



I'm 4
Let's explore!

My name is _____ Date _____

I weigh _____ pounds ; I am _____ inches tall

One healthy thing our family will do is:



Make our family meals relaxed.

- I like to be with you. Let's enjoy eating together. Please turn off the TV.
- I am learning every day! Teach me the names of foods. Talk about their shapes, colors and tastes. I can learn where foods come from. I can count foods.
- I can serve myself from a small bowl. I will learn how much to take.
- Teach me to enjoy many foods. Let's try a new food every week. I will learn to like most foods.
- I like to eat with our family. I can eat most of our family foods. I like to talk, and I love attention! I like to tell stories.
- I need to always sit when I eat or drink.
- Give me a small spoon or fork. I may still be a little messy when I eat. I am getting better at it! I can use a napkin to wipe my mouth and hands.
- Make sure we wash our hands before and after we eat.



Good food for four year olds — offer me every day:

Grains

4 or 5 of these choices:

- 1 slice bread or tortilla
- 1 cup dry cereal
- ½ cup cooked noodles, rice, oatmeal
- 6 small crackers

Half the grains I eat should be whole grains!



Vegetables

3 of these choices:

- ½ cup cooked chopped vegetables
- 1 cup raw vegetables
- 4 ounces vegetable juice



Fruits

2 or 3 of these choices:

- ½ cup fresh, canned or frozen fruit
- 4 to 6 ounces 100% fruit juice (no more!)

Offer me a vitamin C fruit every day (oranges, strawberries, melons, mangos, papayas, WIC juices).



Protein

3 or 4 of these choices:

- 2 tablespoons chopped meat, chicken, turkey, fish
- 1 egg
- 4 tablespoons cooked, mashed beans
- 1 tablespoon peanut butter
- 4 tablespoons tofu

Meat and beans give me the most iron to keep my blood strong!



Dairy

3 of these choices:

- 6 ounces milk
- 6 ounces yogurt
- 1½ slice cheese

WIC gives me low-fat milk.



Fats, oils & sweets

only a little bit

Start with
small amounts
and let me ask
for more.



Sample menus for me

Offer me 3 meals and 2 or 3 snacks every day. I like to eat around the same times every day.

Here is a sample menu to give you ideas. **Fill in the blanks to make a healthy menu that is good for me.** Pick foods from all of the food groups to help me grow and be strong.



Sample menu—offer me:	My menu—offer me:
<p>Breakfast</p> <p>scrambled egg, 1</p> <p>whole grain toast, 1 slice, with 1 slice cheese melted</p> <p>apple, peeled and sliced, ½</p> <p>milk, 6 ounces</p>	
<p>Lunch</p> <p>tuna wrap (1 whole wheat tortilla, 2 tablespoons tuna salad)</p> <p>green salad, 1 cup</p> <p>milk, 6 ounces</p>	

Sample menu—offer me:**My menu—offer me:****Snack**

dry cereal, 1 cup

juice, 4 ounces

cooked carrots, ½ cup

Dinner

lentil soup, ½ cup

cornbread, 1 piece

cooked broccoli, ½ cup

orange, ½, peeled and
sliced

water, a few ounces

Snacksmall graham cracker
squares, 6

yogurt smoothie, 6 ounces

Trust me to eat the right amount.

- You decide what healthy foods to offer me at each meal and snack. I decide which of these foods to eat, and how much to eat.
- I like to make some choices. You know what foods I need to be healthy. Let me choose between healthy foods.
- Offer me small servings of foods. Let me ask for more.
- know if I am hungry or not. Let me stop eating when I am full. Don't force me to eat or make me "clean my plate."
- Don't worry if I don't eat a meal or a snack. I will eat more on some days than others. Don't beg me to eat or fix other foods for me.



Healthy Snack Recipe:

Tropical Yogurt Smoothie

- Place in blender: vanilla yogurt, any chopped tropical fruits (banana, mango, papaya, pineapple), ice
- Blend until smooth and serve!

Snacks are important!

Healthy snacks help me grow. Plan my snacks, and don't let me fill up on snacks all day long.



Give me safe foods.

- Give me foods that are bite-sized and soft enough for me to chew easily.
- Be careful and stay close by if you give me foods I might choke on: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, dried fruits, hot dogs, chunks of meat, and hard candy.
- It's best to cut grapes in half, spread peanut butter thinly, cut hot dogs the long way.



Ask WIC if you have any questions about what I am eating.

I can help!

- Let me help you in the kitchen. I can:
 - rinse fruits and vegetables
 - mash soft fruits and vegetables
 - help measure dry ingredients
 - crack eggs
 - mix batter
 - spread butter or peanut butter on bread
 - make a sandwich
 - cut soft foods with a plastic knife
 - peel boiled eggs, oranges, bananas
 - set the table
 - clear the table and wipe it off after a meal
 - put things into the trash
- When I help you, I feel good. I will probably eat better too!

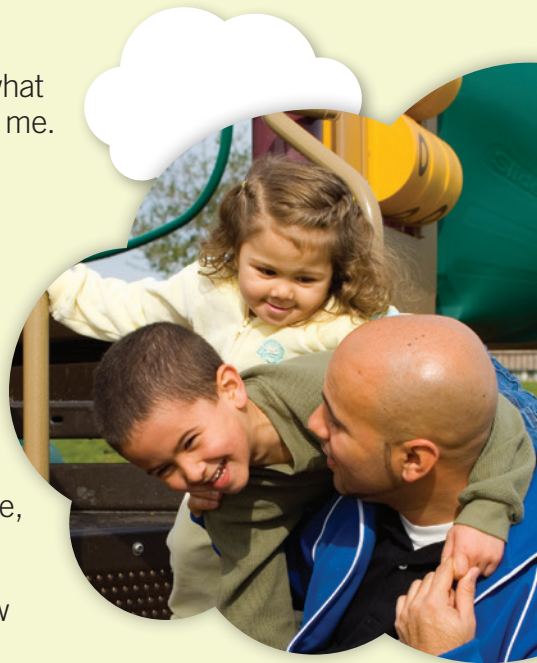


Let's play!

I love to play every day. Mark what you would like to try doing with me.

- Dance to music
- Play follow-the-leader
- Play leap frog
- Play hopscotch
- Play hide-and-seek
- Take a walk together
- Make believe that we are cooking, exploring the jungle, being animals, etc.

Playing with me helps me grow smarter, stronger, healthier and happier!



Look what I can do

- I like to do things for myself.
- I can run, hop and throw a ball. Let's play catch!
- I like to pretend, like playing store.
- I like stories. Can we read together?
- I can pick out a vegetable at the store.
- I can serve myself at the table. If you hold the bowl, I can take a spoonful of food.
- I can take turns.
- I can learn to say "Please" and "Thank you."
- Let me help you in the kitchen. I can:
 - "You are doing a good job!"
 - "I am proud of you!"
 - "You are special!"

Keep me safe and healthy.

- Always put me in my car seat when we drive.
 - Take me to my doctor and dentist.
 - Always watch me around water.
 - Keep me away from cigarette smoke.
 - Help me brush and floss my teeth every day.
 - Put sunscreen on me when I play outside.
 - Hold my hand when we cross the street.
 - No more than 1 or 2 hours a day of TV or computer time!
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California Department of Public Health, California WIC Program

This institution is an equal opportunity provider.

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