



Scenarios For Discussing Concepts Of Feeding Young Children

**Janice Fletcher and Laurel Branen
College of Agriculture
University of Idaho**

Find a partner and read these scenarios. Use the principles you are learning to find solutions for the scenarios.

1. Maria is three years old. She is new to your center. Her mother is very impressed that children serve themselves at mealtimes. She is also impressed that you have the philosophy that children decide how much they will eat. Maria's mom eats lunch with her daughter at your center on the first day the child arrives. When the bowl is passed, Maria takes four portions of mashed potatoes.

2. Children are taking more ketchup, mustard, and salad dressing than is reasonable or even eatable. You are using child-size, plastic squeeze bottles.

3. Sarah serves herself at lunchtime. She takes only bread and butter. She eats four pieces of bread. Her mother reports that she eats mostly bread at home, though she usually eats cereal and bananas for breakfast.

4. Three, four, and five-year-old children in your center eat where the food is served cafeteria style. Each plate is prepared for the child. The cook says it is not possible for the children to serve themselves at this school.

5. You have infants through older toddlers (age 42 months) in your center. The staff ask you how they can make the concept of family style dining work with these young children.

6. As children pass the food around they table, they are putting their fingers deep in the bowls as they grasp the rimless bowls. What will you do?