

Child Feeding Practices

GOAL

To inform Early Childhood Education Providers on the basic principles of child feeding, food allergies and choking prevention practices through hands-on interactive activities.

Trainer Preparation

Module III has three Units.

Unit 1: Healthy Eating Habits

Unit 2: Food Allergies and Choking

Unit 3: Smart Snacking

OBJECTIVES

Providers will...

- ☆ Learn about child feeding practices and how to help develop healthy eating habits.
- ☆ Recognize signs and symptoms of food allergies, food intolerances and choking.
- ☆ Practice how to incorporate nutrition in their daily classroom activities

Children will...

- ☆ Learn the relationship between eating right and good health.
- ☆ Learn about food allergies and how to prevent choking
- ☆ Practice how to choose healthy foods.

Administrators will...

- ☆ Understand the importance of allowing children to form their own eating habits and the role of providers in forming these habits.



For more information about this workshop please contact MaryAnn Aquino Lagura, NETA Program Representative at 510-639-1276 or by e-mail malagura@ucdavis.edu