Integrating Gender and Nutrition within Agricultural Extension Services

Activity Sheet
August 2016

**Nutrition for Toddlers**
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**Introduction**
Providing toddlers (ages 9 -24 months) proper nutrition is an important part of their growth and development. The purpose of the “Nutrition for Toddlers” Activity Sheet is to encourage parents to feed their toddlers nutritious foods on a daily basis.

**Objectives**
At the end of the session, the participants will be able to:
1. Recognize what foods toddlers should not eat
2. Understand the amounts of foods to feed toddlers
3. Create a meal for a toddler (9-12 months old and 12-24 months old)

**Guide**
Use the information below to inform participants the foods they should not feed their toddler. Explain the reason these foods should not be given:
- Salt: Toddlers’ kidneys cannot handle too much salt, so it is best not to add any salt to their foods and not to give them chips or crackers
- Sugar: Sugary foods (candy), juice, and soda are bad for infants’ teeth
- Large pieces: Choking risk- continue to cut foods into bite-size pieces (the toddler can easily pick up with their thumb and finger)

Use Table 1 below to guide the participants about feeding their toddlers

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Food Amounts per day 9-12-month old</th>
<th>Food Amounts per day 12-24-month old</th>
<th>Example of Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staples</td>
<td>1-2 servings</td>
<td>2-3 servings</td>
<td>½ tortilla, 125 ml cup of porridge, cooked rice</td>
</tr>
<tr>
<td>Fruits</td>
<td>1-2 servings</td>
<td>1-2 servings</td>
<td>2-4 tablespoons chopped mango, banana</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1-2 servings</td>
<td>1-2 servings</td>
<td>2-4 tablespoons cooked carrots, dark leafy greens</td>
</tr>
<tr>
<td>Animal Products</td>
<td>2 servings</td>
<td>2-3 servings</td>
<td>2-3 tablespoons cooked, chopped chicken, eggs, beef</td>
</tr>
</tbody>
</table>

**Target population:** Parents with a 9-12-month old toddler or 12-24-month old toddler

**Time:**
60 minutes

**Materials Needed:**
- Flip chart or drawing board
- Color markers
- 7-10 large pictures of food items (for demonstration)
- 50 small pictures of food items (for group activity; there can be repeats of food items)
- Small dish (5-6 total)

**References:**
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Serving Amount</th>
<th>Amount to Feed</th>
<th>Amount of Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legumes</td>
<td>2 servings</td>
<td>2-3 servings</td>
<td>2-3 tablespoons</td>
</tr>
<tr>
<td></td>
<td>2-3 servings</td>
<td></td>
<td>cooked chickpeas,</td>
</tr>
<tr>
<td></td>
<td>125 ml</td>
<td>1-ounce cheese</td>
<td>lentils, cowpeas</td>
</tr>
<tr>
<td>Milk</td>
<td>1 serving</td>
<td>2 servings</td>
<td></td>
</tr>
<tr>
<td>Breastmilk</td>
<td>3-4 sessions</td>
<td>3-4 sessions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>of nursing</td>
<td>of nursing</td>
<td></td>
</tr>
</tbody>
</table>

**Active Learning Exercise**

1) **Prompt and awareness.**

   a. Prior to teaching participants about feeding their toddlers, ask them to raise their hands if they know the foods toddlers should not eat. (~5 minutes).

   b. Explain to participants the foods toddlers should not eat and the reason (objective 1). (~5 minutes)

   c. Prior to teaching participants about the types and amounts to feed their toddlers, ask them to raise their hands if they know what and how much to feed their toddlers. (~5 minutes)

   d. Write on the board the different food groups. Place pictures of foods under each food group with the correct amount. Write on the board the amount of servings from each food group toddlers should be eating (objective 2). (~10 minutes)

2) **Group activity:** Create a toddler’s meal. Participants will make a meal for a toddler including different food groups and amounts following instructions.

   a. Arrange groups of no more than 4 people and provide them with a small dish. Evenly divide the groups into 2 toddler age groups: 9-12 months and 12-24 months. (~5 minutes)

   b. Using small pictures of food items, have each group create a toddler’s meal dependent on their age group using the different food groups (objective 3). (~10 minutes)

   c. Elect one group member to discuss the meal they created for a toddler. Ask them if they will provide these food items and these amounts to their toddlers. If yes, why (they should explain to help their toddler grow and develop). If no, then why not (maybe they will explain barriers to feeding a variety of foods or the amounts on a daily basis). (~10 minutes)

3) **Take home and conclusion.** End the session with asking the participants to explain the foods not to feed a toddler, what foods and the amounts to feed a toddler (objectives 1-3). (~10 minutes)