

# 5-6 years old

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

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

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

## Food for Thought

What does your child eat for breakfast?

What is your child's favorite lunch?

What is your child's favorite snack?

Does your child drink milk?

What does your child eat after school?

What games does your child like to play?

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

- 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.
- Don't force your child to eat or to clean their plate.
- 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.

## Feeding Advice

- Make sure your child eats a healthy breakfast every day – children who eat breakfast do better in school. Breakfast gives their bodies and brains the energy they need to learn and play. Remember, *breakfast eating parents have breakfast eating kids!*
- Serve milk, fruits & vegetables every day – your child needs milk at every meal – make sure it's lowfat (1%) or fat free (skim).
- Aim for 1½ cups of vegetables and 1 to 1½ cups of fruit every day, include a wide variety of colors and textures.
- Offer 3-4 ounces of lean meat/protein each day.
- Make sure you stock your kitchen and refrigerator with healthy after-school snacks. To quench thirst have water, milk & 100% fruit juice available (**limit fruit juice to 4-6 oz./day**)
- Serve small portions and let them ask for more.
- Request information on serving sizes.
- Work with your child and plan ahead for meals at school. School lunch and breakfast are healthy and nutritious options when eating at school. When brown-bagging be sure to pack the lunch with your child and include at least 4 out of the 5 food groups.

## Notes:



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