



# 3½-4 YEARS

My name is \_\_\_\_\_

I weigh \_\_\_\_\_ and I am \_\_\_\_\_ inches tall.

A special note for me:

\_\_\_\_\_

\_\_\_\_\_



## SNACKS CAN BE HEALTHY.

### I GET HUNGRY BETWEEN MEALS.

A snack helps me get what I need to grow, play, and learn. I should eat my snack about 2 hours before a meal. Do not let me eat food all day long.

A snack is a little meal. Here are some ideas:

- Crackers and cheese
- Banana slices and peanut butter
- Oatmeal cookies and low-fat milk
- Corn tortilla and scrambled egg
- WIC cereal and milk
- Carrot sticks and yogurt dip
- Vanilla pudding with sliced peaches

### LET'S COOK TOGETHER!

I can:

- Add ingredients
- Stir
- Spread peanut butter or other spreads
- Shake a drink in a sealed container
- Knead bread dough

### HOW TO MAKE FAMILY MEALS HAPPY

- Focus on the meal and each other. Turn off the television. Take phone calls later.
- Talk about fun and happy things. Try to make meals a stress-free time.
- Encourage your child to try foods. But, don't lecture or force your child to eat.

"My 3-year-old picks up on so much. She loves to copy what I do. Sometimes she will ask for a food she saw me eat. And I didn't even know she was watching me! So, I try to eat fruits and vegetables. That way she'll want them too. My doctor told me that kids learn eating habits when they are young. I want my child to learn to eat fruits and vegetables so she'll be healthy. It makes me feel good that I'm teaching her something she'll use for life."

### COOK TOGETHER, EAT TOGETHER AND TALK TOGETHER.



- CHOOSE LOW-FAT MILK.  
- YOGURT IS A GREAT SNACK. ADD A LITTLE MILK AND SHAKE IT UP TO MAKE A SMOOTHIE!

### TEACH YOUR KIDS TO CREATE HEALTHY MEALS. IT'S A LESSON THEY'LL USE FOR LIFE.

- Kids like to try foods they help make. It's a great way to encourage your child to eat fruits and vegetables.
- Kids feel good about doing something "grown-up". Give them small jobs to do. Praise their efforts. Their smiles will light up your kitchen.
- Kids love helping in the kitchen. Parents love knowing that their child is also learning skills they'll use for life. Help teach them to follow instructions, count, and more!

### LOOK WHAT I CAN DO!

- I can help you. Let me wash vegetables and tear lettuce for a salad.
- I can learn to say please and thank you.
- I run, hop, and climb. Let's walk to the playground with our friends.
- I like to pretend. We can play store with empty cereal boxes and egg cartons.
- I like to count. When we set the table, I can count the plates, cups, and forks.

FOOD GROUP	DAILY SERVING AMOUNT	HELP WITH SERVINGS
GRAINS	5 ounces	• 1 slice bread or tortilla, ½ cup rice, or cooked cereal, 1 cup dry cereal, 5 to 7 crackers
VEGETABLES	1½ cups	• ½ cup vegetables, ¼ cup vegetable or tomato juice
FRUITS	1½ cups	• ½ cup fruits, ¼ cup 100% fruit juice
MILK & MILK PRODUCTS	2 cups	• ½ cup low-fat milk or yogurt, ½ to 1 slice cheese
MEAT & BEANS	4 ounces	• 4 tablespoons meat, chicken, turkey, or fish, 1 egg, ¼ cup cooked WIC beans or tofu, 2 tablespoons peanut butter



3½-4 ANE

Non mwen se \_\_\_\_\_

Mwen peze \_\_\_\_\_ epi mwen mezire \_\_\_\_\_ pous wotè.

Yon nòt espesyal pou mwen:

\_\_\_\_\_

\_\_\_\_\_

## KOLASYON KA SEN.

### MWEN SANTI M GRANDOU ANT REPA YO.

Yon kolasyon ede m jwenn sa m bezwen pou m grandi, jwe, ak aprann. Mwen ta dwe manje kolasyon mwen an 2 èdtan anvan yon repa. Pa kite m ap konsome manje pandan tout jounen an.

Yon kolasyon se yon ti repa. Men kèk ide:

- Bonbon ak fwomaj
- Tranch bannann ak manba
- Biswit avwàn ak lèt ki gen grès ki ba
- Tòtiya mayi ak ze bwouye
- Sereyal ak lèt WIC
- Ti baton kawòt ak tranpèt yogout
- Poudin vaniy ak pèch tranche

### AN NOU FÈ MANJE ANSANM!

Mwen ka:

- Ajoute engredyan
- Bwase
- Mete manba oubyen lòt ganiti
- Souke yon bwason nan yon resipyan ki bouche
- Petri pat pou pen

### KIJAN POU W FÈ MANJE AN FANMI NAN KÈ KONTAN

- Konsantre w sou manje a ak sou youn ak lòt. Etenn televizyon an Resevwa apèl telefonik apre.
- Pale de bagay ki amizan ak satisfèzan. Eseye rann repa yon moman ki san estrès.
- Ankouraje timoun ou an pou eseye manje. Men, pa fè moral yo oubyen fòse timoun ou an pou l manje.

"Timoun mwen an ki gen 3 ane konprann anpil bagay. Li renmen imite sa m ap fè. Pafwa, l ap mande m pou yon manje li wè m tap manje. Epi mwen pat menm konnen li tap gade m! Donk, mwen eseye manje fwi ak legim. Konsa, li pral vle yo tou. Doktè mwen an te di m timoun yo aprann abitud alimantè pandan yo piti. Mwen vle timoun mwen an pou l aprann manje fwi ak legim pou li ka rete an sante. Sa fè m santim byen paske m ap anseye l yon bagay li pral itilize pou lavi."

### FÈ MANJE ANSANM, MANJE ANSANM EPI PALE ANSANM.

GWROUP MANJE		KANTITE PÒSYON PA JOU	ÈD AK PÒSYON
GRENN		5 ons	• 1 tranch pen oubyen tòtiya, ½ gode diri, oubyen sereyal ki kwit, 1 gode sereyal sèk, 5 a 7 bonbon
LEGIM		1½ gode	• ½ gode legim, ¼ gode, legim oubyen ji tomat
FWI		1½ gode	• ½ gode fwi, ¼ gode 100% ji fwi
LÈT AK PWODWI LETYE		2 gode	• ½ gode lèt antye oubyen yogout, ½ a 1 tranch fwomaj
VYANN & PWA		4 ons	• 4 kiyè a soup vyann, poul, kodenn, oubyen pwason, 1 ze, ¼ gode pwa oubyen tofi WIC ki kwit, 2 kiyè a soup manba



- CHWAZI LÈT KI GEN GRÈS KI BA.  
- YOGOUT SE YON BON KOLASYON.  
AJOUTE YON TIKAL LÈT EPI SOUKE L POU FÈ YON SMOUFI.

### APRANN TIMOUN OU YO POU YO KREYE REPA KI SEN. SE YON LESON YO PRAL ITILIZE POU TOUT LAVI YO.

- Timoun renmen eseye manje yo ede prepare. Se yon bèl fason pou w ankouraje timoun ou an pou l manje fwi ak legim.
- Timoun yo santi yo byen lè y ap fè aktivite "granmoun". Bay yo ti travay pou yo fè. Fè lwanj pou efò yo an. Sourti yo pral klere kizin ou an.
- Timoun renmen ede nan kizin lan. Paran renmen konnen pitit yo ap aprann tou konpetans yo pral itilize pou tout lavi yo. Ede anseye yo pou yo swiv enstriksyon, konte, ak plis!

### GADE KISA M KA FÈ!

- Mwen ka ede w. Kite m lave legim ak dekoupe leti pou salad.
- Mwen ka aprann pou m di tanpri ak mèsi.
- Mwen kouri, sote, ak grenpe. Ann nou mache nan teren jwèt lan ak zanmi nou yo.
- Mwen renmen pretann. Nou ka jwe magazen ak bwat sereyal ak katon ze ki vid.
- Mwen renmen konte. Lè nou prepare tab lan, mwen ka konte plat yo, gode, ak fouchèt.

Enstitisyon sa a se yon founisè egalite nan opòtinite.