

# 4 years old

Child's name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

BMI \_\_\_\_\_ percentile \_\_\_\_\_ %

## Food for Thought

*What foods does your child like?*

*What vegetables does your child like?*

*How many meals and snacks per day does your child eat?*

*What kind of snacks are your child's favorite?*

*What activities does your child enjoy?*

*How much time does your child spend with TV, computer and video games each day?*

## Feeding Advice

- Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs).
  - Trust your child's appetite. Just make sure you are giving your child healthy foods to choose from.
  - Focus on healthy snacks: cut-up fruit, raw vegetables, cubed cheese, yogurt and whole grain unsweetened cereal and crackers. Serve snacks 1-2 hours before meals.
  - Serve the same food the rest of the family is eating. Don't fix your child separate food.
  - Think your drink – make it milk at meals and water or 100% fruit juice in between. **Limit 100% fruit juice intake to 4-6 oz./day.**
- Keep portion sizes small and continue to use child-size plates, cups & silverware.
- Request information on serving sizes.
- Don't force your child to eat or to clean their plate.
- Sleep and appetite go together. Be sure to allow your child plenty of sleep.
- Sit down and eat together as a family.

## Be Active

- Encourage 1 hour of active play each day, make physical activity a family routine. Try bike riding, skipping, dancing, jumping and running.
- Enjoy throwing and catching balls with your child.
- Play hopscotch with your child.
- Limit screen time (TV, computer, electronic games) no more than 1-2 hours per day and help your child choose what to watch.
- No TV or computer in your child's bedroom.

## Notes:



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