

Family Name _____ Visitor's Name: _____
 Nombre de la Familia _____ Nombre de la Visitante _____

Home Visit # _____ Date: _____ Time: _____ Next Visit Date: _____ Time: _____
 # de Visita _____ Fecha: _____ Hora: _____ Fecha de la Proxima Visita: _____ Hora: _____

Expected Home Visit Outcomes: Resultados esperados de Visita de Hogar :

Parents will be able to identify at least 5 nutritious snacks for their children. They will identify at least two snacks that their children can help prepare.

Child Health And Developmental Services Family and Community Partnerships

Activities Examples: Ejemplos de Actividades:	Materials: Materiales:	Comments: Comentarios:
Why do children need snacks?		Their stomachs are small-hard to get all the nutrients they need for growth and development in 3 meals a day. They get hungry between meals and well chosen snacks can help meet their energy and nutrient needs. Overweight and underweight children can benefit from regularly scheduled snacks.
Planning Snacks	Food Pyramid, food labels	Children should have 3 scheduled meals and 2-3 scheduled snacks. They should be at about the same time every day. Schedule meals and snacks 2-3 hours apart. No handouts between meals. Give water for thirst, keep juice to 4-6 oz per day or less. Use foods from two different food groups at each snack. Ex. Apple slices and cheese sticks, turkey sandwich on whole wheat bread, a tortilla with melted cheese, smothie made with yogurt and fruit. Read labels to keep foods moderate in sugar and fat.
Involve children on preparing snacks		When children help to prepare snacks, they learn about foods and gain skills. Children are more likely to eat what they prepare. Sanitation and safety are very important. Always begin by washing your hands. Teach children not to cough or sneeze into food. Adults should always be with children to supervise. Children should not use sharp utensils or work with hot foods or equipment.
What children can do?		2 year olds- peel bananas, put bread in toaster, arrange cheese and apple slices on a plate, pluck grapes off their stem, etc... 3-5 year olds- cut soft foods such as bananas with a butter knife, make sandwiches, pour liquids, shape dough, measure dry and liquid ingredients, stir, etc...
Food Preparation Activity- Children and parents make one of recipes from the <i>Snack Recipes</i> handout.	<i>Snack Recipes</i> handout Ingredients for the snacks	You may have other resources in the classroom for this activity, like parent guides, children's cook books, Curriculum Guide, etc...

General Program Information: Información del Programa en general:

Comments about the Home Visit (activities, successes, interests, etc.): Comentas de la Visita en Casa (actividades, sucesos, intereses, etc.):

Parent's Signature: Firma del Padre: _____

