



**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:

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# 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

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### **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

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### **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><b>Breakfast</b></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><b>Lunch</b></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

**Snack**

small 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.
- I 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.



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

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## 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!

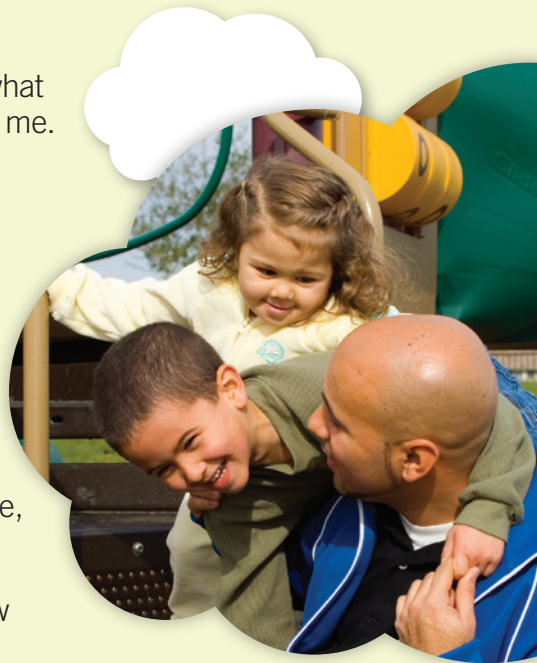


## Let's play!

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**

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