Title: The Secret to Hassle-Free Meals

Target Audience: Parents of children age 2 and older

Objectives: The client will:

1. Choose at least one idea to try at the next family meal or share how they will be a role model to their children in eating and nutrition.
2. Identify one new recipe or food to try during family meals in the next month.

Teaching Materials Needed, Including Handouts:

1. Interactive display materials based upon interactive components chosen
2. Food and items for demonstrations
3. Recipes and handout materials
4. White board or poster sheets, markers
5. Seaweed or other unfamiliar food item

Advance Preparation Needed:

1. Set up display and materials needed for interactive portion of the center
2. Copy or gather enough handouts for each attendee
3. Prepare supplies for one easy-to-demonstrate recipe from the handout materials.
4. Gather any food items required for interactive activities.

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. Once the client reads through the materials and completes the feedback form, the client should show the completed form to the delegated WIC staff person (e.g. clerk).
5. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
6. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?” For example, “What is one strategy you will try in the next month to increase the number of family meals?”
7. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.

Concepts and Key Points:

The session incorporates the importance of eating together as a family, keeping the discussion and atmosphere positive and reinforcing parent-child feeding responsibilities.
1. Studies show that when families eat together, the children usually do better in school and have higher self-esteem.
2. Parents should have a positive attitude toward food. Serve new foods and expect your child to learn to like them.
3. Don’t force your child to eat.
4. Be a role model when trying new foods.
5. Make mealtime more relaxed by turning off the TV, having a consistent mealtime routine, and staying calm.
6. Children will decide how much of each food to eat. Parents decide what to eat and when to serve it.
7. Snacks should be limited about 2 hours before the next meal to encourage children to eat at mealtime.

**Interactive Component:** Choose one or more of the following interactive items:

1. Demonstrate the preparation of one or more easy recipes that can be used at mealtimes to make dinner less stressful for parents. Provide copies of the recipes along with a small amount of food for tasting. Encourage parents to share their favorite food ideas for quick healthy meals.
2. Put up a white board or large piece of paper. Have caregivers write down ideas of things to do besides watching TV. Stress the importance of turning off the TV during mealtimes.
3. Demonstrate one or more tasks that young children can do to prepare meals or help during mealtime. Develop and provide a list of age appropriate tasks that children can do and explain how having children involved in food preparation makes them more amenable to eating that food.
4. Have a display of child sized utensils. Discuss how these items can help children learn self-feeding skills and lessen spills.
5. Have a display showing two ways of presenting foods. Make one plate appealing in color, size and texture and another representing “what not to do”. Discuss how making food appealing can encourage children to try and eat a variety of foods.
6. Have a display of a very unfamiliar food (such as seaweed), and ask caregivers to try the new food. Ask:
   a. Why do you think you might not be willing to sample the seaweed?
   b. What if I said that it’s healthy? Would you eat it?
   c. What if I said that you MUST eat it?
   d. What if I said that it is the only thing that you will get for dinner tonight?
   e. What would encourage you to try it?

Reinforce the message that parents provide healthy foods, but children decide what to eat and how much to eat. Explain that many children need 8-12 exposures to a food before they eat it.

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.
Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

Evaluation:

The evaluation will consist of completing the feedback attached and interacting with WIC staff as outlined in the Class Outline and Methods section above.

Comments/Other:

Lesson Plan Written By: Pat Dunavan, MS, RD, LD, 2002
Lesson Plan Revised By: Pat Dunavan, MS, RD, LD, 2013, 2014
Lesson Plan Approved By:

Date:
The Secret to Hassle-Free Meals?—It’s Family Time!

When families eat together, children do better in school and have higher self-esteem

Help your child grow smarter. Eat together and talk whenever you can!

Make Eating an Adventure

Have a positive attitude. Serve new foods to your child and expect that they will eat it

Don’t force your child to eat

Let your child help prepare food

Serve one new food at a time

Be a good role model. Eat a new food in front of your child and let her see how much you enjoy it.

It’s Family Time!

To make family meals fun and relaxed....

Eat about the same time each day. Sit and talk with your child while you eat.

Turn off the TV.

Expect your child to spill. Just put a little bit in the cup or on the plate. Keep a towel handy.

Let your child decide what he will eat and how much.

Keep snacking times at least two hours from the next meal.

Wait until the next regular meal or snack time to offer food. Children will eat when they get hungry.
Fear of new foods is common for toddlers and preschoolers

The unusual child is one who eats everything served to him.

- Getting used to new foods takes time. A child often needs to see, smell, and taste a food 8 times before they start eating the food without a fuss.
- Never force your young child to try new foods. Instead, show them how much you enjoy eating these new foods.
- Rewarding a child for tasting a food may lead to his liking it less.
It’s Family Time!
Quick and Easy Meal Ideas

It’s the Berries
Layer low fat vanilla yogurt, berries and granola for a colorful dessert.

Pasta Salad in a Snap

Cook some of your favorite pasta (macaroni, shells, etc). Drain and rinse. Toss drained pasta with your family’s favorite vegetables, (like broccoli, shredded carrots, tomatoes or peppers), shredded cheese and a little Italian dressing. Chill for at least 2 hours.

Foiled Again!

Cut up 3 cups fresh seasonal vegetables-zucchini, tomatoes, eggplant, whole mushrooms, summer squash, and red and green peppers—into similar size chunks and place on a large piece of heavy duty aluminum foil, double thickness. Add 3 cloves of sliced garlic if desired. Drizzle with olive oil and sprinkle with your favorite herbs. Close the foil into a tent, sealing the top and sides. Place on the grill or put in the oven at 400 degrees and cook for about 20 minutes until vegetables are tender.
Best of Show Chili

1 pound lean ground beef
1 teaspoon oregano
1 large onion, chopped
2 cloves garlic, minced or 1 teaspoon garlic powder
1 tablespoon chili powder
2-16 ounce cans chunky tomatoes
4 cups cooked kidney beans
1 cup tomato sauce

Brown ground beef in a large pot and drain well. Add next 4 ingredients and cook over medium heat for 8 minutes, stirring occasionally. Add the tomatoes, beans, and tomato sauce. Bring mixture to a simmer and cook for 20 minutes. Serve with grated cheese and crackers.

Pudding Shake Up

2 cups milk
2 tablespoons instant pudding mix
3-4 ice cubes

Pour milk, pudding mix and ice cubes into a container with a lid. Put the lid on tightly. Shake it up for 30 seconds. Loosen top and “burp” the container to let out the extra air. Tighten the lid again and shake for 30 more seconds. Pour into glasses and enjoy.