

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH

SUB-DOMAIN: HEALTH

NUTRITION AND FEEDING

GOAL 24: CHILDREN EAT A VARIETY OF NUTRITIOUS FOODS.

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
<p>16 to 38 Months</p>	<p>Choose how much food to eat. Participate in mealtime routines, with support.</p>	<ul style="list-style-type: none"> ▪ Expands recognition and eats a variety of foods. ▪ Distinguishes between food and non-food items. ▪ Makes personal food choices among options. ▪ Explores new foods when offered. ▪ Talks about being hungry or full. ▪ Uses cup to drink beverages. ▪ Begins using serving utensils. ▪ Begins to pass and receive food in serving containers. ▪ Uses fork and spoon, with limited accuracy, but continues to use fingers often. 	<ul style="list-style-type: none"> ▪ Establish regular meal and snack times in daily schedules. ▪ Prepare and provide a variety of nutritious snacks and meals from child's own cultural background and other cultures. ▪ Serve meals that include foods with a variety of textures, shapes, temperatures, sizes, and colors. ▪ Offer beverages in cups (1% or 2% milk, 100% juice, or water). ▪ Provide child-sized utensils. ▪ Provide child-sized serving utensils that help child to serve child-sized portions. ▪ Provide adequate space for each child to pass, serve, pour, and eat. ▪ Prepare and present food with consideration for child's physical skills for passing and serving themselves. ▪ Acknowledge a child's hunger and fullness cues. ▪ Respect a child's food preferences. ▪ Offer unfamiliar foods many times to help the child gain familiarity. ▪ Sit down to supervise child before food is passed. ▪ Talk with child about how food and water help us to be healthy. ▪ Offer food at least every 3 hours so that child's hunger does not overwhelm their ability to self-regulate food

			<p>intake.</p> <ul style="list-style-type: none"> ▪ Link new foods to familiar foods describing taste and textures. ▪ When adding a food that is new to a child's menu, include other foods that are familiar to the child. ▪ Encourage child to drink plenty of water throughout the day. ▪ Develop a plan for cooperating with physician-prescribed diets (allergies, diabetes). ▪ If child has food allergies, talk with him/her about healthful food choices that fit his/her needs. ▪ Avoid serving choking hazards (raisins; grapes; popcorn; hot dogs; hard candies; and other small, hard, round, foods).
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