











EXERCISE 1

MATCHING

DIRECTIONS: Write the word in the box next to the picture. Choose the word from the box on the right.

1.			<p>apple juice</p> <p>beans</p> <p>water</p> <p>microwave oven</p> <p>carbonated soft drink</p> <p>watermelon</p> <p>popcorn</p> <p>tomatoes</p> <p>salt</p> <p>pineapple</p>
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

TEACHER DIRECTIONS for EXERCISE 1

The teacher orally reviews words in the box on the right. After learners complete the activity, they compare responses with partners.

Using a separate sheet of paper, encourage learners to write simple sentences using the words (e.g., The tomatoes are red.)

Once students correctly label pictures, they can cut rows apart and fold on the line between the picture and the word to create simple flash cards.

Other activities: Alphabetize words. Sort according to different features.

KEY

1. apple juice
2. carbonated soft drink
3. watermelon
4. beans
5. water
6. salt
7. pineapple
8. popcorn
9. microwave oven
10. tomatoes

This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson. at alice.carroll@la.gov or (225) 342-3695.

EXERCISE 2**FILL-IN-THE BLANK
NUTRITION TERMS**

DIRECTIONS: Write the term that is described in the blank.

- _____ 1. two or more ingredients that have been combined
- _____ 2. without water
- _____ 3. cooked so that the food is easy to eat
- _____ 4. to use heat to make germ free
- _____ 5. milk produced naturally for a baby by the mother
- _____ 6. white sweets with a light spongy texture
- _____ 7. plants or animals that humans eat
- _____ 8. not liquid
- _____ 9. enriched or strengthened
- _____ 10. a commercially available substitute for breast milk
- _____ 11. dried grapes
- _____ 12. oily or greasy parts of animals or some plants
- _____ 13. the taste of sugar
- _____ 14. a thick liquid made by processing cooked food in a blender
- _____ 15. made with spices and flavorings
- _____ 16. hard seeds of a grain or nut
- _____ 17. sweeteners made chemically instead of naturally
- _____ 18. young baby
- _____ 19. mineral found in some foods that builds blood cells
- _____ 20. amount of food for one person; a portion
- _____ 21. a grass used to make cereal

- _____ 22. food components such as carbohydrates, proteins, fats, vitamins, minerals, and water that promote good health
- _____ 23. a large store selling foods and household goods
- _____ 24. foods eaten with the fingers
- _____ 25. cut in small pieces
- _____ 26. slightly sweet whole wheat flour
- _____ 27. liquids to drink
- _____ 28. identifies contents of a can, jar, or bottle
- _____ 29. microorganisms that can cause disease
- _____ 30. to pollute or infect
- _____ 31. made by a company
- _____ 32. cooking food for a meal or snack

TEACHER DIRECTIONS for EXERCISE 3

Teacher reads definitions and words in the word list aloud. Teacher instructs learners to match the words with their definitions. If learners have difficulty reading and understanding the definitions, the teacher provides assistance and support.

Ask students to use words in sentences of their own. Lower-level students can provide a verbal sentence and the teacher can write it on paper or on the board for other students to copy. More advanced students can write sentences independently.

KEY

- | | |
|-----------------|---------------------------|
| 1. mixture | 17. artificial sweeteners |
| 2. dry | 18. infant |
| 3. soft-cooked | 19. iron |
| 4. sterilize | 20. serving |
| 5. breast milk | 21. grain |
| 6. marshmallows | 22. nutrients |
| 7. foods | 23. supermarket |
| 8. solid | 24. finger foods |
| 9. fortified | 25. chopped |
| 10. formula | 26. graham |
| 11. raisins | 27. beverages |
| 12. fats | 28. labels |
| 13. sweet | 29. germs |
| 14. pureed | 30. contaminate |
| 15. seasoned | 31. commercially |
| 16. kernels | 32. preparing |

EXERCISE 4

**WRITING FRAMES
INFANT NUTRITION**

DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.

INFANT NUTRITION

Anna's family is ready for the baby. They are learning about infant care and nutrition. They want the baby to be healthy.

PRENATAL NUTRITION AND CARE

Anna did many things to care for her baby before it was born. She saw a doctor to help her plan for a healthy pregnancy. Anna took care of her health and the baby's health in several ways.

For example, Anna _____
_____.

In addition, Anna avoided _____
_____.

NEWBORN NUTRITION AND CARE

When the baby is born, it only will be able to suck and swallow. The baby can have either _____ or _____.

The baby cannot have _____.

Anna is trying to decide whether to breastfeed or bottle feed. Breastfeeding has several benefits. First, breastfeeding _____.

Second, _____.

Bottle feeding is also OK for infants. If Anna decided to bottle feed, she will need to buy _____, _____ and _____. She will have to sterilize everything in order to _____.

INTRODUCING SOLID FOODS

Anna learned that several cues mean that the baby is ready for solid foods. For example, the baby will _____.

Or, the baby will _____.

Or, the baby will _____.

Anna learned that she must introduce solid foods slowly so that the baby will have time to adjust to the new food's taste and texture. It also lets Anna see if the baby has an allergic reaction to the food. Some of the signs of an allergic reaction include _____, _____, _____, and _____.

Cereals

Anna found out that infant cereals should be the first solid food given to the baby. The first cereal that the baby should have is _____ because _____.

_____ is the last cereal the baby should have.

Vegetables and Fruits

Anna learned that she should introduce vegetables and fruits after cereals. She should start with yellow fruits and vegetables because _____.

_____.

She can also try some green vegetables. Examples of foods that Anna can give the baby are _____, _____ and _____.

_____.

Anna can buy baby food or she can _____, Whatever she chooses, Anna will avoid giving the baby fruits or vegetables with added _____ or _____.

Finger Foods

Finger foods are _____.

_____.

Examples of finger foods include _____ and _____.

_____.

These foods are soft enough to gum. They are easy to grasp.

Meat, Eggs, and Cheese

Anna can introduce meats after cereals, vegetables, and fruits. Examples of meats to give the baby include _____, _____, _____ or _____.

When the baby is about 12 months old, Anna can add egg _____ to the baby's meals; however, the baby cannot have egg _____ or whole eggs.

Anna can also add small amounts of cheese and yogurt to the baby's meals.

FOOD SAFETY FOR INFANTS

Anna learned that creating the right atmosphere for eating contributes to safety. Anna made a list of tips for food safety for the baby.

Tips for Keeping Meal Times Calm

1. Feed the baby in a _____ place.
2. Someone should supervise the baby during _____ or _____.

Tips for Feeding the Baby

1. Place the baby in an _____ position.
2. Use a small _____.
3. Serve foods that are the right _____.
4. Put the food on the _____ of the spoon.
5. Place the food in the _____ of the baby's tongue.
6. Feed small servings and encourage the baby to eat _____.
7. Don't put the baby to bed with a _____.

Tips for Cleanliness

1. Anna should wash _____ before handling food.
2. Anna should wash _____ if the baby is self-feeding.
3. Anna should not use food preparation or dining areas to _____.

Tips for Foods to Avoid

1. Don't give the baby foods that can cause an allergic reaction. Examples of these foods include _____, _____, _____, and _____.
2. Don't give the baby foods that are firm, smooth, or slippery. Examples of these foods include _____, _____, _____, and _____.
3. Don't give the baby small, dry, or hard foods. Examples of these foods include _____, _____, _____, and _____.
4. Don't give the baby sticky or tough foods. Examples of these foods include _____, _____, _____, and _____.
5. Some common foods are bad for infants and babies. These include undercooked meat or eggs, and _____ or foods made with _____.
6. Do not give the baby sweets in any form. Examples of these foods include _____, _____, _____, and _____.
7. Do not give the baby low-calorie beverages that contain _____.
8. Do not give the baby seasoned food, salt, or foods with too much _____.

Tips for Preventing Burns

1. Don't heat the baby's bottle in the _____.

2. Warm the baby's bottle by _____ or by _____.

Tips for Using Commercial Baby Food

1. Do not buy or use food if the _____ dates have passed.
2. Do not use baby food if the _____ is broken.
3. Give baby food with _____ ingredient or simple ingredients.
4. Store unopened jars in _____.
5. Instead of feeding food to the baby directly from the jar, Anna should _____
_____.
6. Refrigerate foods within _____ hours.
7. Use opened jars of baby food within _____ or _____ days.

LOOKING AHEAD

Anna and Bill know that their baby will grow quickly. They want the baby to learn healthy eating habits. They will not feed the baby too much food. They will use MyPyramid to make good choices for the baby. They will avoid giving the baby sugar, salt, and fats. They won't use _____ as a bribe or reward. Instead, they will give their baby plenty of hugs, kisses, and attention.

TEACHER DIRECTIONS for EXERCISE 4

After reading the scenario, learners complete the writing frames by filling in blanks. Frames can be completed as a single assignment or divided by food group. Some answers will vary.

KEY

Answers appear in boldface type.

INFANT NUTRITION

Anna's family is ready for the baby. They are learning about infant care and nutrition. They want the baby to be healthy.

PRENATAL NUTRITION AND CARE

Anna did many things to care for her baby before it was born. She saw a doctor to help her plan for a healthy pregnancy. Anna took care of her health and the baby's health in several ways. For example, Anna (***Any of the following: ate nutritious foods. used MyPyramid to know what to eat. slowly and steadily gained weight.***)

In addition, Anna avoided (***Any of the following: smoking, alcohol, prescription or over-the-counter drugs.***)

NEWBORN NUTRITION AND CARE

When the baby is born, it only will be able to suck and swallow. The baby can have either **breast milk** or **formula**. The baby cannot have **cow's milk**.

Anna is trying to decide whether to breastfeed or bottle feed. Breastfeeding has several benefits. First, breastfeeding (***Any of the following for the next two blanks: is cheaper. protects the baby against some illnesses. is easier.***)

Bottle feeding is also OK for infants. If Anna decided to bottle feed, she will need to buy **bottles, formula and other equipment**. She will have to sterilize everything in order to **kill germs that could make the baby sick**.

INTRODUCING SOLID FOODS

Anna learned that several cues mean that the baby is ready for solid foods. For example, the baby will **(Any of the following for the next three blanks: stop pushing things out of its mouth with its tongue. be able to keep its head up. sit when supported. look like it is chewing. seem curious about what the family is eating.)**

Anna learned that she must introduce solid foods slowly so that the baby will have time to adjust to the new food's taste and texture. It also lets Anna see if the baby has an allergic reaction to the food. Some of the signs of an allergic reaction include **(Any four of the following: diarrhea, tummy aches, rashes, breathing problems, ear infections, vomiting.)**

Cereals

Anna found out that infant cereals should be the first solid food given to the baby. The first cereal that the baby should have is **rice** because **it is easiest to digest**. **Wheat** is the last cereal the baby should have.

Vegetables and Fruits

Anna learned that she should introduce vegetables and fruits after cereals. She should start with yellow fruits and vegetables because **they are easiest to digest**. She can also try some green vegetables. Examples of foods that Anna can give the baby are **(Any three of the following: sweet potatoes, squash, applesauce, bananas, carrots, peaches, pears, green**

beans, peas or other reasonable choice.) Anna can buy baby food or she can **make her own baby food**. Whatever she chooses, Anna will avoid giving the baby fruits or vegetables with added **sugar** or **salt**.

Finger Foods

Finger foods are foods the baby can feed itself using the fingers. Examples of finger foods include **(Any two: dry cereals, very small pieces of cooked vegetables or soft fruits, small bits of lightly-toasted whole grain breads or other reasonable choices.)** These foods are soft enough to gum. They are easy to grasp.

Meat, Eggs, and Cheese

Anna can introduce meats after cereals, vegetables, and fruits. Examples of meats to give the baby include **(Any four of the following: well-done lean beef, pork, lamb, chicken, turkey, boneless fish).**

When the baby is about 12 months old, Anna can add egg **whites** to the baby's meals; however, the baby cannot have egg **yolks** or whole eggs. Anna can also add small amounts of cheese and yogurt to the baby's meals.

FOOD SAFETY FOR INFANTS

Anna learned that creating the right atmosphere for eating contributes to safety. Anna made a list of tips for food safety for the baby.

Tips for Keeping Meal Times Calm

1. Feed the baby in a **quiet** place.
2. Someone should supervise the baby during **snacks** or **meals**.

Tips for Feeding the Baby

1. Place the baby in an **upright** position.
2. Use a small **spoon**.
3. Serve foods that are the right **texture**.
4. Put the food on the **tip** of the spoon.
5. Place the food in the **middle** of the baby's tongue.
6. Feed small servings and encourage the baby to eat **slowly**.
7. Don't put the baby to bed with a **juice or milk bottle**.

Tips for Cleanliness

1. Anna should wash **her hands** before handling food.
2. Anna should wash **the baby's hands** if the baby is self-feeding.
3. Anna should not use food preparation or dining areas to **change diapers**.

Tips for Foods to Avoid

1. Don't give the baby foods that can cause an allergic reaction. Examples of these foods include (**Any four of the following: citrus fruits, citrus juices, tomatoes, pineapples, egg whites, shellfish, shrimp, crab, oysters, crawfish, chocolate, nuts, peanut butter.**)

2. Don't give the baby foods that are firm, smooth, or slippery. Examples of these foods include **(Any four of the following: hot dogs, nuts, hard candies, jelly beans, whole beans, whole grapes, berries, cherries, small pieces of watermelon, small tomatoes, whole pieces of canned fruit.)**
3. Don't give the baby small, dry, or hard foods. Examples of these foods include **(Any four of the following: popcorn, nuts, whole grain kernels, rice, corn, partially cooked hard vegetables, hard fruits, pretzels, potato chips.)**
4. Don't give the baby sticky or tough foods. Examples of these foods include **(Any four of the following: peanut butter, raisins, dried fruit, tough meats, large chunks of meat, marshmallows, chewing gum, taffy.)**
5. Some common foods are bad for infants and babies. These include undercooked meat or eggs, and **honey** or foods made with **honey**.
6. Do not give the baby sweets in any form. Examples of these foods include **(Any four of the following: commercially prepared baby food desserts, cakes, cookies, candies, sweets, syrup, carbonated soft drinks).**
7. Do not give the baby low-calorie beverages that contain **artificial sweeteners**.
8. Do not give the baby seasoned food, salt, or foods with too much **fat**.

Tips for Preventing Burns

1. Don't heat the baby's bottle in the **microwave**.
2. Warm the baby's bottle by **putting the bottle under hot running water** or by **placing the bottle in a bowl of hot water**.

Tips for Using Commercial Baby Food

1. Do not buy or use food if the **"used by"** dates have passed.
2. Do not use baby food if the **seal** is broken.
3. Give baby food with **one** ingredient or simple ingredients.
4. Store unopened jars in **cool, dry indoor places**.
5. Instead of feeding food to the baby directly from the jar, Anna should **put the amount she thinks the baby will eat in a separate dish**.
6. Refrigerate foods within **2** hours.
7. Use opened jars of baby food within **1** or **2** days.

LOOKING AHEAD

Anna and Bill know that their baby will grow quickly. They want the baby to learn healthy eating habits. They will not feed the baby too much food. They will use MyPyramid to make good choices for the baby. They will avoid giving the baby sugar, salt, and fats. They won't use **food** as a bribe or reward. Instead, they will give their baby plenty of hugs, kisses, and attention.

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