

Integrating Gender and Nutrition within Agricultural Extension Services

Activity Sheet
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Nutrition for Toddlers

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Target population: Parents with a 9-12-month old toddler or 12-24-month old toddler

Time:
60 minutes

Materials Needed:

- Flip chart or drawing board
- Color markers
- 7-10 large pictures of food items (for demonstration)
- 50 small pictures of food items (for group activity; there can be repeats of food items)
- Small dish (5-6 total)

References:

¹ American Academy of Pediatrics (2015). *Unsafe Foods for Toddlers*. Retrieved from www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Unsafe-Foods-for-Toddlers.aspx on Aug. 12, 2016

² Florida Health Department. *Feeding your Toddler: Ages 12-24 months*. Retrieved from www.floridahealth.gov/programs-and-services/wic/nutrition-materials/_documents/feeding-your-toddler-12-24.pdf on Aug. 12, 2016

³ Ministry of Agriculture, Animal Industry and Fisheries (2015). *Food and Nutrition Handbook for Extension Workers*. Fanta

Introduction

Providing toddlers (ages 9 -24 months) proper nutrition is an important part of their growth and development. The purpose of the “Nutrition for Toddlers” Activity Sheet is to encourage parents to feed their toddlers nutritious foods on a daily basis.

Objectives

At the end of the session, the participants will be able to:

1. Recognize what foods toddlers should not eat
2. Understand the amounts of foods to feed toddlers
3. Create a meal for a toddler (9-12 months old and 12-24 months old)

Guide

Use the information below to inform participants the foods they should not feed their toddler. Explain the reason these foods should not be given!:

- Salt: Toddlers’ kidneys cannot handle too much salt, so it is best not to add any salt to their foods and not to give them chips or crackers
- Sugar: Sugary foods (candy), juice, and soda are bad for infants’ teeth
- Large pieces: Choking risk- continue to cut foods into bite-size pieces (the toddler can easily pick up with their thumb and finger)

Use Table I below to guide the participants about feeding their toddlers^{2,3}

Table I. Recommendations on the food groups, age group food amounts, and example of foods.			
Food Groups	Food Amounts per day 9-12-month old	Food Amounts per day 12-24-month old	Example of Foods
Staples	1-2 servings	2-3 servings	½ tortilla, 125 ml cup of porridge, cooked rice
Fruits	1-2 servings	1-2 servings	2-4 tablespoons chopped mango, banana
Vegetables	1-2 servings	1-2 servings	2-4 tablespoons cooked carrots, dark leafy greens
Animal Products	2 servings	2-3 servings	2-3 tablespoons cooked, chopped chicken, eggs, beef



Boy from Kisumu, Kenya
© A. Bohn 2012



Dried cowpeas

<http://austingastronomist.com/cowpea-salad/>

Legumes	2 servings	2-3 servings	2-3 tablespoons cooked chickpeas, lentils, cowpeas
Milk	1 serving	2 servings	125 ml cup yoghurt, 1-ounce cheese
Breastmilk	3-4 sessions of nursing	3-4 sessions of nursing	

Active Learning Exercise

1) Prompt and awareness.

- a. Prior to teaching participants about feeding their toddlers, ask them to raise their hands if they know the foods toddlers should not eat. (~5 minutes).
- b. Explain to participants the foods toddlers should not eat and the reason (objective 1). (~5 minutes)
- c. Prior to teaching participants about the types and amounts to feed their toddlers, ask them to raise their hands if they know what and how much to feed their toddlers. (~5 minutes)
- d. Write on the board the different food groups. Place pictures of foods under each food group with the correct amount. Write on the board the amount of servings from each food group toddlers should be eating (objective 2). (~10 minutes)

2) Group activity: Create a toddler's meal. Participants will make a meal for a toddler including different food groups and amounts following instructions.

- a. Arrange groups of no more than 4 people and provide them with a small dish. Evenly divide the groups into 2 toddler age groups: 9-12 months and 12-24 months. (~5 minutes)
- b. Using small pictures of food items, have each group create a toddler's meal dependent on their age group using the different food groups (objective 3). (~10 minutes)
- c. Elect one group member to discuss the meal they created for a toddler. Ask them if they will provide these food items and these amounts to their toddlers. If yes, why (they should explain to help their toddler grow and develop). If no, then why not (maybe they will explain barriers to feeding a variety of foods or the amounts on a daily basis). (~10 minutes)

3) Take home and conclusion. End the session with asking the participants to explain the foods not to feed a toddler, what foods and the amounts to feed a toddler (objectives 1-3). (~10 minutes)