

Q. Name 3 things you could suggest to a parent whose child is displaying selective eating.

- A.**
1. Stay calm, avoid drawing attention to a child's fussiness
 2. Take food away without comment if not eaten
 3. Ignore negative eating behaviour
 4. Repeatedly expose child to foods with no pressure to eat
 5. Offer a variety of foods including some they don't like
 6. Be a good role model. Eat a variety of foods in front of your child

Q. Can you give 2 examples of positive role modelling relating to lifestyle that adults might exhibit?

A. You can accept any reasonable answers and they might include:

- Eating fruit and vegetables
- Regular physical activity
- Cooking meals from scratch
- Eating at the table
- Getting enough sleep
- Limiting high fat and sugar food & drinks

Q. Name two fruit products that shouldn't be given between meals.

- A.**
1. Dried fruit
 2. Fruit juice

Dried fruit can get stuck between teeth and cause tooth decay. Fruit juice is high in 'free' sugar that is more damaging to teeth than the sugar in a piece of fruit.

But you can have them with a meal to reduce the risk of tooth decay.

Q. How many times a day should children be offered starchy foods?

A. On average, children should be offered starchy foods between 3 and 5 times a day.

They should be offered starchy foods with every meal and in some snacks.

Q. A dessert should be offered with lunch and tea every day. Desserts provide energy for growth and increase the variety of food children experience.

Can you name 2 suitable desserts?

A. Suitable desserts can include:

- Fruit – fresh, frozen or tinned in natural juice
- Custard
- Yogurt
- Fromage frais
- Rice Pudding or Semolina
- A small biscuit or cake with fruit occasionally

Q. 'Fussy' eating is a normal developmental phase for toddlers.

True or false?

A. It is true.

Most toddlers exhibit 'fussy' or 'selective' eating at some point. It may involve outright rejection or disgust.

Most toddlers grow out of this phase if they see other people eating a variety of foods.

Q. Children who eat well can become 'fussy' or 'selective' eaters after 12 months.

Can you name 2 reasons why this might happen?

- A.**
- May be testing their independence or attention seeking
 - May be scared to try new foods
 - May refuse extra food if they are full
 - May be feeling rushed or pressured to eat
 - May be 'grazing' between meals and not hungry at meals
 - May be drinking too much milk

For many toddlers a phase of fussy eating is normal and doesn't last for long.

Selective Eating

Q. Lack of sleep can have negative health and social consequences.

Can you give 3 examples?

A. The consequences of lack of sleep can include:

- Irritability
- Lack of concentration
- Over-activity
- Seeking constant stimulation
- Poor food intake

Lack of sleep may also contribute to overweight and obesity.

Q. How many drinks should children under 5 be offered each day?

A. Young children should be offered around 6-8 drinks a day from a beaker or a cup.

More may be needed in very hot weather or when they are very active.

Q. Name at least 2 dietary factors that may contribute to constipation in young children.

- A.**
1. **Too much milk** – no more than 3 small 120 ml servings a day
 2. **Not enough fibre** – offer wholemeal starchy foods, vegetables and fruit each day
 3. **Not enough fluids** – offer between 900ml and 1,200ml throughout the day. Water is the best drink to offer.

Just remember the 3 F's – Fluid, Fibre & Fitness.

And don't forget physical inactivity can also cause constipation.

Q. What level of sugar per 100g in a breakfast cereal is considered to be high in sugar?

- A. 2.5g
- B. 12.5g
- C. 22.5g

A. C. is the correct answer. Many popular breakfast cereals contain more than 22.5g of sugar per 100g.

It's always best to check the food label.