

Nutritional Foods for an Infant/Toddler Project

Scenario: You work at a day care center and have been asked to create a nutritious snack or meal.

You will work in groups of three or four to research and prepare nutritious foods for an infant/toddler by:

- analyzing the correlation between proper nutrition and the growth and development of children
- creating a nutritious snack or main entrée appropriate for an infant/toddler
- determining the portion size for the appropriate age group
- recognizing the nutritional guidelines for an infant/toddler

You will create a snack or main entrée that meet the nutritional guidelines for an infant/toddler keeping in mind the time allotment of the class.

You will research recipes using <http://cte.sfasu.edu/wp-content/uploads/2012/07/Nutritious-Recipes-for-Children.pdf> Recipe Finder Cookbook. Compile a shopping list and prepare the food items.

You may use www.choosemyplate.gov website as a planning tool for the labs.

Your group will present your snack or main entrée. You will discuss the essential nutrients, the nutritional value of the food item, food source and provide four tips for healthy snacks or foods for an infant/toddler.

All food items will be set up on a table and everyone will have an opportunity to sample each other's food creations.

Your project written report must include the following:

- The caloric requirements to meet the needs of the specified age of child.
- A grocery shopping list and recipe.
- The nutritional value of each item used in preparing the food item. Your dish must include five essential nutrients. For example, if you use cheese in preparing your snack or main entrée:

Essential Nutrient	Nutritional Value	Food Source
Calcium	Builds strong bones and teeth	Cheese, milk, yogurt

- Portion size is correct according to the guidelines specified in the PowerPoint™ presentation.
- Provide four tips for healthy snacks or foods for an infant/toddler.