### Nutritional Needs: Preschool to School-Age

#### Key Note-taking Nutritional Needs: Preschool to School-Age

Identify the main facts of each component.

<table>
<thead>
<tr>
<th>Growth during preschool and school-age years</th>
<th>MyPlate for children</th>
<th>Caloric needs for children</th>
<th>Snack ideas for children</th>
<th>Facts about obesity in children</th>
<th>Malnutrition in children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between the ages of two and five, the average child grows about 2 ½ inches taller each year and also gains four to five pounds each year. During this time period, observable differences in height, weight, and build of children may be prominent.</td>
<td>Choose a variety of foods and serve small portions. Choose healthy snacks and beverages.</td>
<td>Five-year-olds need 1,400 calories daily. Ten-year-olds need 1,800 calories daily.</td>
<td>100% fruit or vegetable juice, popcorn, yogurt, fruit and carrot sticks. Sandwiches prepared with whole grain, whole grain cereal and low-fat milk are good snack ideas.</td>
<td>Obesity in children can lead to: Hypertension, heart disease, sleep apnea, pre-diabetes, diabetes, depression and poor self-esteem.</td>
<td>Malnutrition in children can cause: Seizures, bone disease, reproductive problems, depression, poor self-esteem, and death.</td>
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</tbody>
</table>
Identify the food portion sizes for each item:

Baseball = one medium apple or orange

Four checkers = four small cookies (like vanilla wafers)

Golf ball = two tablespoons of peanut butter

Music CD = one pancake or waffle

Six dice = 1 ½ ounces of cheese

Small fist = one-half cup of fruit, vegetable, cooked cereal, pasta or rice

What do you feel is the major factor in childhood obesity?

(Answers will vary)