

## 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><b>6 to 18 Months</b></p>	<p>Consume a variety of foods and indicate preferences.</p>	<ul style="list-style-type: none"> <li>▪ Begins eating soft and semi-solid foods.</li> <li>▪ Explores food with fingers and begins to feed self.</li> <li>▪ Regulates the speed and intensity with which they eat.</li> <li>▪ Uses facial expressions and body movements to indicate feelings of hunger and fullness.</li> <li>▪ Shows personal preferences.</li> <li>▪ Begins to use spoon, and spear with a child-friendly fork although with limited accuracy.</li> <li>▪ Increases food vocabulary, both receptive and expressive.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Offer child a variety of foods and nutrients. This includes fruits, vegetables, meats, and grains.</li> <li>▪ Schedule and carry out mealtimes as an opportunity to help child enjoy food and become independent in feeding.</li> <li>▪ Use a daily sheet for parents and caregivers to communicate with each other and provide a written record of what and how much the child eats at home and the center.</li> <li>▪ Communicate with parents, grandparents, cooks, and caregivers about food allergies to provide a safe food environment for child.</li> <li>▪ Avoid serving choking hazards (whole grapes; popcorn; hot dogs; hard candies; and other small, hard, round foods).</li> <li>▪ Acknowledge a child's hunger and fullness cues.</li> <li>▪ Respect a child's food preferences.</li> <li>▪ Offer unfamiliar foods many times to help the child gain familiarity.</li> <li>▪ Model nutritious eating habits.</li> <li>▪ Provide child-sized utensils.</li> </ul>