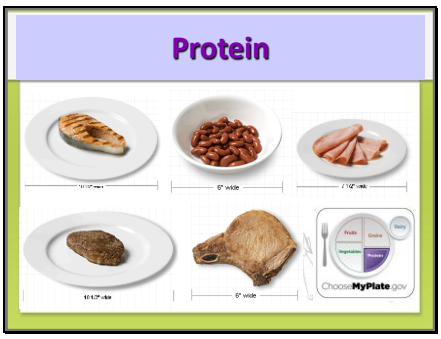
You are viewing a presentation on the nutrition needs for young children. This presentation will provide the information you need to offer children food that will best support their growth and development.

Slide 2



The next food group to review is the protein group. The foods in the protein group include items such as beef, pork, poultry, fish, nuts, and beans. It is important to note that nuts and seeds are a part of this group but adults should be cautious about offering them to children because they are choking hazards and there is a greater risk for allergies.

Slide 3



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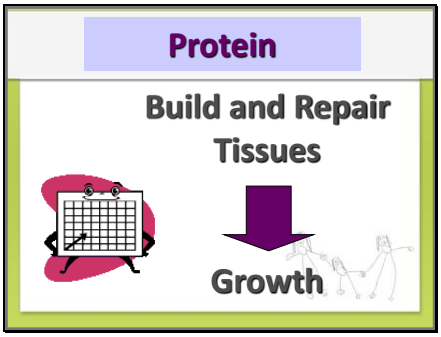
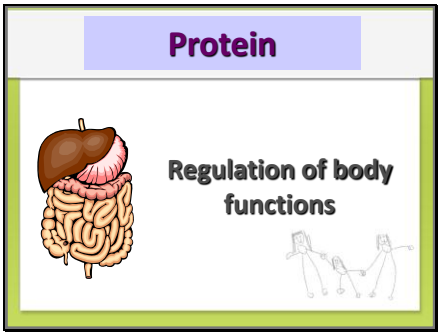


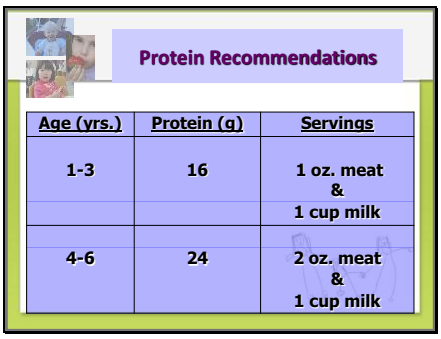
The first nutrient to discuss in the protein group is protein. The primary role of protein is in the building and repairing of tissue. Since children are in on-going stages of growth, protein is crucial for their development.

Slide 5



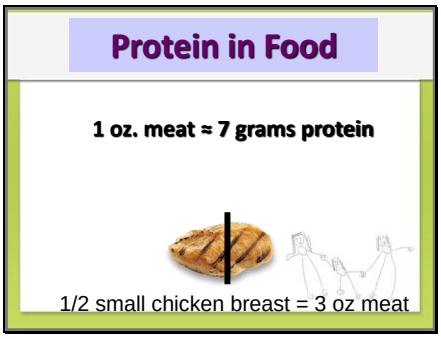
Protein also has a role in the regulation of body functions. It is a component of enzymes, which help in the process of digestion, and a part of hormones, which acts as messengers in the body.

Slide 6



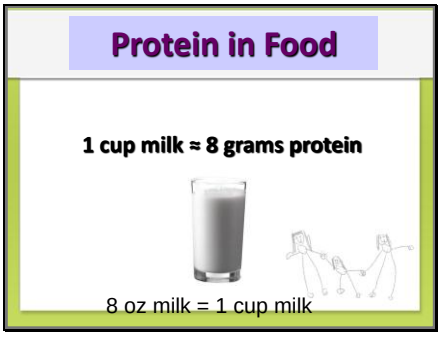
For healthy growth and development the minimal amount of protein a child needs to consume each day is equivalent to 16 grams of protein per day for a 1-3 year old and 24 grams of protein per day for a 4-6 year old. Sixteen grams is equivalent to 1 ounce servings of meat, fish or poultry, and 1 cup of milk. Twenty-four grams of protein is equivalent to two ounces of meat, fish or poultry, and 2 cups of fluid milk.

Slide 7



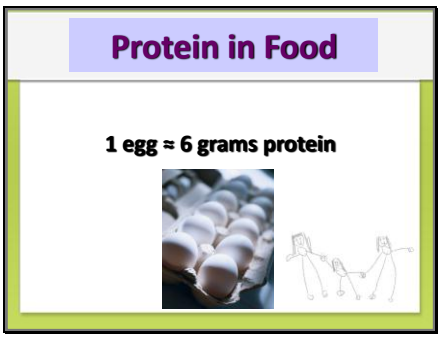
For example, 1 ounce portion of meat, fish, or poultry provides roughly 7 grams of protein. Therefore, one half of a small breast of chicken is roughly 3 ounces of meat for a total of 21 grams of protein.

Slide 8



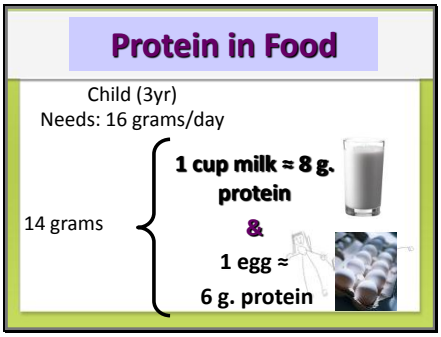
One cup of fluid milk provides 8 grams of protein. An eight ounce glass of milk equal one cup.

Slide 9



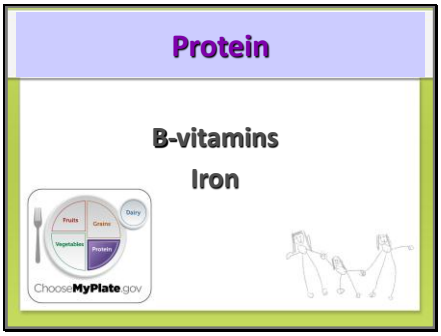
One egg provides 6 grams of protein.

Slide 10



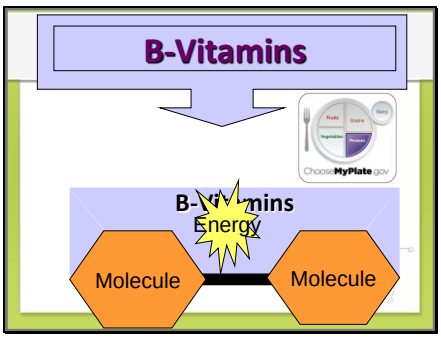
A 3 year old child who is offered eggs, toast and milk for breakfast could potentially have 14 grams or more of their protein needs.

Slide 11



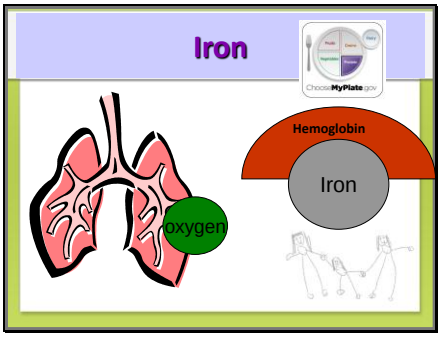
Two other nutrients found in the protein group are B-vitamins and iron.

Slide 12



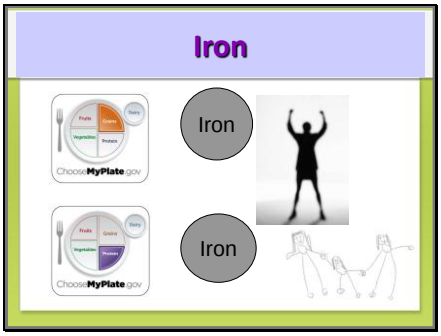
If you recall from earlier slides, B-vitamins assist in the body's ability to get energy from food.

Slide 13



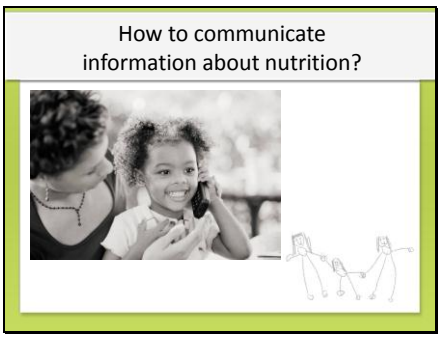
Iron is critical to carry oxygen to the body's tissues.

Slide 14

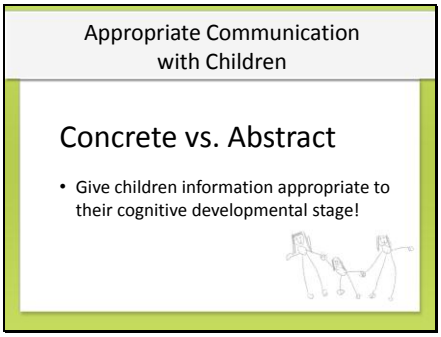


As mentioned earlier, iron is present in the grains group in addition to being present in the protein group. There is one difference however. Iron in meat sources provide iron in a form that is more available for the body to use. Therefore, children who lack iron in their diet can benefit by consuming meat sources that provide a greater source of absorbable iron.

Slide 15



Slide 16



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 17

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.