

INFANT TO 12 MONTHS WORD BANK: cow's milk, bottle, honey, colostrum, breast feeding, formula, cereals, botulism, saliva, extra calories, allergic reaction,

1. Many believe that _____ is the most natural form of nutrition for babies.
2. _____ is a yellowish substance that comes from the breasts near the end of pregnancy and is the first food that the breast-feeding newborn receives.
3. Most pediatricians recommend against using _____ during the baby's first year.
4. Specially prepared _____ provides the same nutrients as breast milk.
5. Beginning solid foods too soon can add _____ to a baby's diet.
6. Gradually begin adding infant _____ from 4 to 6 months.
7. Never mix cereal in your baby's _____ unless recommended by your health care provider for medical purposes.
8. Between 4 to 6 months babies can produce _____, which is the key factor needed for digestion.
9. Wait 3-7 days before introducing a new type of cereal while watching for signs of an _____.
10. Do not give _____ to babies under one year of age. It can cause infant _____.

TODDLERS AGE 1 TO 3 WORD BANK: environment, round, small, nutritious food, MyPlate Food Guide, mealtime, second, snack, calories, whole, hard, force

1. _____ milk, not low-fat milk, should be given to toddlers under age two.
2. The average toddler needs 1000-1400 _____ each day.
3. Do not _____ your child to eat or finish food; they will eat when they are hungry.

4. The amounts of food recommended are provided by the _____
5. Never leave your child alone at _____
6. Avoid _____ or _____ foods that can cause choking.
7. Serve a variety of _____ from all food groups to provide to develop healthy eating habits.
8. _____ foods should be considered a part of the total daily food needs.
9. Provide _____ portions and allow your child to ask for _____ helpings as desired.
10. Serve meals and snacks in a quiet and safe _____.

PRESCHOOL AGES 3 TO 5 WORK BANK: sweets, more, interfere, good nutrition, distractions, child-sized, slows, role model, desserts, protein, lunch, less, same thing

1. Parents should be a _____ to help children learn what and how to eat.
2. Eating meals at fairly regular times aids in _____.
3. Toddler eating habits are unpredictable; they may want to eat _____ or _____ from day to day because of periods of growth.
4. Provide _____ plates, cups and eating utensils.
5. _____ should include 1 serving from each food group.
6. It is normal for some preschoolers to want to eat the _____ every day for several days.
7. Growth _____ during preschool years, but the need for _____ is still important for muscle growth and bone development.
8. Do not use _____ or _____ as a reward for finishing a meal.
9. Turn off the TV to limit _____ during mealtime.
10. Limit fluids such as juices and milk in between meals because they _____ with hunger when it's meal or snack time.

INFANT TO 12 MONTHS WORD BANK: cow's milk, bottle, honey, colostrum, breast feeding, formula, cereals, botulism, saliva, extra calories, allergic reaction,

1. Many believe that **BREAST FEEDING** is the most natural form of nutrition for babies.
2. **COLOSTRUM** is a yellowish substance that comes from the breasts near the end of pregnancy and is the first food that the breast-feeding newborn receives.
3. Most pediatricians recommend against using **COW'S MILK** during the baby's first year.
4. Specially prepared **FORMULA** provides the same nutrients as breast milk.
5. Beginning solid foods too soon can add **EXTRA CALORIES** to a baby's diet.
6. Gradually begin adding infant **CEREALS** from 4 to 6 months.
7. Never mix cereal in your baby's **BOTTLE** unless recommended by your health care provider for medical purposes.
8. Between 4 to 6 months babies can produce **SALIVA**, which is the key factor needed for digestion.
9. Wait 3-7 days before introducing a new type of cereal while watching for signs of an **ALLERGIC REACTION**.
10. Do not give **HONEY** to babies under one year of age. It can cause infant **BOTULISM**.

TODDLERS AGE 1 TO 3 WORD BANK: environment, round, small, nutritious food, MyPlate Food Guide, mealtime, second, snack, calories, whole, hard, force

1. **WHOLE** milk, not low-fat milk, should be given to toddlers under age two.
2. The average toddler needs 1000-1400 **CALORIES** each day.
3. Do not **FORCE** your child to eat or finish food; they will eat when they are hungry.
4. The amounts of food recommended are provided by the **MYPLATE FOOD GUIDE**.
5. Never leave your child alone at **MEALTIME**.
6. Avoid **ROUND** or **HARD** foods that can cause choking.

7. Serve a variety of **NUTRITIOUS FOOD** from all food groups to provide to develop healthy eating habits.
8. **SNACK** foods should be considered a part of the total daily food needs.
9. Provide **SMALL** portions and allow your child to ask for **SECOND** helpings as desired.
10. Serve meals and snacks in a quiet and safe **ENVIRONMENT**.

PRESCHOOL AGES 3 TO 5 WORK BANK: sweets, more, interfere, good nutrition, distractions, child-sized, slows, role model, desserts, protein, lunch, less, same thing

1. Parents should be a good **ROLE MODEL** to help children learn what and how to eat.
2. Eating meals at fairly regular times aids in **GOOD NUTRITION**.
3. Toddler eating habits are unpredictable; they may want to eat **MORE** or LESS from day to day because of periods of growth.
4. Provide **CHILD-SIZED** plates, cups and eating utensils.
5. **LUNCH** should include 1 serving from each food group.
6. It is normal for some preschoolers to want to eat the **SAME THING** every day for several days.
7. Growth **SLOWS** during preschool years, but the need for **PROTEIN** is still important for muscle growth and bone development.
8. Do not use **SWEETS** or **DESSERTS** as a reward for finishing a meal.
9. Turn off the TV to limit **DISTRACTIONS** during mealtime.
10. Limit fluids such as juices and milk in between meals because they **INTERFER** with hunger when it's meal or snack time.