

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



K-State Research and Extension Family Nutrition Program

DINING ON A DIME

Eating Better for Less

May/June

Parenting Tips for Picky Eaters

Your son won't eat broccoli? Your daughter won't try carrots? What can you do when a child says "no" to certain foods? Child feeding and nutrition expert Ellyn Satter offers the following advice:

Keep trying. Often, a child needs to be served a new food ten times before deciding he likes it. Try preparing the food in different ways. For example, you might offer raw broccoli with a "light" Ranch dressing. Or serve cooked broccoli with a cheese sauce. Introduce a new food along with a familiar food. You could mix the two foods together. For example, with a toddler, you might introduce a new hot cereal along with a familiar favorite food, such as applesauce.

Avoid "short-order" cooking. As a caregiver, it's your responsibility to provide appropriate meals at appropriate times, according to Satter. It's up to the child to decide if, and how much, she eats. Children's tummies are small, so a child needs to eat fairly often to stay satisfied. Offer meals and one or two healthy snacks throughout the day. Provide foods from the main food groups — grains, vegetables, fruits, dairy, and meat and beans. Your child may not care for all of the foods offered, and that's okay. If she asks for a food and you're not serving it at that meal, assure her that she can choose from any offering on the table and that the next meal will be in a few more hours.

No pressure. Mealtimes should be low-stress, pleasant experiences for each person at the table. Encourage and model appropriate eating for your child. Suggest that a child try a new food, but don't insist. Avoid pressuring kids. For example, don't promise a dessert to a child if he'll take a bite of every food served. This will help ensure that the dinner table doesn't become a battle of the wills.

Get kids involved. Kids are more likely to try new foods if they're involved in the planning and preparation. Check out page two for tips to get your kids into the kitchen and on to better nutrition!



Source: Truncated from How to Get Your Kid to Eat...But Not Too Much, E Satter, Boulder, CO: Bull Publishing Company, 1987.

Kids in the Kitchen

One of the best ways to get a child to try new foods or a new recipe is to get them involved in growing or purchasing the food, preparing it, and cleaning up afterwards. Helping you in the kitchen will also improve his self-confidence.

Since a young child has limited skills, some tasks may not be suitable. The following list shows what kids at different ages typically can do (with maybe a few spills!) after you have shown them how to do it.

Two-year-olds are learning to use the large muscles in their arms. Have them try:

- Scrubbing vegetables and fruits
- Wiping table tops
- Dipping foods
- Washing lettuce and salad greens

Three-year-olds are learning to use their hands. Have them try:

- Pouring pre-measured liquids into batter
- Spreading peanut butter, jelly, and similar foods
- Mixing ingredients
- Clearing unbreakable items from the table after a meal
- Putting unwanted items in the trash after cooking or after a meal

Four and five-year-olds are learning to control small muscles in their hands. Have them try:

- Peeling foods, such as bananas, oranges, and hard-boiled eggs
- Mashing soft fruits and vegetables with a fork
- Kneading dough
- Unloading the dishwasher
- Setting the table
- Measuring dry ingredients
- Cracking eggs into a bowl
- Beating eggs or batter
- Cutting soft foods, such as hard-boiled eggs, with a plastic knife



Teach kids to always wash their hands before they start cooking. For safety reasons, have a child stand at or above the level of the activity. Use bowls and other supplies that won't break. Offer them blunt knives and soft foods for cutting. Always supervise them, especially when they're using knives, stove tops, ovens or electrical appliances. Enjoy sharing time and cooking experiences with your child!

Source (Accessed 4/2/07): Truncated from [Cooking with Kids](http://www.kidsacookin.ksu.edu/Pdf/Cooking%20with%20Kids.pdf), K-State Research and Extension Family Nutrition Program Kids a Cookin', www.kidsacookin.ksu.edu/Pdf/Cooking%20with%20Kids.pdf

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Watch Not, Want Not?



Kids in the U.S. are spending increasing amounts of time in front of a television or computer and playing video games, more than three hours a day. The average is 22 hours each week, according to researchers at Stanford University.

Overweight is a problem that's been linked to kids spending more "screen time" and less time being physically active.

Another problem is that the more time kids spend in front of a TV or on websites, the more often they ask for items they saw advertised. Researchers warn that increasing amounts of screen time could foster a rise in consumerism that lasts a lifetime.

What can you do to help save your child's health and your wallet? Follow these tips to reduce your child's screen time:

- **Set limits.** Enforce a rule that you and your children may spend up to — but not more than — two hours a day watching television, using a computer, and playing video games (including time spent doing these activities when they're away from home). Instead of watching TV or surfing the Internet, you could spend time with your child. For example, be physically active, learn a new hobby, play games, or cook and eat meals together.
- **Remove the television or computer from your child's bedroom.** Children who have TVs in their room typically watch it about 90 minutes more each day than kids who don't. They also tend to be more physically isolated from the rest of the family, and communicate with their family members less often. In addition, these children are less active than other kids who watch TV.
- **Help your child understand advertising.** Children are influenced by TV ads for snack foods, candy, soda, fast foods, etc. Teach your child to recognize a "sales pitch." For example, ask your child why his favorite cartoon character wants him to buy a certain brand of cereal. Explain how advertisers make the cereal very appealing to kids, so that they ask their parents to buy it for them, and the company can make more money.

Sources (Accessed 4/2/07): Truncated from 1. [Watch Not, Want Not? Packard/Stanford Study Links Kids' TV Time and Consumerism](http://www.lpch.org/newsEvents/NewsReleases/2006/screenTime.html), April 2006, www.lpch.org/newsEvents/NewsReleases/2006/screenTime.html 2. [Helpful Ways to Reduce Screen Time](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm), National Heart, Lung and Blood Institute, www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm

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The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.



Dining on a Dime's Cooks' Corner

Fruit Smoothie (Makes 2 servings, each 1 cup)

This fruit smoothie is a treat that you and a child can make, then enjoy with a meal or as a snack. If desired, cut up 1 cup of your favorite fruit instead of using apples and bananas.

Ingredients

- 1 cup nonfat vanilla yogurt
- 1 medium apple, peeled, seeded, and cut up
- 1/2 medium banana, peeled and cut up
- 1/2 cup ice cubes

Directions

1. In a blender, combine yogurt, fruit and ice cubes.
2. Cover and blend until smooth.
3. Pour into glasses and serve.
4. Cover and refrigerate any leftovers within two hours.

*Each serving (1 cup) provides 145 calories,
less than 1 g fat, 30 g carbohydrate, 7 g protein,
0 mg cholesterol, 85 mg sodium and 2 g dietary fiber.
Daily Values: 20% calcium.*



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