

Nutritional Needs

Individually, read each scenario and determine whether each represents a desirable or undesirable way to feed an infant or toddler.

1. Melissa and Joe are new parents of a baby boy, Michael. Joe was recently laid off at work and it has put a strain on their budget. Joe suggest to Melissa that she should add more water to each bottle. That way, the can of formula will last longer.

Desirable or undesirable? _____

Explain.

2. Kandace and Chris have a two-year-old daughter named Sarah. Both parents work full time and are often on-the-go. Sarah's meal consists of fast food, chips and soft drinks. Sarah probably consumes over 2,000 calories a day and is considered overweight for her age.

Desirable or undesirable? _____

Explain.

3. Martha and Tom have a two-year-old daughter named Emma. She is very active for her age and loves to eat fruits and vegetables. They recently hired a new babysitter. One evening when Martha and Tom were out, the babysitter decided to feed Emma a carrot, grapes and cherry tomatoes.

Desirable or undesirable? _____

Explain.
