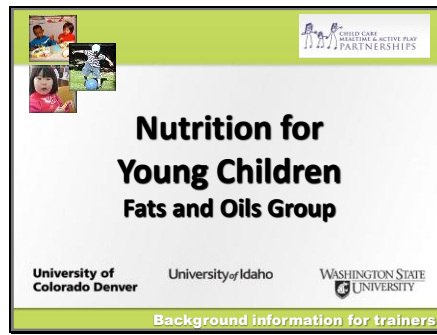


# BACKGROUND INFORMATION FOR TRAINERS

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



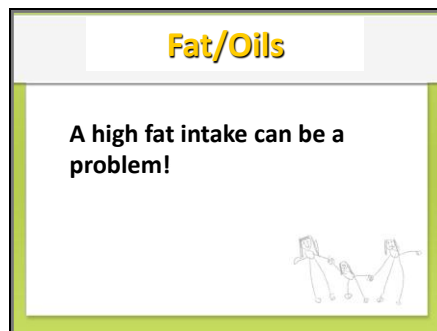
The next food group you are reviewing is the fats and oils group. The type of foods that fall in fats and oils group are items such as oils, butter, and margarine.

Slide 3



The next group to review is the fat and oils group. Fat and oil is present in items such as butter and liquid oils, but it is also found in many other food groups too.

Slide 4



When fat intake is too high it can be a problem. High fat intake can lead to an intake of excess calories which may lead to weight gain. Further, depending on the type of fat consumed, the risk for developing cardiovascular disease can be increased.

Slide 5




But before we discuss the nutrients in the fat and oils group, let us start by emphasizing that children NEED fat in their diet. Like the other five food groups, the fat and oils group provide nutrients specific to this group. With the increasing concern over childhood obesity, some adults have resorted to restricting fat intake in children's diets. However, this is extremely harmful to their growth and development.

Slide 6

**Fat/Oils**

- Cell Membranes
- Insulates the Body
- Cushions Organs
- Energy Source



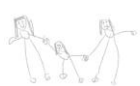
The reason fat is so important in early childhood is due to its' many functions in the body. Fat is a part of cell membranes which nourishes skin and hair, it insulates the body, cushions vital organs, and fat is a great energy source.

Slide 7

**Fat/Oils**

**Essential fatty acids**



Nutrients of particular importance in the fat and oils groups are essential fatty acids. Essential fatty acids are fats that must be consumed in the diet because the body can not make them. Essential fatty acids function to assist in the development of nerve, eye and other tissues.



Slide 8

**Fat/Oils**

**Needed for absorption of fat soluble vitamins and calcium**

**FAT**

- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K
- Calcium



Fats and oils also support the body's absorption of the fat soluble vitamins A, D, E, and K. In other words, fat has to be present in the body's gastrointestinal tract in order to absorb these nutrients. In addition, fat has an indirect role on calcium absorption. Since vitamin D must be present to support calcium absorption, if vitamin D is not available due to a of fat intake then a deficiency of calcium will result.

Slide 9

**Fat/Oils**

**Types:**

- Saturated
- Polyunsaturated
- Monounsaturated
- Trans fatty acids



Although it is essential for children to consume adequate amounts of fat, there are different types of fats: saturated fat, polyunsaturated fat, monounsaturated fat and Trans fatty acids.

Slide 10

**Fat/Oils**

**Most Healthful**

- Polyunsaturated
- Monounsaturated



The most healthful type of fat to offer children is polyunsaturated fats and monounsaturated fats. Polyunsaturated fats are found in vegetable oils and monounsaturated fat is found predominantly in olive, canola, and safflower oils.

Slide 11

**Fat/Oils**

**Limit**

- Saturated



The other types of fats are saturated fat and Trans fatty acids. Saturated fat is found mostly in butter and meat products. Intake of saturated fat should be limited due to the impact of a high saturated fat diet and the risk of chronic disease such as cardiovascular disease

Slide 12

**Fat/Oils**

**Avoid**  
Trans fatty acids (worst)

Found in some crackers, chips, cookies, and other baked goods.



The other types of fats are saturated fat and Trans fatty acids. Trans fatty acids are one type of fat that should be avoided because its' intake is linked to cardiovascular disease. Trans fatty acids are found in hydrogenated fats such as margarine and shortening. Crackers, chips, cookies and other baked goods typically contain hydrogenated fats.

Slide 13

**Children Need Fat!**

Children 1-3 years → 30-40% from fat



Children 4-18 years → 25-30% from fat



The bottle line, children need fat. In fact, children between the ages of 1 and 3 need 30 – 40% of their diet from fat compared to children 4-18 years of age who need about 25-30% of their diet from fat. Fat should never be restricted in children's diets, the key is to focus on offering children a variety of food sources that offer foods high in monounsaturated and polyunsaturated fats.

Slide 14

How to communicate information about nutrition?




Slide 15

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 16

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.

Slide 17

**Fat/Oils**

**Learn more:**

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.cdc.gov/nutrition/everyone/basics/fat/index.html](http://www.cdc.gov/nutrition/everyone/basics/fat/index.html)



Visit these two websites to learn more about the fats and oils group.