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<b>Category:</b>	Nutrition	<b>INCA Community Services</b>  <b>Head Start &amp; Early Head Start Nutrition Policies and Procedures</b> 
<b>Sub Category:</b>	CAFCP Education	
<b>Effective Date:</b>		
<b>Revised Date:</b>	July 2018	
<b>References:</b>	ChooseMyPlate.gov	
<b>Responsible:</b>	CACFP Manager – Classroom Staff	
<b>Feeding 3-5 Year Olds</b>		
<b>Policy</b>		
NCA Head Start provides education to families, children and staff concerning nutrition.		
<b>Child Feeding Guide Age 3 to 5 Years</b>		
At this age, parents often become concerned about their child’s eating habits. Children often: <ul style="list-style-type: none"><li>• Eat few meals</li><li>• Eat slower</li><li>• Are easily distracted</li><li>• Eat fewer vegetables</li><li>• Request lots of sweets</li><li>• Ask for the same food over and over</li><li>• Are picky</li></ul>		
<b>Tips For Developing Healthy Eating Habits</b>		
<ul style="list-style-type: none"><li>• Keep a variety of healthy foods on hand to offer your child</li><li>• Offer small portions and allow your child to stop eating when full</li><li>• Offer four ounces or less of juice each day</li><li>• Choose 1% or fat-free milk and low-fat dairy foods</li><li>• Use water as the drink of choice between meals. Too many sweet drinks including juice may lead to poor eating.</li><li>• Offer praise, hugs, or fun activities rather than food as rewards</li><li>• Go to choosemyplate.gov for more information</li></ul>		
<b>Family Meals</b>		
Start early with family meals to help your child develop better eating habits. Family Meals will:		

- Help your child be more accepting of new foods
- Help your child develop social skills
- Result in a lower risk for obesity
- Help your child have better grades in school

### **Preparing For Meal Time**

- Have meals and snacks at regular times
- Keep mealtime pleasant
- Allow your child to self-feed with a spoon or fork
- Limit distractions by turning off the TV
- To meet all your child's needs, 5-6 small meals per day is best
- It takes 8-10 tries before a child may accept a new food

### **Tips to Prevent Choking**

Foods that are firm, smooth, slippery or rounded can cause problems.

- Always watch your child when eating
- Encourage your child to sit while eating
- Cut foods into child sized pieces