

I am a preschooler.

I learn so much when we eat together.



I am growing tall and strong. I feed and dress myself. I know many words. Meals are times to learn. Here are some ways.

- **I can serve myself.** If you hold the bowl, I will take a serving. I know how much I want. I might ask for more.
- **I can try a new food and refuse one I do not like. I learn from you.** When I see you eating a food, I want to eat it. I might not like it. But, if I try it, let me know I can take it out of my mouth.
- **I can try a food like soup or a salad with dressing.** Show me how to eat it. I might be messy as I learn. Tell me you are still proud of me.
- **I can help fix a meal or snack.** Can we make some fun foods? I can make a happy face sandwich. Let's count the raisins in the smile.

Praise me with words, not foods.

Please do not use food to reward or punish me. If you say I will get ice cream if I behave, I will want a treat all the time. When I am good, give me a hug. Tell me:

- I am proud of you!*
- You did a good job!*
- Thank you for...!*



I love to learn!

Let's eat foods from the 5 food groups every day:

Grains 6 servings		ONE SERVING IS <ul style="list-style-type: none"> • 1/2 slice bread or tortilla • 3 to 4 tablespoons rice, noodles, or cooked cereal • 6 tablespoons dry cereal • 3 to 4 crackers 	TIP <ul style="list-style-type: none"> • Try a whole grain WIC cereal: <ul style="list-style-type: none"> - Oatmeal - Whole wheat flakes
Vegetables 3 servings		ONE SERVING IS <ul style="list-style-type: none"> • 3 to 4 tablespoons • 1/2 cup vegetable or tomato juice 	TIPS <ul style="list-style-type: none"> • Offer many kinds and colors: dark green, orange, red, yellow, and purple. • Try vegetable soup. • Try a green salad.
Fruits 2 servings		ONE SERVING IS <ul style="list-style-type: none"> • 3 to 4 tablespoons • 1/2 cup 100% fruit juice 	TIPS <ul style="list-style-type: none"> • Offer many kinds and colors: red, yellow, orange, blue, and green. • 4 ounces of juice a day is plenty.
Milk 4 servings		ONE SERVING IS <ul style="list-style-type: none"> • 1/2 cup milk or yogurt • 1/2 to 1 slice cheese 	TIPS <ul style="list-style-type: none"> • 16 ounces of milk a day is plenty. • I can try 2% milk.
Meat & Beans 2 servings		ONE SERVING IS <ul style="list-style-type: none"> • 3 to 4 tablespoons meat, chicken, turkey, or fish • 1 egg • 3 to 4 tablespoons cooked beans or tofu • 1 to 2 tablespoons peanut butter 	TIP <ul style="list-style-type: none"> • Meat can still be hard to eat. Try: <ul style="list-style-type: none"> - Meat stews - Cooked WIC beans

Meal Idea

Breakfast

Pancakes
Orange slices
Milk

Afternoon Snack

WIC cereal
Milk

Morning Snack

Peanut butter on toast

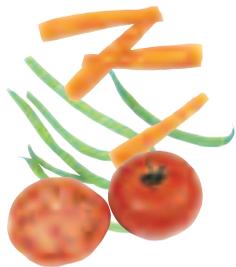
Dinner

Spaghetti with meatball
Bread
Green beans
Lettuce and tomato
Milk
Banana pudding

Lunch

Grilled cheese sandwich
Tomato slices
WIC juice

Help me enjoy vegetables.



Do you worry? Too many kids eat only French fries. Here is how I learn to enjoy vegetables.

- Eat many kinds yourself. You are my teacher. I learn from you.
- Let me pick out a vegetable at the store or farmer's market. Teach me the names and colors. Let's fix orange squash for dinner.
- Try some vegetables raw. I can eat broccoli "trees" dipped in some salad dressing.

Look what I can do!



- I can use a fork. Use a small one with dull edges. Teach me how to use it.
 - I run, hop, and throw a ball. Let's play catch.
 - Other grownups understand me when I talk. I ask *Why* a lot. *Why do apples have seeds?* I like word games. You start and I finish:
I eat my food with a...
I drink my milk from...
- I might say a silly word. Silly words help my mind grow.

Health and Safety Tips



- Take me to the doctor for my checkup.
- Help me brush my teeth 2 times a day. Floss them once a day. I am ready for toothpaste if I can spit it out. Use a pea size amount on the brush.
- Keep me away from cigarette smoke.
- Put sunscreen on me when I play in the sun.
- Buckle me into a child safety seat before I ride in a car.



3 to 3 1/2 years

My name is _____.

I weigh _____ pounds. I am _____ inches tall.

A special note for me: _____
