

Family Meals – Nutrition and Skills to Get You Started!

We will begin at 12:15 p.m.

PRESENTERS



Monique Koerner
FCS Agent
Cottonwood District



Tristen Cope
Family and Youth Agent
Chisholm Trail District

LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

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Today's Guide for A Healthy Conversation

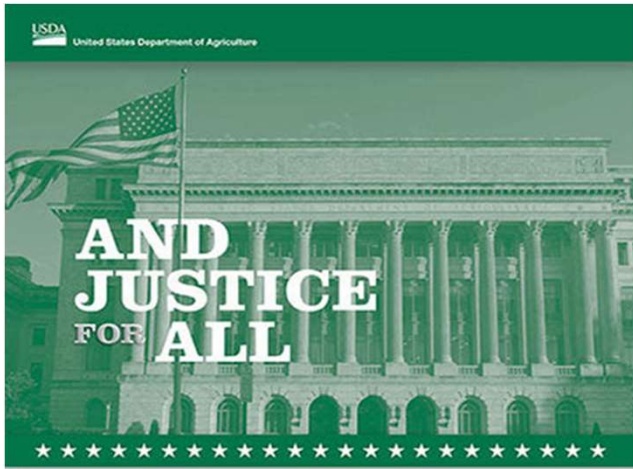
Be respectful and open to others.

Please type your questions in the Q&A box and
comments into the chat box for our moderators.

Today's session will be recorded and will be
posted to our Living Well Wednesday web page
at www.ksre.k-state.edu/fcs/livingwellwed/



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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1666 or (202) 690-7442;

email:
program.intake@usda.gov.

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File AD-3027 on USDA Paper Form AD-3027

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Family Meals

Nutrition and Skills to Get You Started

Monique Koerner, Family and Community Wellness Agent
Cottonwood Extension District











Tristen Cope, Family and Youth Development Agent
Chisholm Trail Extension District



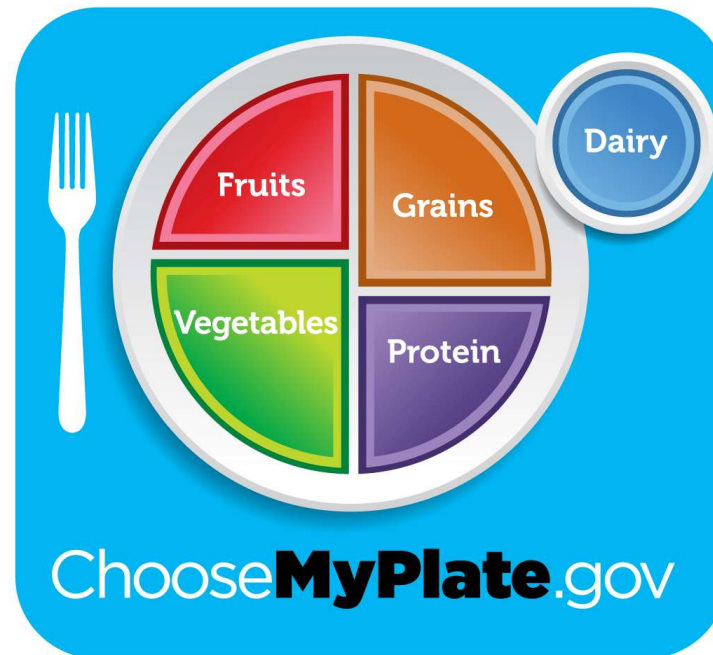
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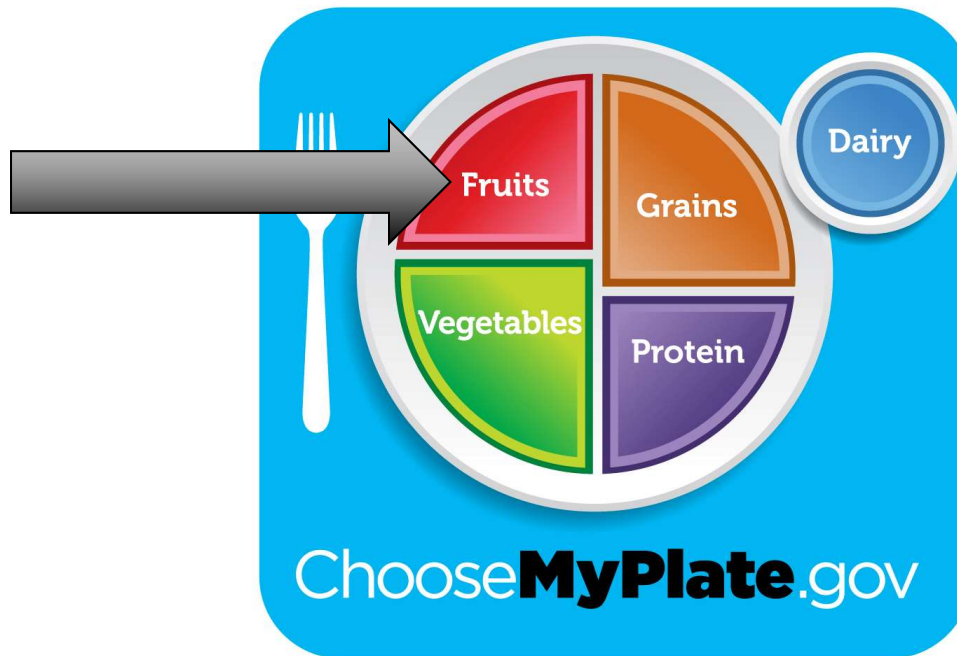
Daily Food Checklist

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits Focus on whole fruits 	1 cup	1 – 1½ cups	1 – 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ small banana 4-5 large strawberries 
Vegetables Vary your veggies 	1 cup	1 – 1½ cups	1½ – 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn 
Grains Make half your grains whole grains 	3 ounces	3 – 5 ounces	4 – 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked oatmeal, rice, or pasta 1 tortilla (6" across) 
Protein Foods Vary your protein routine 	2 ounces	2 – 4 ounces	3 – 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils) 
Dairy Choose low-fat or fat-free milk or yogurt 	2 cups	2 – 2½ cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¼ ounce cheese 

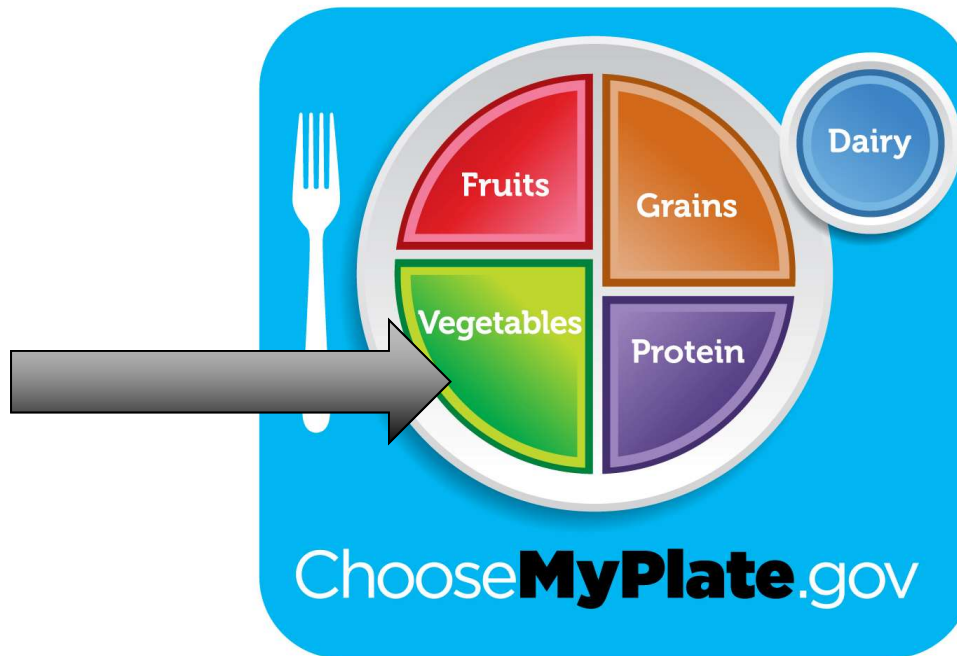
Building a Healthy Plate



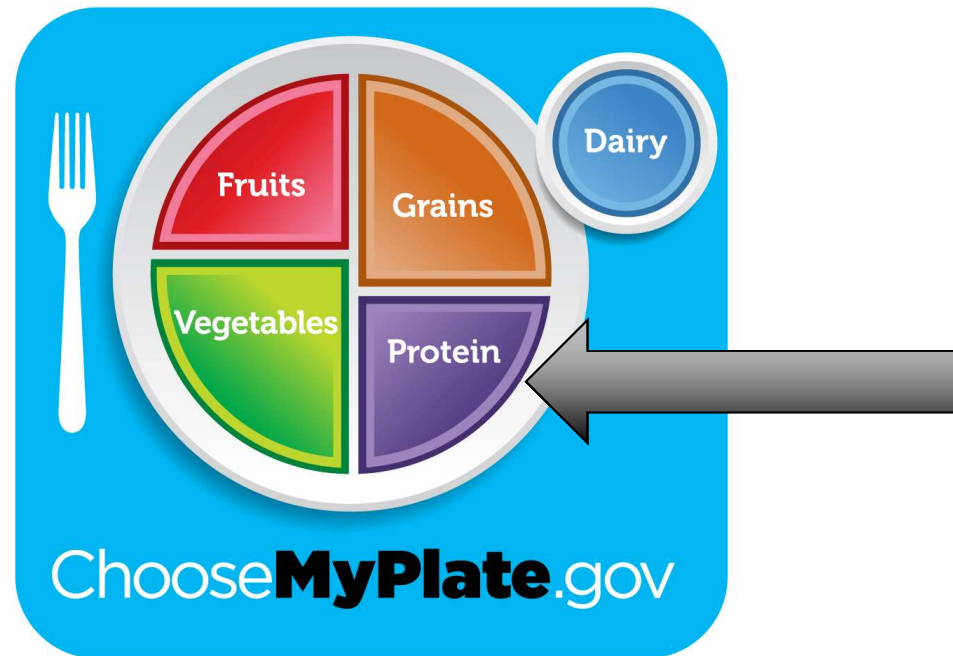
Fruits



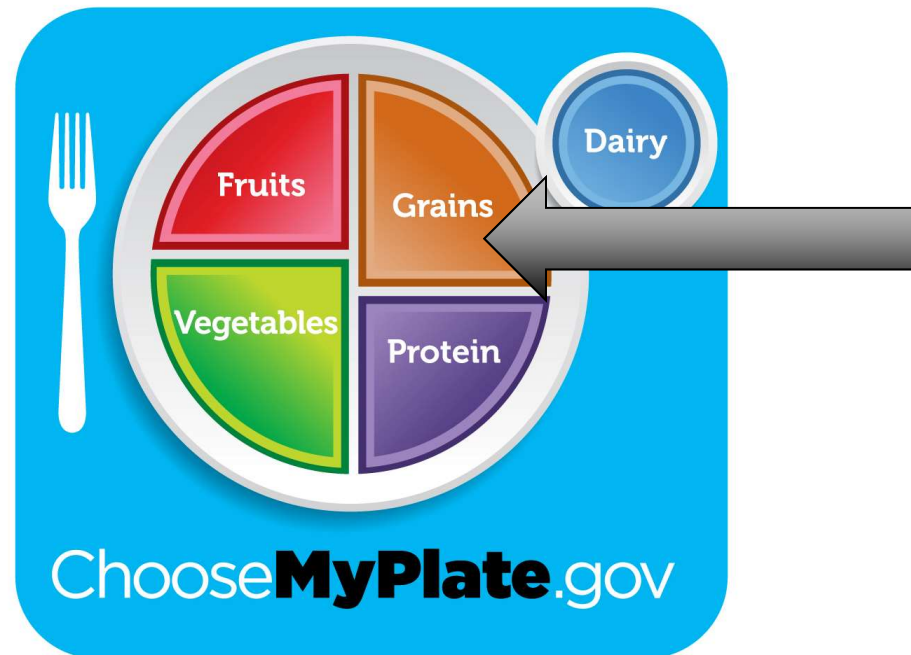
Vegetables



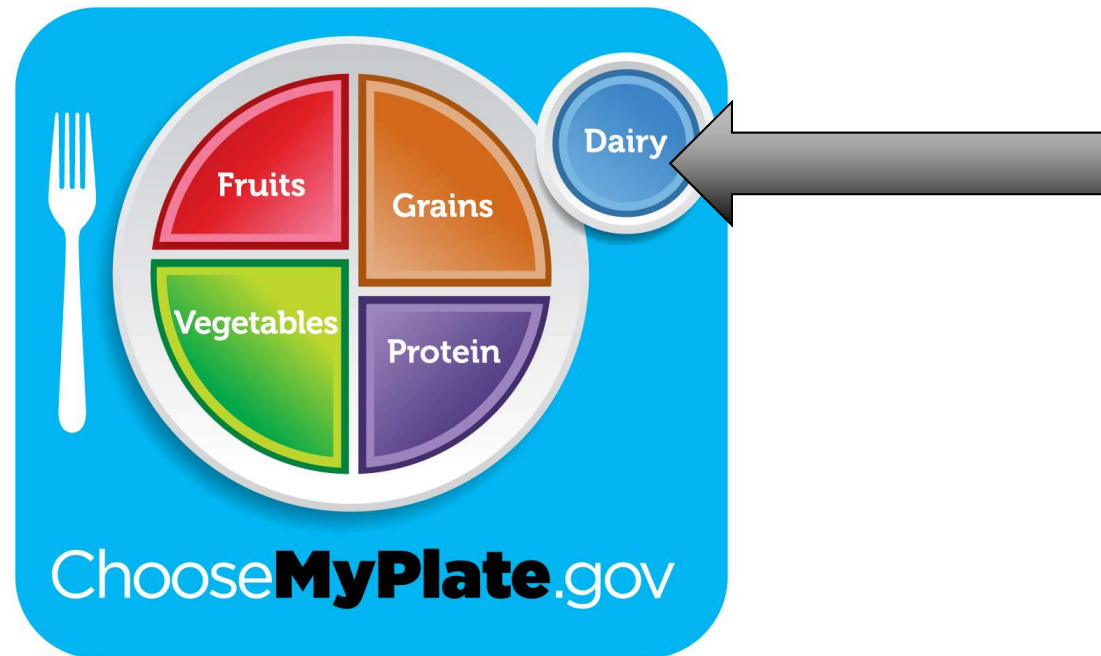
Protein



Grains



Dairy



Division of Responsibilities (Infants)

Parent's Job

- What

Children's Job

- How much



Division of Responsibilities (Infants and starting solids)

Parent's Job

- What
- Becoming responsible for when and where the child is fed



Children's Job

- How much
- Whether to eat the foods offered by the parent

Division of Responsibilities (Toddlers through Adolescents)

Parent's Job

- What
- Where
- When

Children's Job

- How much
- Whether to eat the foods offered by the parent

Picky Eaters

Phrases that *HINDER*

INSTEAD OF ...

Eat that for me.

If you do not eat one more bite, I will be mad.

Phrases like these teach your child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes, and beliefs about food and about themselves.

INSTEAD OF ...

You're such a big girl; you finished all your peas.

Jenny, look at your sister. She ate all of her bananas.

You have to take one more bite before you leave the table.

Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.

INSTEAD OF ...

See, that didn't taste so bad, did it?

This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.

INSTEAD OF ...

No dessert until you eat your vegetables.

Stop crying and I will give you a cookie.

Offering some foods, like dessert, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.

Phrases that *HELP*

TRY ...

This is kiwi fruit; it's sweet like a strawberry.

These radishes are very crunchy!

Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.

TRY ...

Is your stomach telling you that you're full?

Is your stomach still making its hungry growling noise?

Has your tummy had enough?

Phrases like these help your child to recognize when he or she is full. This can prevent overeating.

TRY ...

Do you like that?

Which one is your favorite?

Everybody likes different foods, don't they?

Phrases like these make your child feel like he or she is making the choices. It also shifts the focus toward the taste of food rather than who was right.

TRY ...

We can try these vegetables again another time. Next time would you like to try them raw instead of cooked?

I am sorry you are sad. Come here and let me give you a big hug.

Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.



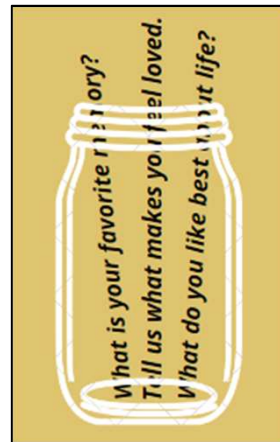
Benefits of Family Meals

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of depression
- Healthier eating patterns in young adults
- Increased vocabulary in preschoolers



Tips for Planning Family Meals

- Keep it simple
- Family Involvement
- Make it FUN
- Screen Free Time



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CREATE YOUR OWN
**MYPLATE
MENU**

LIST YOUR MENU ITEMS USING THE TIPS BELOW.

TIPS FOR YOUR MENU:

- Try to include all five of the MyPlate food groups: Fruits, Vegetables, Grains, Protein Foods, and Dairy.
- Make half your plate fruits and vegetables.
- Include low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Limit sodium, saturated fat, and added sugars.

FLIP OVER TO DRAW YOUR MENU! ↷

Kids in the Kitchen!

- Wipe tables
- Put things in the trash
- Help “read” the cookbook
- Rinse vegetables or fruits
- Describe cooking terms
- Name and count foods
- Peel or squeeze fruits
- Set the table
- Stir ingredients
- Knead and shape dough
- Help measure and add ingredients
- Cut soft fruits with a butter knife
- Clean up the table

Additional Resources

- [Ellyn Satter Institute](#)
- [Family Conversation Jar](#)
- [MyPlate Grocery List](#)
- [MyPlate Menu](#)
- [MyPlate Kitchen Recipes](#)
- [MyPlate Weekly Calendar](#)
- [Phrases that Help and Hinder](#)
- [The Family Dinner Project](#)



Questions?

Thank you!



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THANK YOU FOR ATTENDING!



Please take a few seconds to complete our Living Well Wednesday Survey.

Scan the QR code with your camera phone or follow this link:

<https://bit.ly/3vW5kKj>

Recordings of presentations and handouts will be posted on our Living Well Wednesday website.

www.ksre.k-state.edu/fcs/livingwellwed/

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