

Kids in the Kitchen

Preschoolers like to:

- Wash fruits or vegetables
- Tear lettuce/spinach for salads.
- Layer yogurt, fruit, granola in a clear cup.
- Peel a hard-boiled egg.
- Make a sandwich.
- Set the table.



Making Mealtimes Happy

- Buy small forks and spoons made of rubber or plastic.
- Include finger foods with meals.
- Plan for a variety of colors and textures.
- Serve small portions—let children ask for seconds.
- Introduce new foods along with favorites.
- Do not force your child to eat.
- Relax—do not bribe or reward with food.
- Enjoy family time—sit together at the table.
- Turn off the TV during meals.



Physical Activity is Important

- Play with your child every day.
- An overweight child may not be healthy.
- Limit screen time to less than 2 hours each day.
- Turn on music and do a dance party.
- Spend an hour or more outside daily.
- Bouncy balls and hula hoops are fun.



Normal Behavior

- Appetites differ from day to day, from year to year, and from child to child.
- Let your child stop eating when he feels full. No “clean plate club.”
- Accepting new foods takes time. Keep trying!
- If your child wants to eat the same food for several days, don't worry.
- Playing with food may mean your child is not hungry, wants attention or does not feel well.



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Feeding Your Preschooler

3–4 Years Old



Daily Amounts for Your 3–4 Year Old



Grain Group

4–5 Servings/day

- 1 slice whole grain bread
- 1 cup dry cereal
- ½ cup cooked grits/oatmeal
- ½ cup cooked rice/pasta
- 1 tortilla (6")



Vegetable Group

1 ½–2 Cups/day
Serving size = ½ cup:

- ½ cup cooked carrots
- 1 cup raw leafy greens
- 1 small ear of corn
- ½ cup baby lima beans



Fruit Group

1–1 ½ Cups/day
Serving size = ½ cup

- 5 large strawberries
- ½ cup canned fruit
- 1 small apple
- ½ cup 100% fruit juice



Milk Group

2–3 Cups/day
Serving size = ½ cup

- ½ cup milk (1% or skim)
- ½ cup yogurt
- 1 slice cheese
- 1 piece string cheese

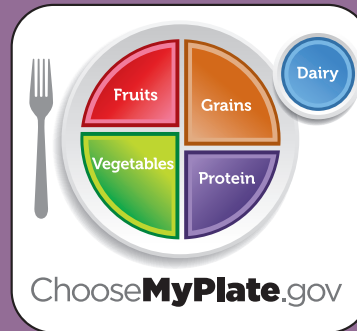


Meat and Beans Group

3–5 Ounces/day
Serving size = 1 ounce

- 1 ounce cooked meat/fish/poultry
- 1 egg
- ¼ cup canned salmon/tuna
- ¼ cup cooked pinto beans
- 1 Tablespoon peanut butter

Try to eat at about the same times each day.



Offer water instead of tea, soda, or other sweet drinks.

Menu Examples



Serve baked or grilled foods more often than fried.

Breakfast	Snack	Lunch	Snack	Dinner	Snack
4 oz. (½ cup) 100% juice 1 scrambled egg ½ cup grits with 1 oz. cheese	4 oz. (½ cup) water ½ cup dry cereal ¼ cup raisins	4 oz. (½ cup) milk 1 tuna sandwich (¼ cup tuna on whole grain bread) 3–4 thin carrot sticks	2–3 graham crack squares 1 Tablespoon peanut butter	4 oz. (½ cup) milk ½ cup pinto beans ½ cup collard greens 1 piece cornbread	1 medium banana 4 oz. (½ cup) yogurt



Choking Hazards:

raisins, grapes, hot dogs, nuts, popcorn, peanut butter, marshmallows, raw vegetables or other small, round, hard or sticky foods.