

YOU ARE MY FIRST TEACHER.

HELP ME LEARN ABOUT FOODS.

If I never taste a food, I won't know if I like it or not. Please help me.

- Offer me foods from all 5 food groups, even ones you don't like.
- If I won't eat the food, don't force me to eat it. But, try again at another time. It might take 10 tries before I will taste it.
- Have other foods that I eat, like bread, milk, and applesauce, on the table.
- Let me put the food in my mouth and take it out again. I learn by smelling, tasting, and touching food.

KEEP ME SAFE.

Not all foods are right for me. I could get hurt or sick. Some foods I should not eat. Other foods are okay if you cut them into tiny pieces. I must sit at the table to eat.

FOODS I COULD CHOKE ON:

- Hard foods like candy, peanuts, popcorn, or nuts
- Raw vegetables and hard raw fruits
- Slick, round foods like hot dogs or whole grapes
- Sharp foods like corn chips
- Sticky foods like peanut butter
- Large foods like a whole hamburger
- Soup

FOODS THAT COULD MAKE ME SICK:

- Raw or rare meat, chicken, turkey, or fish
- Raw or soft cooked eggs
- Deli meats (like bologna) unless reheated to steaming hot
- Unpasteurized fruit juice or cider

WHAT ABOUT FATS AND SWEETS?

I need some fat. You can put butter or margarine on my foods. A little sugar is okay, but not too much. Please don't give me punch, tea, or soda. Let me drink water, instead.

I WILL LEARN FROM YOU.

FOOD GROUP	ONE SERVING IS...	TIPS
GRAINS 6 Servings 	<ul style="list-style-type: none"> • ¼ slice bread or tortilla • 1 to 2 tablespoons rice, noodles, or cooked cereal • 2 to 4 tablespoons dry cereal • 2 to 3 crackers 	<ul style="list-style-type: none"> • Puffed or O-shape cereal. Other dry cereal is hard to eat.
VEGETABLES 3 Servings 	<ul style="list-style-type: none"> • 1 to 2 tablespoons, chopped • 2 ounces vegetable or tomato juice 	<ul style="list-style-type: none"> • Cooked, not raw vegetables. • Many kinds and colors: dark green, orange, red, yellow, and purple.
FRUITS 2 Servings 	<ul style="list-style-type: none"> • 1 to 2 tablespoons, chopped • 2 ounces 100% fruit juice 	<ul style="list-style-type: none"> • Cooked or soft raw fruit. • Many kinds and colors: red, yellow, orange, blue, and green. • Juice in a cup. 4 ounces a day is plenty.
MILK & MILK PRODUCTS 4 Servings 	<ul style="list-style-type: none"> • ½ cup whole milk or yogurt • ½ to 1 slice cheese 	<ul style="list-style-type: none"> • Whole (not low-fat) milk. • Milk in a cup. 16 ounces a day is plenty.
MEAT & BEANS 2 Servings 	<ul style="list-style-type: none"> • 1 to 2 tablespoons meat, chicken, turkey, or fish • ½ egg • 1 to 2 tablespoons cooked WIC beans or tofu 	<ul style="list-style-type: none"> • Well-done, but moist and chopped meats. • Mashed, cooked WIC beans. <p>Don't give me hot dogs or peanut butter. I can choke on them.</p>



MAKE HALF OF MY PLATE FRUITS AND VEGETABLES.

I NEED A ROUTINE.

Learning new things is scary. I learn better when I feel safe. You help me feel safe when you:

- Give me breakfast, lunch, dinner, and 2 or 3 healthy snacks, and have them at the same times every day.
- Eat with me. We can share happy times and talk. Let's turn the TV off.

LOOK WHAT I CAN DO!

- I can drink from a cup and use a spoon. I am still learning. Please be patient with my mess.
- I love to run, jump, and climb. Keep an eye on me.
- I use my hands to stack blocks, throw a ball, and push and pull toys. Let's play catch!
- I copy what you do. Can I play with a bowl and spoon? I will pretend to stir food.
- I understand much of what you say. Talk and sing to me. Please say I am doing a good job.
- I like to open doors and drawers to see what is inside. Let me learn, but keep me safe.

HEALTH AND SAFETY TIPS

- Brush my teeth, front and back, 2 times a day. Use a small, soft toothbrush and water. Have a dentist check my teeth.
- Buckle me into a child safety seat before I ride in a car.
- I need a nap every day. Could you read me my favorite story?
- Keep me away from cigarette and other tobacco smoke, matches, and lighters.

1½-2 YEARS

My name is _____

I weigh _____ and I am _____ inches tall.

A special note for me:



OU SE PREMÈ PWOSESÈ MWEN.

EDE M APRANN KONSÈNAN MANJE.

Si mwen pa janm goute yon manje, mwen pap konnen si m renmen li pou noun. Tanpri ede mwen.

- Ofri mwen manje nan tout 5 gwoup manje yo, menm sa mwen pa renmen yo.
- Si mwen pa konsome manje a, pa fòse m konsome li. Men, eseye ankò yon lòt fwa. Li ka pran 10 tantativ anvan mwen goute li.
- Gen lòt manje mwen konsome, tankou pen, lèt, ak konpòt pòm, sou tab la.
- Kite m mete manje a nan bouch mwen epi retire li ankò. Mwen aprann lè mwen santi, goute, ak touche manje.

KENBE M ANSEKIRITE.

Se pa tout manje ki bon pou mwen. Yo ka deranje m oubyen rann mwen malad. Gen kèk manje mwen pa ta dwe konsome. Kèk lòt manje akseptab si w koupe an ti moso tou zwit. Mwen dwe chita bò tab la pou m manje.

MANJE KI TE KA TRANGLE M:

- Manje ki di tankou sirèt, pistach, pòpkòn, oubyen nwa
- Legim ki kri ak fwi ki kri ak di
- Manje ki glise ak won tankou sosis ak rezen an antye
- Manje ki file tankou kwoustiy mayi
- Manje ki kolan tankou manba
- Manje ki gwo tankou yon anmbègè antye
- Soup

MANJE KI TE KA RANN MWEN MALAD:

- Vyan, poul, kodenn, oubyen pwason ki kri oubyen ra
- Ze ki kri oubyen kwit dousman
- Chakitri (tankou mòtadèl) sofsi yo rechofe l jiskaske yo ekstrèmmen cho
- Ji fwi oubyen sid ki pa pasterize

KISA KONSÈNAN GRÈS AK BAGAY DOUS?

Mwen bezwen kèk grès. Ou ka mete bè oubyen magarin nan manje m yo. Yon tikal sik anfòm, men pa mete twòp. Tanpri pa ban m ponch, te, oubyen bwason gazez. Kite m bwè dlo, olye de sa.

MWEN PRAL APRANN DE OU MENM.

GWROUP MANJE	YON PÒSYON SE...	KONSÈY
GRENN 6 Pòsyon		<ul style="list-style-type: none"> • ¼ pen tranche oubyen tòtiya • 1 a 2 kiyè a soup diri, nouy, oubyen sereyal ki kwit • 2 a 4 kiyè a soup sereyal sèk • 2 a 3 bonbon
LEGIM 3 Pòsyon		<ul style="list-style-type: none"> • 1 a 2 kiyè a soup, koupe • 2 ons legim oubyen ji tomat
FWI 2 Pòsyon		<ul style="list-style-type: none"> • 1 a 2 kiyè a soup, koupe • 2 ons 100% ji fwi
LÈT AK PWODWI LETYE 4 pòsyon		<ul style="list-style-type: none"> • ½ gode lèt antye oubyen yogout • ½ a 1 tranch fwomaj
VYANN & PWA 2 Pòsyon		<ul style="list-style-type: none"> • 1 a 2 kiyè a soup vyann, poul, kodenn, oubyen pwason • ½ ze • 1 a 2 kiyè a soup pwa oubyen tofi WIC ki kwit



FÈ MWATYE PLA MWEN AN FWI AK LEGIM.

MWEN BEZWEN YON WOUTIN.

Aprann nouvo bagay rete efreyan. Mwen aprann pi byen lè m santi m ansekirite. Ou ede m santi m ansekirite lè ou:

- Ban m tidejène, dejène, dine, 2 oubyen 3 kolasyon sen, epi ou ban m yo nan menm lè a chak jou
- Manje ak mwen. Nou ka pataje moman lajwa ansanm epi pale. An nou etenn televizyon an.

GADE KISA M KA FÈ!

- Mwen ka bwè nan yon gode ak itilize yon kiyè. Mwen ap aprann toujou. Tanpri rete pasyan ak dezòd mwen an.
- Mwen renmen kouri, vòltije, ak grenpe. Siveye m.
- Mwen itilize men mwen pou m poze biòk, voye balon, ak pouse ak rale jwèt. An nou jwe lanse!
- Mwen imite sa ou fè. Eske m ka jwe ak yon bòl ak yon kiyè? M pral pretann m ap brase manje.
- Mwen konprann majorite nan sa ou di yo. Pale ak chante pou mwen. Tanpri di m ap fè yon bon travay.
- Mwen renmen ouvri pòt ak tiwa pou m wè sa ki gen ladan yo. Kite m aprann, men kenbe m ansekirite.

KONSÈY SANTE AK SEKIRITE

- Bwose dan mwen yo, devan ak dèyè, 2 fwa pa jou. Itilize yon bwòs dan ki piti ak soup ansanm ak dlo. Fè yon dantis ekzamine dan mwen yo.
- Pase senti sekirite nan yon chèz timoun nan machin anvan nou kondwi yon machin ak mwen.
- Mwen bezwen yon syès chak jou. Eske ou ka li pou mwen istwa favori m lan?
- Pa kite m bò sigarèt ak lòt lafimen tabak, alimèt, ak briko.

Enstansyon sa a se yon founisè egalite nan sèvis.

Non mwen se _____

Mwen peze _____ epi mwen mezire _____ pous wotè.

Yon nòt espesyal pou mwen:



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
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