



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 lowfat 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.

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



- 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.