

Early Childhood Food Scenarios

Situation #1

A mother is planning a fourth birthday party for her child. They have invited ten other kids to join in the celebration. They would like to provide healthy foods for the kids to eat. However, since not all kids are willing to eat healthy foods, they are unsure how the children will react to the healthy options. With this in mind, plan the food and refreshments for the party making it both healthy and appealing to a 4-year-old.

Situation #2

Parents of a 2-year-old have been trying to get him to eat broccoli for a couple of meals now. He is not willing to try the vegetable. The parents are getting frustrated with the child and want to just give up and quit offering him this food. Make a plan to help the child be more willing to try broccoli and other vegetables.

Situation #3

A mother bought a big box of fruit snacks for her 2 ½-year-old to have as a treat on occasions. However, now that she has had fruit snacks once, she continues to ask her mom for more and only wants to eat those as a snack. Think of a few healthier snacks, and create a plan to make them appealing (like the fruit snacks) to a 2½-year old.

Situation #4

A 3-year-old boy has a lot of energy, is constantly on the move, and never wants to sit down for a meal. His mom is really struggling to help him sit down and focus on eating his meals. What ideas could you give his parents to help him be more interested in sitting at the table to eat?

Situation #5

An 18-month-old girl has recently only wanted to eat bread, cheese, and milk. Her parents are worried that she is not getting adequate nutrients because she is not eating fruits or vegetables. Is this normal for this age? What are some ideas to encourage a toddler to eat a variety of foods, particularly fruits and vegetables?

Tip: Search the term “food jag”