

Step 3 Essential Trainings

Food and Nutrition



Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. Adults support children learn to choose portion sizes to match how much they can eat.
			2. Child-sized serving utensils are offered for all foods to help children serve child-sized portions.
			3. Food is prepared and presented so that children can eat independently and according to internal hunger and fullness cues.
			4. Unfamiliar foods are offered repeatedly in the menu cycle so children become familiar with the new food.
			5. Children are not required to try or taste a food they refuse.
			6. Adults acknowledge children's differences and preferences for food, but do not compare children's eating characteristics.
			7. Food served includes a variety of textures, shapes, temperatures, sizes, and colors.
			8. Menu planning is flexible, allowing new foods to be introduced routinely.
			9. Serving dishes are available for children to pass food.
			10. Adequate space is provided for each child to pass, serve, pour, and eat.
			11. Adults sit with children to support and maintain routines and to help children pass and wait for food.
			12. Adequate time is scheduled for children to finish their meal without hurrying.
			13. Adults talk about and model strategies for cooperating in the group (e.g., sharing serving bowls, listening to each other, speaking one at a time, acknowledging shared preferences, calling each other by name, and acknowledging those who set the table).

