

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

SUB-DOMAIN: HEALTH

NUTRITION AND FEEDING

GOAL 24: CHILDREN EAT A VARIETY OF NUTRITIOUS FOODS.

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
<p>36 to 60 Months</p>	<p>Participate in mealtime routines with increasing independence and using utensils.</p>	<ul style="list-style-type: none"> ▪ Accepts a greater variety of foods, displays greater acceptance of textures and flavors. ▪ Expresses food preferences using increasingly descriptive vocabulary. ▪ Uses spoon and fork, but continues to use fingers for efficiency. ▪ Begins to have accuracy with a knife for spreading soft foods such as butter or jelly. ▪ Knows and uses routines for passing, serving, cleaning up spills, and clearing their place after meals. ▪ Uses serving utensils to self-serve food, with increasing accuracy. ▪ Passes food at the table and takes appropriate-sized portions, or participates in other culturally-specific family serving styles. ▪ Expresses hunger and fullness using words such as "I'm hungry" or "My tummy is full." ▪ Begins to identify sources of food. 	<ul style="list-style-type: none"> ▪ Serve meals that include foods with a variety of textures, shapes, temperatures, sizes, and colors. ▪ 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. ▪ Talk with child about food choices in relation to allergies, religion, culture, family choices, and overall health. ▪ Offer food at least every 3 hours so that child's hunger does not overwhelm their ability to self-regulate food intake. ▪ Establish the expectation for the child to join with family or group at mealtime. ▪ Resist forcing child to eat. ▪ 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. ▪ Provide opportunities for child to serve themselves from common bowls and pitchers. ▪ Involve child in planting, growing, and harvesting a vegetable garden. ▪ Provide opportunities for child to handle food, and to

			<p>help prepare meals and snacks.</p> <ul style="list-style-type: none"> ▪ Talk about food and nutrition concepts including texture, vocabulary, appearance, and preferences during meal times. ▪ Avoid serving choking hazards (grapes; popcorn; hot dogs; hard candies; and other small, hard, round foods). ▪ Provide directions to prevent choking (keep all four chair legs on the floor, avoid talking or laughing with food in mouth, take small bites, and finish chewing food before leaving the table).
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