

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
60 Months through Kindergarten	Take increasing responsibility for eating and food choices.	<ul style="list-style-type: none"> ▪ Chooses from a variety of foods. ▪ States food preferences. ▪ Provides simple explanations for own and others' food allergies. ▪ Able to indicate when certain foods are eaten (e.g. pancakes for breakfast). ▪ Tries most new foods. 	<ul style="list-style-type: none"> ▪ Engage child in preparing, serving, and eating a variety of foods. ▪ Talk with child about why certain foods are more nutritious than others (e.g. fruit is more nutritious than candy because it has more things in it that helps our body grow and be healthy). ▪ 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. ▪ Give child opportunities to provide input on food and menus. ▪ Provide family-style dining. ▪ Model healthy eating habits. ▪ Acknowledge child's differences and preferences for food, but do not compare children's eating characteristics.