

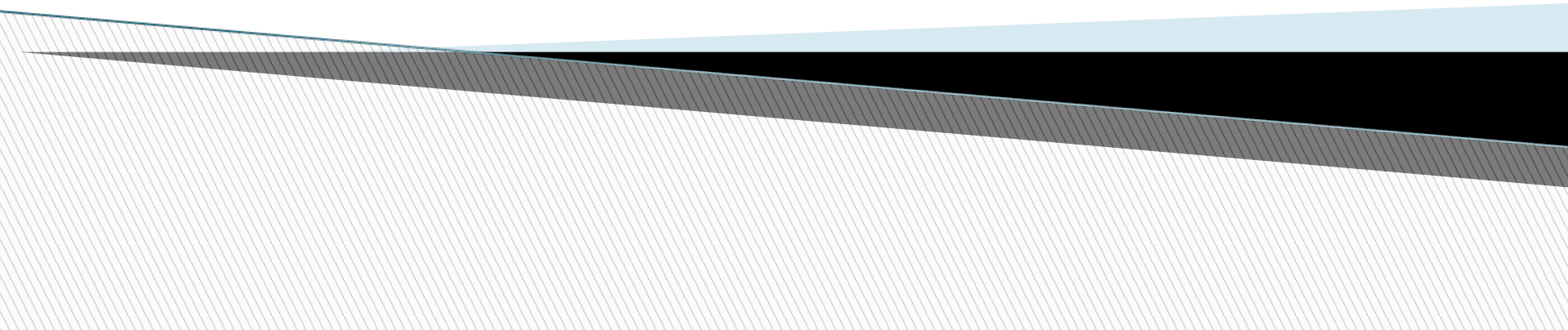
Block 4
Nutrition and Health Care during
Infancy and Early Childhood

By: Prof. Rekha Sharma Sen

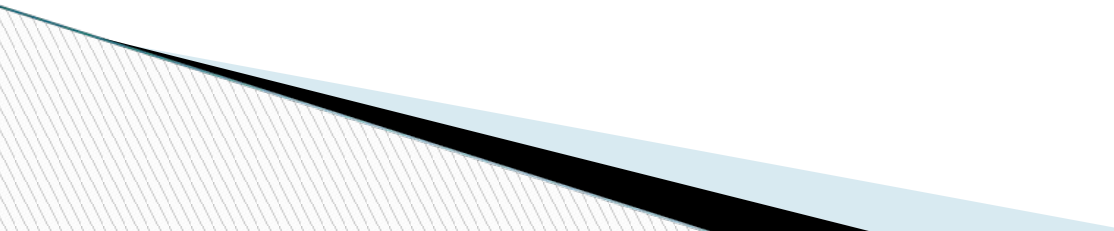


UNIT 13

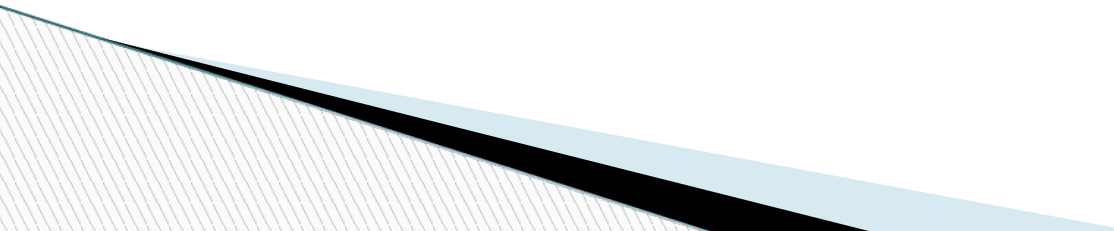
**NUTRITION DURING EARLY
CHILDHOOD**

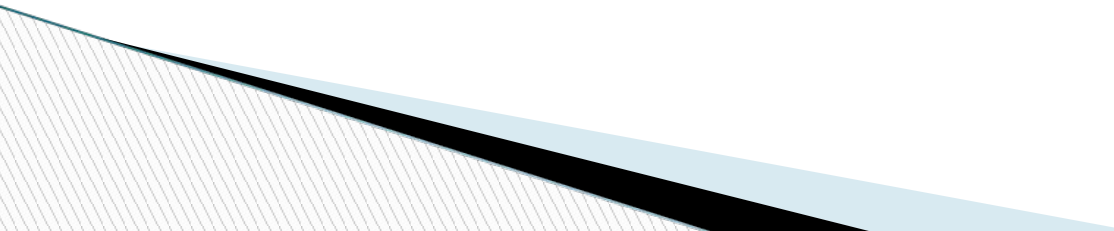


Objectives

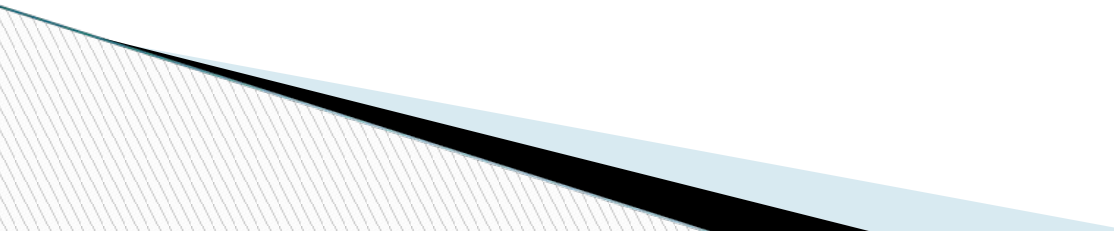
- ❑ **List the recommended dietary intakes for energy and protein in the case of toddlers and preschoolers**
 - ❑ **Describe the importance of regular weight gain in early childhood**
 - ❑ **List factors influencing meal planning for toddlers and preschoolers**
 - ❑ **Discuss feeding of young children in child care centres.**
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MEAL PLANNING FOR THE TODDLER

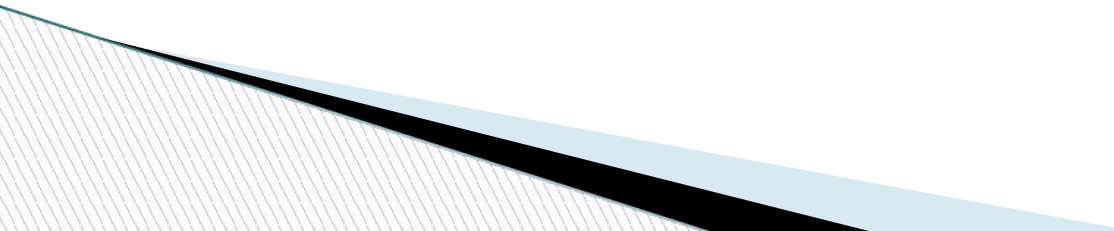
- ❑ **The meals offered to the toddler must include items from each of the three food groups that is energy-giving, body-building and protective/ regulatory. Important to include foods rich in energy, protein, Vitamin A, iron & calcium.**
 - ❑ **Bite sized foods (or finger foods) which are easy to handle are enjoyed most by the toddler.**
 - ❑ **Foods served to young children should not be too spicy or strongly flavoured.**
 - ❑ **The child would eat best with the family, learning by imitation.**
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- ❑ **Colourful foods in interesting shapes and varied sizes help to attract their attention.**
 - ❑ **Small frequent meals are best.**
 - ❑ **Toddlers who are ill or recovering from illness need special attention.**
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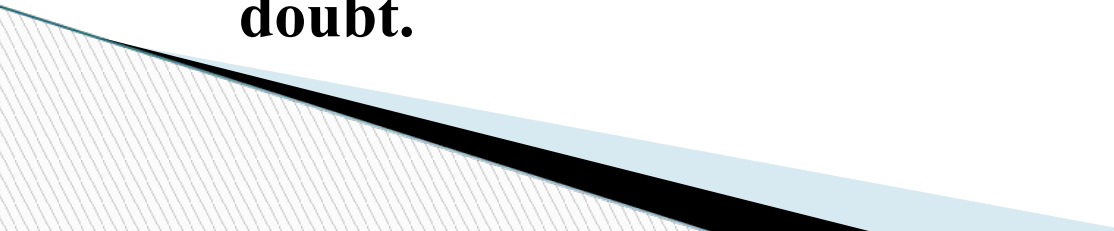
MEAL PLANNING FOR THE PRESCHOOLER

- It is important that she begins the day with good breakfast.**
 - Serve foods rich in energy, protein, vitamin A, calcium and iron.**
 - Include nutritious snacks between meals.**
 - Five to six meals in a day should be served to the child since she cannot eat much at a time.**
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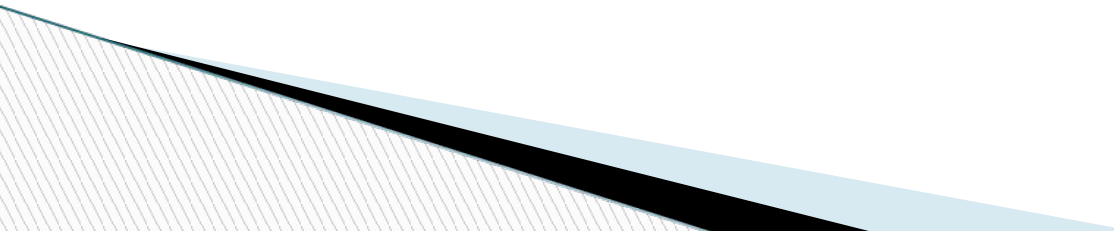
Planning Meals and Snacks at Child Care Centres

- ❑ **List the names of suitable meals/snacks you could serve which are nutritious, easy to prepare and easy to handle for a young child.**
 - ❑ **List the ingredients you would need and how you plan to purchase them. Work out the cost and make sure it fits within your budget.**
 - ❑ **Identify pre-preparation tasks which could be carried out by your helper, if available, on a day-to-day basis according to the weekly plans.**
 - ❑ **Supervise preparation of meals/snacks at the Child care Centre as well as serving of meals/snacks to the children at your centre.**
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ROLE OF CAREGIVER IN FEEDING TODDLERS AND PRESCHOOLERS

- In the first year of toddlerhood, the child has a good appetite and tolerates bite sized food.**
 - It is important to introduce the child to a variety of foods.**
 - The toddler gradually begins to enjoy eating with the family.**
 - However many children do show temper tantrums or refuse to eat food.**
 - She starts demonstrating a need for autonomy.**
 - Scolding the child for “creating a mess” while eating is unreasonable and causes feelings of shame and doubt.**
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ROLE OF CAREGIVER IN FEEDING TODDLERS AND PRESCHOOLERS (Contd.)

- Include foods from each of the food groups in each meal.**
 - Serve foods rich in energy, protein, vitamin A, calcium and iron.**
 - Provide small, frequent meals**
 - Include nutritious snacks**
 - Ensure that meal times are relaxed**
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Thank You

