

QUICK QUIZ

If an older person does not get enough calories from same food, the body will use stored nutrients for energy. Then the person becomes weaker and is more likely to get infections. Read the issue and answer True or False to test your knowledge.

1. As individuals age, their *calorie* requirements decrease, but their need for *nutrients* does not. TF
2. *Nutrients* are vitamins, minerals, proteins, carbohydrates, and fats, found in a variety of foods. TF
3. A *calorie* is a way to measure the energy (the “fuel”) a person gets from food. TF
4. The senses of taste and smell do not change with age. TF
5. If it hurts to chew, a treatable problem with teeth or gums, or badly fitting dentures may be to blame. TF
6. Elderly people are at special risk for foodborne illness because they can't efficiently fight off the bacteria, virus, and parasites that make people sick. TF
7. It is important to check food expiration dates carefully and discard food that's expired. TF
8. Eating with others increases the enjoyment of mealtime so the low-cost or free meals provided at churches and community centers is a good way for seniors to get good nutrition. TF
9. Some drugs change the sense of taste or reduce appetite. TF
10. Undercooked food cannot make an elderly person sick. TF

KEY: 1. T; 2. T; 3. T; 4. F; 5. T; 6. T; 7. T; 8. T; 9. T; 10. F



Grandparents Corner March 2011

Ask yourself these questions– if your child is not growing well....

Does my child often eat candy, chips, cookies or soft drinks?

Is my child getting enough milk?

Am I giving my child a wide variety of foods?

Does my child get healthy snacks?

Am I making mealtime as pleasant as possible?

Meal Times Are Important!

We love to eat good food with friends and family. Everything tastes better when you are happy, relaxed and part of a group. Young children enjoy eating in a happy, relaxed group, too.

Below are some helpful hints on making meal times at your house easier and more fun:

1. Try to sit down together as a family to eat. When you can't do that, sit and talk with your child while they eat. Or at least be close.
2. Children eat better when it is calm and quiet. Turn off the TV. Don't fuss at your child at mealtime.
3. Expect your child to spill. All children spill. Just Put a little bit in the cup or glass until your child passes this stage. Keep a towel handy.

4. Don't argue with a child who doesn't want to eat! Your child may be tired, excited or just not hungry. Stay calm! Wait until the next regular meal or snack time to give food. Children will eat when they get hungry enough.

Helpful Hints to get them to eat:

- Put small amounts on your child's plate
- Cut foods into bite-size pieces. This makes eating look easier.
- Give a new food when your child feels good. Or hungry.
- Put a little bit of a new food beside a food your child already likes. Children

have to see a new food a few times before they try it. Always will help if you are eating it too.

- Try different fun shapes, bright colors, and mild flavors. Make sure food is not too hot or too cold.

Meals: Always feed your child breakfast. Sometimes children eat breakfast the best.

For lunch and supper, give one food from each of the food groups:

Mild, Yogurt and cheese group

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

Vegetable and Fruit Group

Bread, Cereal, Rice and Pasta Group

Give milk with meals

What your child needs to grow and what keeps them from growing:

What your child needs to grow well:

Lots of love and attention

Enough healthy foods

Enough sleep

What keeps a child from growing well?

Not feeling loved or important

Sickness

Not eating enough healthy foods

Poor appetite

