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>
</table>

Identify the main facts of each component.
Identify the food portion sizes for each item:

Baseball = one medium apple or orange

Four checkers =

Golf ball =

Music CD =

Six dice =

Small fist =

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