

## Feeding Young Children: Picky Eaters

### Day 1:

**Intro: YOU MIGHT BE A PICKY EATER IF YOU** (from <http://www.babybites.info/2009/03/21/baby-bites%E2%84%A2-quiz-parenting-a-picky-eater/> and tally the number of responses that applied or still do apply to you)... **(Think about this from your childhood experiences.)**

- Seldom read or read nutrition labels
- Were never reprimanded for negative remarks such as "that's yucky"
- Ate at fast food places more than twice a week
- Did not eat dinner together as a family
- Were or still are a "grazer"
- Threw food on the floor in defiance
- Believed or believe that sugary cereals are just as good as whole grain cereals
- Had or still have a stash of processed snacks foods available
- Never helped or help prepare a meal
- Ate or still eat processed breakfast foods over oatmeal
- Had soda, fruit drink or chocolate milk in your bottle or sip cup
- Ate or still eat snacks for dinner instead of meal being served
- Always ate the SAME foods (no variety)
- Had to clean your plate at every meal
- Ate or still eat candy all the time
- Ate or still eat meals while watching television
- Ate or still eat NO green vegetables
- Were not allowed to touch your foods with your hands
- Drank or still drink a lot of soda (diet or regular)
- Were bribed (dessert/toy/video) to eat undesired foods
- Ate or still eat packaged/processed foods
- Ate or still eat sugary desserts every night
- Had or still have the "one bite" rule
- Had or still have a "junk food role model" you followed

- Made or still make your parent be a “short order” cook when you didn’t/don’t like something

Discuss: Results: How did you do?

5 tallies or less: Most likely not a picky eater...probably eats fairly nutritiously

6-10 tallies: Fifty-fifty chance you’re picky...probably not enjoying whole foods and making poor food choices

11 tallies or more: PICKY EATER...you eat few healthy foods but a lot of processed foods

Discuss: What is a picky eater? Defined typically as one of the following:

- Child doesn’t eat enough
- Child is very choosy about foods (likes certain foods/types only and often)
- Child eats very slowly and is not interested in foods

Activity: View the You Tube episode of “ARTHUR: DW the Picky Eater” and complete the graphic organizer and then discuss afterwards.

<http://www.youtube.com/watch?v=CxK01UOawh8&feature=related>

Activity: Think-Pair-Share: Turn to your neighbor and brainstorm some ideas of fun ways we can feed picky eaters. Some suggestions might be:

- Be creative: Example: Funny Faces Pizza
- Hands on Foods: Finger Foods
- Name Games: Broccoli Trees, X-Ray Vision Carrots
- Get Children to Help in the Kitchen
- Offer Healthy Choices

Days 2 & 3:

Project/Assignment: With mobile lab, research tips and suggestions for feeding a picky eater and then have them create a mini-poster titled “DW’s Ten Suggestions for Feeding the Picky Eater” that includes a DW graphic/image. Share and then hang around the room for display.



# D.W.'s Top 10 Suggestions for Feeding the Picky Eater

## Digital Poster Project

**Goal:** Using the internet research tips and suggestions for parents on feeding the picky eater.

**Step 1:** Research fun, creative ideas on the internet for feeding the picky eater and write a rough draft of your top 10 suggestions. Be sure to cite your sources.

**Step 2:** Create a digital poster of your top 10 suggestions. Go into Microsoft WORD and pick a file, then new, then flyers, then other flyers. Once there, choose a template and create your list. You can import pictures, clip art, message boxes, etc.

**Title:** D.W.'s Top 10 Suggestions for Feeding Picky Eaters

**Step 3:** Be sure your mini-poster includes a graphic/image of DW in it and write your name on the back of the poster.

**Step 4:** Include a typed list of cited sources you used for your digital poster. Be sure to include your name. Staple it to your rubric along with your rough draft.

Rubric:

Criteria	Present x4	Not Present
10 Suggestions on Digital Poster		
Creativity Added with Graphics		
Free of Spelling & Grammatical Errors		
Poster Includes a DW Image/Graphic		
Sources Cited & Typed		
Rough Draft Included		
Total Points		

