

Importance of Nutrition for Children



Program Hosts



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■ ■ ■ IMPORTANCE OF ADEQUATE NUTRITION

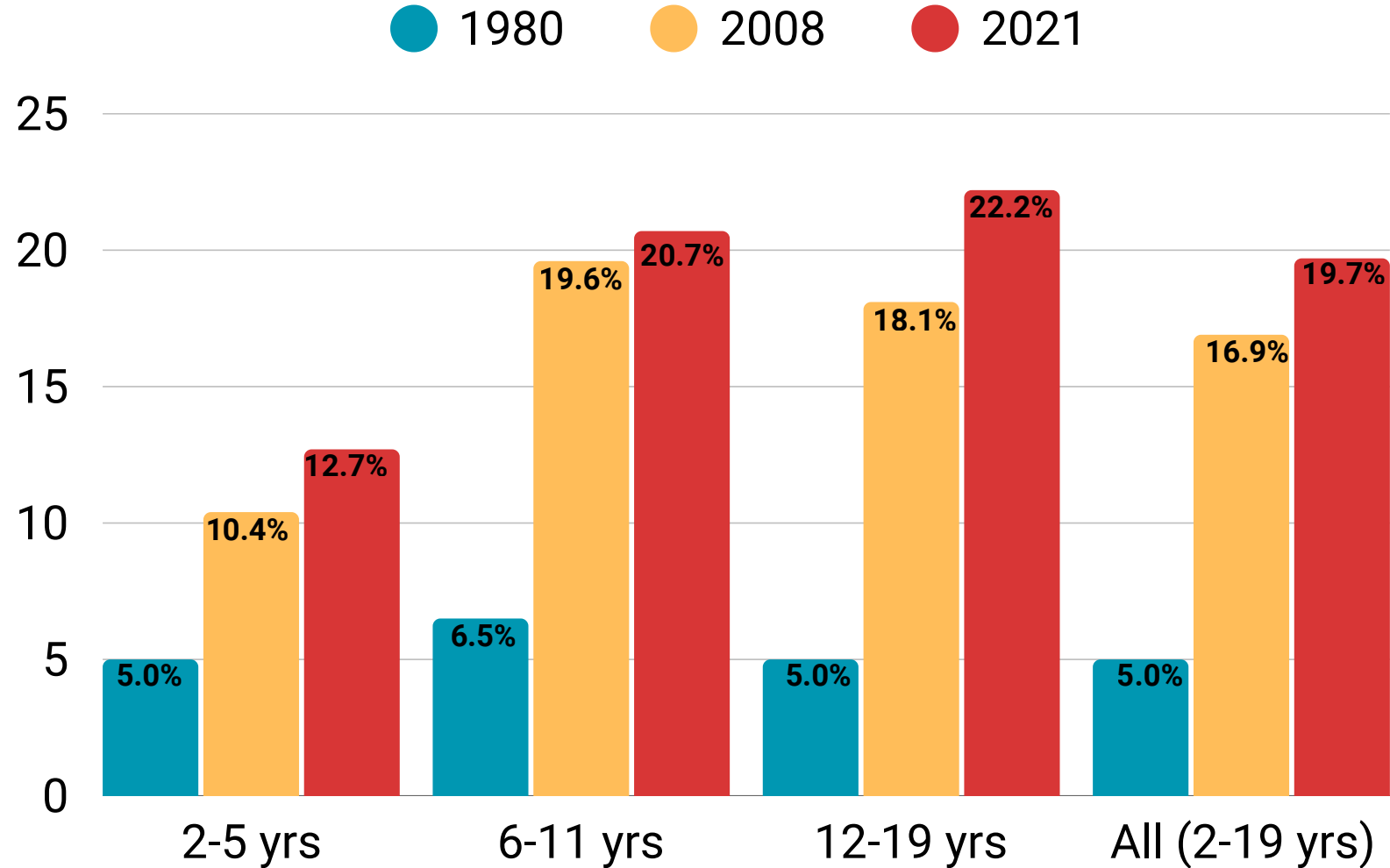
- Proper growth and development
- Improved cognitive abilities
- Less infections/illnesses
- Establish lifelong healthy habits
- Maintenance of healthy weight
- Reduced risk of chronic disease



Childhood Obesity Stats

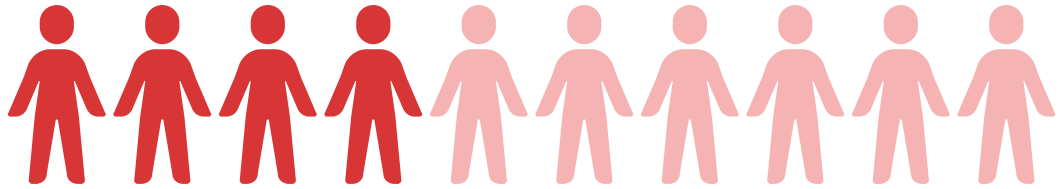
Negative Impacts

- Asthma
- Sleep apnea
- Bone & joint problems
- Type 2 Diabetes
- High blood pressure
- Increased risk of chronic illness in adulthood

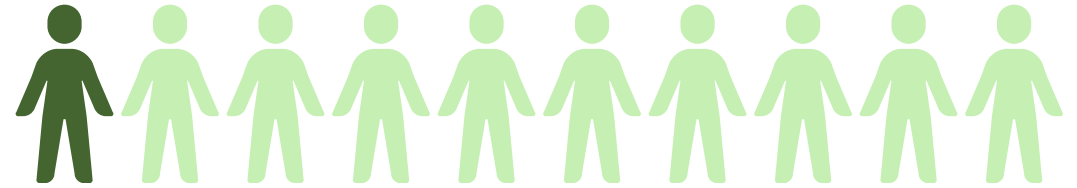




EATING PATTERNS OF US CHILDREN



4 out of 10 children meet the daily fruit recommendations



1 out of 10 children meet the daily vegetable recommendations





Per the USDA Dietary Guidelines...

Most children > 1 year
overconsume the
recommended amounts
of sugar, refined grains,
sodium, & saturated fats

(caloric-rich, nutrient-poor foods)

Most US adults...

- do not eat enough fruits & vegetables
 - fruits: 2 servings/day
 - veggies: 3 servings/day
- exceed added sugar intake
 - males 59%; females 63%
- exceed saturated fat intake
 - males 73%; females 70%
- exceed sodium intake
 - males 97%; females 82%





Children's Eating Behaviors

- ☑ Developed in childhood
- ☑ Repeated exposure to foods
- ☑ Observation of caregivers
(home and school environment)
- ☑ Modifiable factor



The Family Meal Project

Make meal time, family time!

DEVELOPMENTAL STAGES & NUTRITION ▾

FOOD & FAMILY ▾

NUTRITION & FOOD TIPS ▾

RESOURCES ▾

ABOUT

Welcome to the Family Meal Project!

Learn more about nutrition, family meal practices and mealtime tips.

[Getting Started](#)



Purpose:

To enhance parents' nutrition knowledge and improve parent-child food interactions, modeling, and the family food environment.

Program Details



Preschool - Kindergarten

Protected: Course #1: Nutrition Basics

🕒 Lifetime 📊 Beginner 📖 14 Lessons 🔄 0 Quizzes 👤 20 Students

In this course you will learn dietary recommendations for each food group, how to read...

Free [Read more](#)



Preschool - Kindergarten

Protected: Course #4: Dietary Planning & Budgeting

🕒 Lifetime 📊 Beginner 📖 12 Lessons 🔄 0 Quizzes 👤 6 Students

This course focuses on the importance of meal planning to enhance family diet quality while...

Free [Read more](#)



Preschool - Kindergarten

Protected: Course #2: Protein Power-Up

🕒 Lifetime 📊 Beginner 📖 12 Lessons 🔄 0 Quizzes 👤 9 Students

This course focuses on increasing knowledge regarding the importance of adequate protein intake for the...

Free [Read more](#)



Preschool - Kindergarten

Protected: Course #5: Incorporating Children in the Mealtime Process

🕒 Lifetime 📊 Beginner 📖 12 Lessons 🔄 0 Quizzes 👤 6 Students

This course focuses on the importance of including children in the mealtime process. In this...

Free [Read more](#)



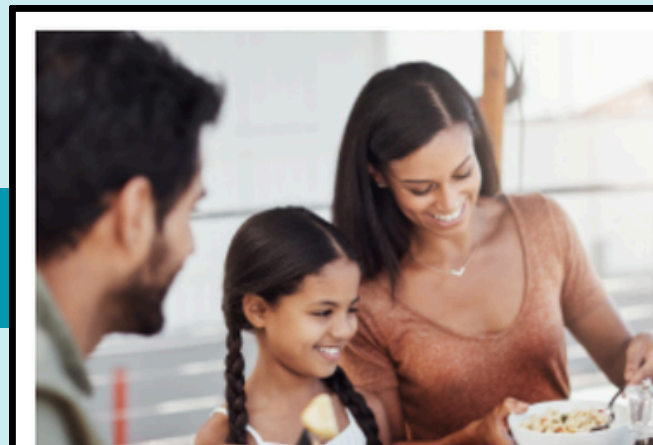
Preschool - Kindergarten

Protected: Course #3: Developing Positive Parental Feeding Strategies

🕒 Lifetime 📊 All Levels 📖 13 Lessons 🔄 0 Quizzes 👤 7 Students

In this course we examine common child feeding practices identify methods to introduce new food...

Free [Read more](#)



Preschool - Kindergarten

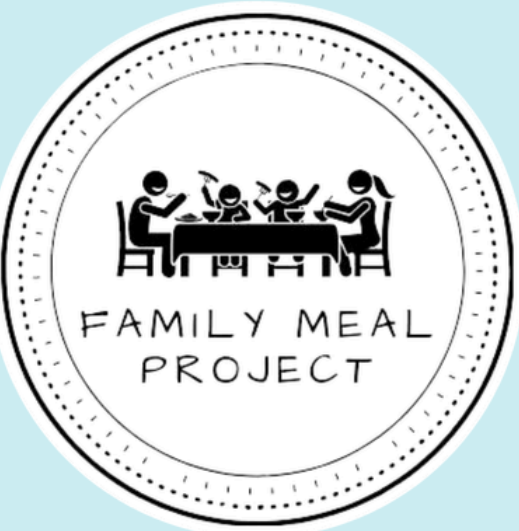
Protected: Course #6: Traditions and Culture

🕒 Lifetime 📊 All Levels 📖 11 Lessons 🔄 0 Quizzes 👤 5 Students

This course focuses on the importance of culture and tradition as a part of family...

Free [Read more](#)

mobile-friendly bilingual courses (~15-20 mins/course)



Program Details

Chapter 1 – “Fueling Your Health through Adequate Nutrition, Physical Activity, & Sleep!”

Watch the following video on Nutrition Basics. Then click **complete** to continue to the next chapter.

Nutrition Basics - Ch. 1
Family Meal Project

A balanced diet is important for:

- strong immune systems

*Closed captioning for this video is available

Animated Videos

Family Activity Workbooks

MY GOAL SETTING PLAN

My goal: _____

Why is this goal important to me?

What steps do I need to take to reach my goal?
1. _____
2. _____
3. _____
4. _____
5. _____

S.M.A.R.T goal example
My child will incorporate 1 fruit during breakfast everyday for 1 week.

CONVERSATION PROMPTS & FAMILY FUN ACTIVITIES

NUTRITION BASICS

Recipe Booklets

Do you think you can choose the balanced meals?

Drag each plate of food and place it into the category you think fits best!

*Note: Make sure to place the plate directly in the center of each square to make it stick!

Balanced Breakfast	Balanced Snack	Balanced Lunch/Dinner
Unbalanced Breakfast	Unbalanced Snack	Unbalanced Lunch/Dinner

Check

Interactive Activities

Turkey patties
With Roasted potatoes & asparagus

6 servings | 25 minutes

Calories	254	Fat	13g	Carbs	34g	Protein	21g
	18%		20%		13%		41%

Ingredients

- 1 lb (450g) lean ground turkey
- 1 tablespoon chopped scallion
- 1 teaspoon chopped parsley
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 teaspoon cayenne pepper, optional
- 1/2 teaspoon chili pepper flakes, optional
- 2 tablespoons fresh garlic, minced
- 1 teaspoon fresh grated ginger, optional
- 5 medium potatoes
- 2 tablespoons parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 Lipton onion recipe soup and dip mix
- 2 bunch of asparagus
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon olive oil

Directions

Step 1:

- Preheat oven to 375°F and season asparagus with olive oil, salt, and pepper.
- Chop potatoes in cubes and season with ingredients.

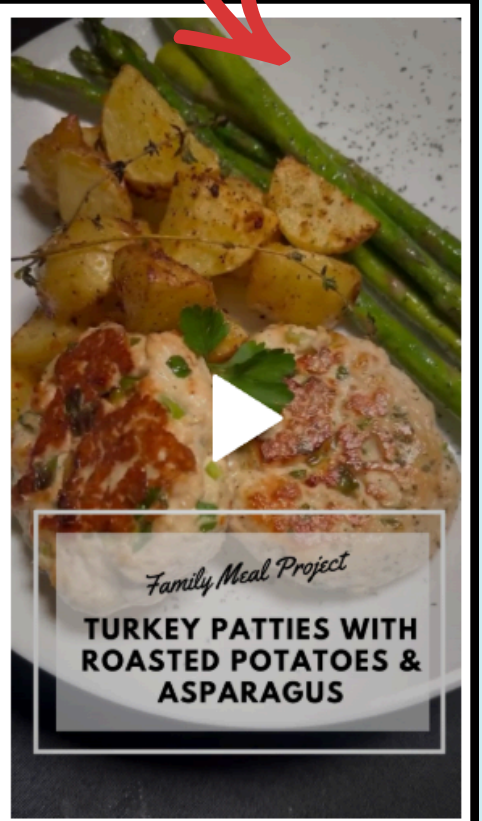
Step 2:

To make the turkey patties:

- Combine all ingredients for the turkey patties (ground turkey, scallion, parsley, garlic, salt, cayenne, ginger, and chili flakes)
- in a medium-sized bowl and gently mix until everything is evenly combined.
- Place asparagus on a pan sheet and place in the oven for 15 minutes or until soft.
- Place potatoes on a pan sheet and place in oven until soft and golden

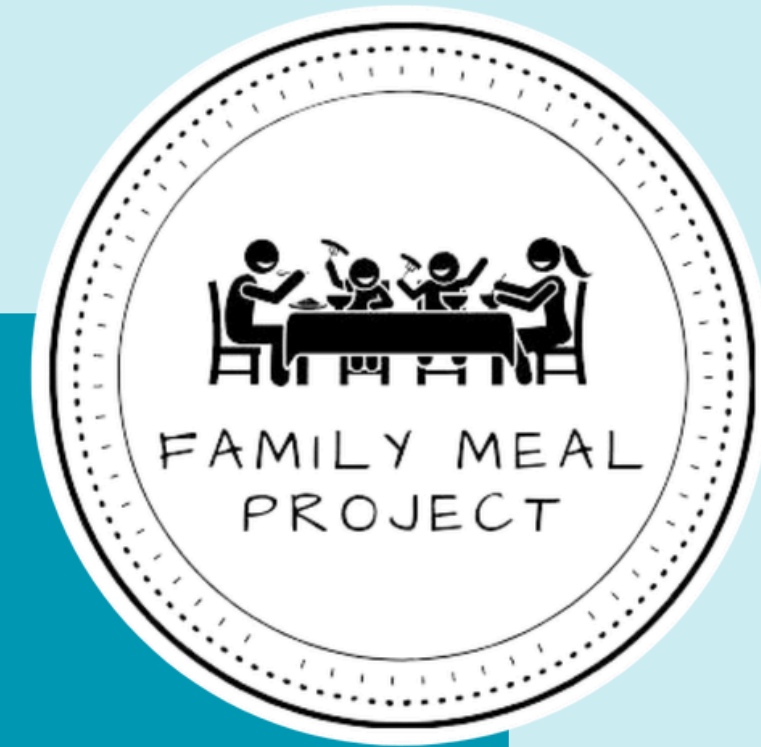
Step 3:

- Heat 1 tablespoon oil and 1 teaspoon butter together in a skillet over medium-high heat and divide the turkey mixture into four equal parts.
- Flatten gently to form the turkey patties, then sear the turkey patties in the skillet for 5-8 minutes per side or until internal temperature reaches 160°F (71°C).
- Make sure to give a good sear to the turkey patties so they are crispy on the outside and soft on the inside.
- Remove from the skillet and set aside. Serve with baked potatoes and asparagus. Could also grab some buns and serve as a turkey burger.



Turkey Patties

Program Details



- Designed for parents of children 3–6 years old
- Program requirements:
 - Consent to participate
 - Completion of 3 questionnaires
 - 3 phone calls to discuss dietary intake
 - Optional weekly Zoom sessions hosted by Registered Dietitians
- Parents will receive up to \$100 for participating
- This program is funded by *Pork Checkoff*
 - All content was developed based on national dietary guidelines and current scientific evidence
 - Families will not be asked to consume any specific food item to participate

Interested in sharing
Family Meal Project within
your school or organization?



Scan the QR code
to provide your
information



Healthy Lunches

We will discuss recommendations and ideas to help make lunches delicious and nutritious!

Smart Snacking

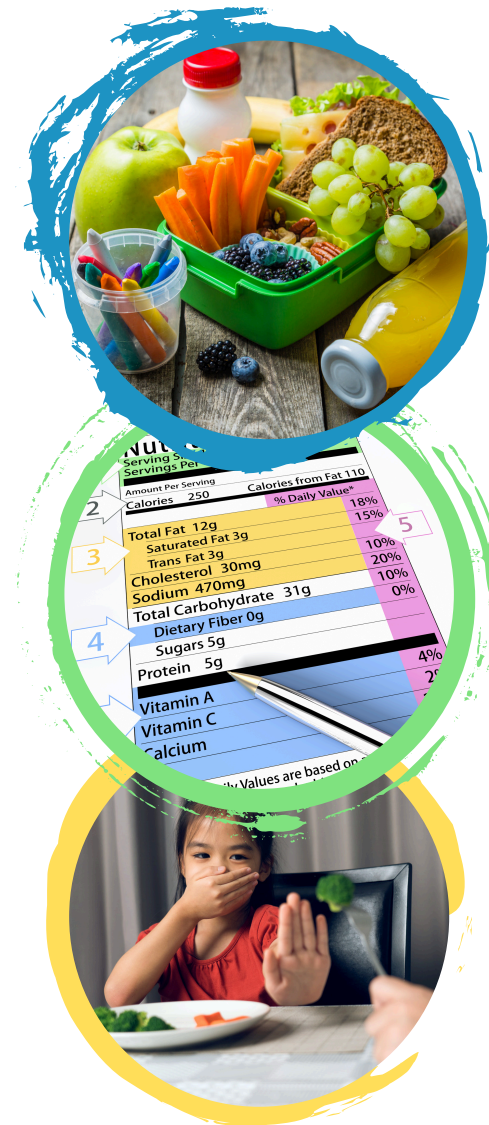
We provide parents with useful tips and healthy snack guidelines.

Tips for 'Picky Eating'

We will dive into tips and strategies for parents to help their children overcome "selective" eating patterns.

Family Meal Project details

We will share details of the Family Meal Project directly with parents who may be interested in participating



Stay Connected with The Family Meal Project

Looking for simple ways to bring your family back to the table?
Discover answers to your nutrition questions, practical tips, and
meaningful conversation starters designed for busy families.

Visit: www.familymealproject.com



Follow us on Instagram: @familymealprojectfiu

Make Meal Time, Family Time

