



Nutrition Education

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Nutrition

- Why is it important?
- What all is involved?



Overweight children are at higher risk for:

- ✓ diabetes
- ✓ poor health
- ✓ high blood pressure
- ✓ high cholesterol
- ✓ psychosocial effects
- ✓ arthritis
- ✓ fatty liver disease
- ✓ asthma



The role of good nutrition

- **Prevent Nutrient deficiencies which can result in:**
 - ✓ **improper growth and development**
 - ✓ **anemia (iron)**
 - ✓ **fractures/osteoporosis (calcium)**

The role of good nutrition

- **Poor dietary habits can contribute to:**
 - ✓ **poor school performance – cognition, learning, attendance, and behavior**
 - ✓ **dental cavities**



The role of physical activity

- **Helps with normal physical development:**
 - ✓ **Weight control**
 - ✓ **Strong heart, muscles**
 - ✓ **Increased metabolism**
 - ✓ **Better mental attitude**
 - ✓ **Lowered Stress**





The role of physical activity

- **Helps with disease prevention:**
 - ✓ Lower blood sugar, chol., triglycerides
 - ✓ Reduces blood pressure
 - ✓ Disease and premature death prevention



Good Food Depends Upon...

1. Quality food products purchased
2. How food is stored
3. Recipes used
4. Amount of ingredients
5. Preparation procedures
6. Holding
7. Service





Nutrition is visual

- We all eat with our eyes first.
- We (adults) need to set the example
 - Facial expressions
 - Refusing items
- If it looks “Gross” kids will not eat it.



Which would you like to eat?





Which would you like to eat?





Which would you like to eat?





Cooking Techniques

- Recipes
- Excessive Cooking Times
- Excessive Holding Times
- Different methods of cooking
 - Baking, Steaming, Grilling, Stir-Fry, Raw, Fried, etc.
 - Offer low fat/fat free dipping sauces.



Which would you like to eat?





Which would you like to eat?





Which would you like to eat?





Make it fun

- Incorporate Nutrition Education into other things.
 - Art Lessons



Introducing new items

- Children typically need to try a new item seven times before completely accepting it.
- Always introduce vegetables to children first.
 - Most kids will eat fruits without trouble.
- Try to offer white whole wheat items as they are more acceptable to most children.
 - Ensure they are whole grain rich.



Resources

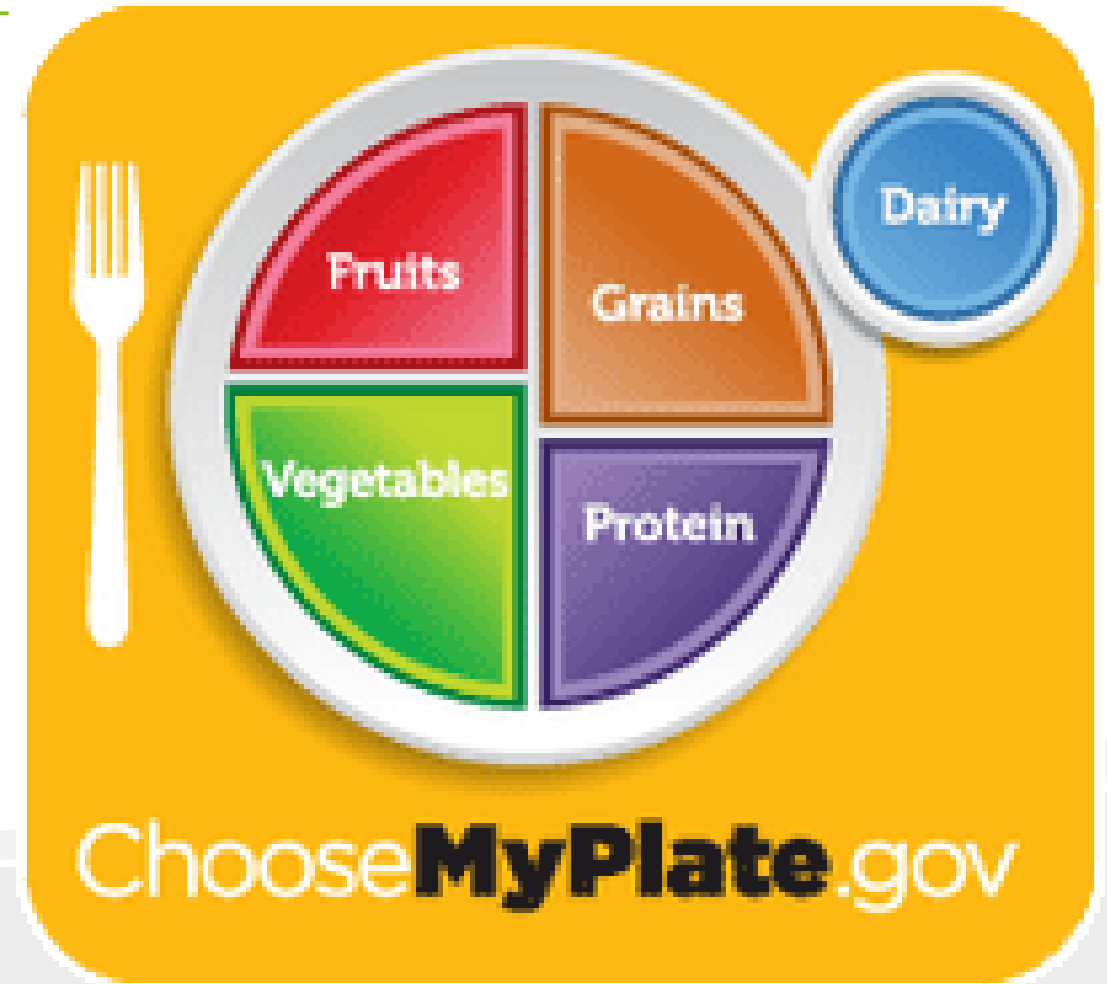
- <http://foodplay.com/free-materials/>
- <http://www.choosemyplate.gov/>
- <http://food.unl.edu/free-food-nutrition-fitness-and-food-safety-educational-powerpoints-and-handouts>



Resources

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- <http://www.choosemyplate.gov/>





Questions?