

# Finger Foods - bring your baby to the table

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This lesson plan is provided in two different learner centered nutrition education methods - facilitated group discussion and one-on-one counseling.

## **Facilitated Group Discussion:**

Facilitated Group Discussion is an interactive form of learner-centered group education where the learners discuss a specific topic and share their questions and knowledge with other group members.

### Target Audience:

families with babies and toddlers ages 0 to 18 months (this lesson plan will also work with pregnant women)

### Goals:

This session is offered to encourage self feeding by infants and toddlers by:

- providing instruction to families on how to prepare finger foods for 8 month old babies to 18 month old toddlers.
- encouraging families to use table foods when making finger foods for their older babies and toddlers.
- introducing new fruits, vegetables and protein foods to babies and toddlers.

### Learning Objectives:

- Participants will state how and when to introduce finger foods to their baby.
- Participants will name 1 or more finger foods they could make for their baby or toddler.

### Time: 15 to 30 minutes

Time depends upon the number of participants, and how much discussion there is in different activities. Try to share ideas with the entire group. However, if the group is too large, participants can be broken in groups of 2 to 4 for the sharing activities. Ask for comments from a few small groups or all the groups, depending on time.

### Procedure:

#### Set-up:

Chairs placed in a semicircle

Table with bulletin board, flip chart, binder of paper or box.

Title of lesson plan written on the top of the bulletin board, flip chart, binder of paper or box - "Finger Foods - bring your baby to the table."

Question written on the bulletin board, flip chart, binder of paper, or box - "Name a finger food to offer your baby or toddler "

#### Materials:

Finger Foods Booklets

some soft fruits or vegetables cut up into finger foods

#### Methods for sharing participants' ideas (choose one):

- A. Flip chart on a stand or bulletin board, small cards and pins or tape, pens or markers.
- B. Binder of white paper that participants can write their ideas on and pens.
- C. Box for ideas, small cards and pens

## Optional ideas:

- A. Pictures of babies and toddlers eating finger foods to post on bulletin board or flip chart.
- B. Prepare a recipe from the Finger Foods booklet and give samples for taste testing.
- C. Put together a cost comparison between commercially prepared finger foods and homemade finger foods.

## Key Content Points:

1. It's easy and cost effective to make finger foods for my baby or toddler.
2. Finger foods are my baby's first step in learning how to feed himself.
3. Finger foods are a fun way to introduce foods to my baby or toddler.

## Lesson Overview

### 1. Welcome

- Introduction of self and session - "Hi, my name is Carol and today we're going to talk about finger foods for babies and toddlers. What are the ages of everyone's baby or toddler? Has your baby eaten any finger foods yet? If yes, what kind?" Let participants share the age of their baby and any experiences their baby has had eating finger foods.

### 2. Finger food guidelines

- Give the Finger Foods booklet to participants. Discuss the index with participants - "the booklet has 3 sections - first finger foods for 8 to 10 months; new tastes and textures for the 9 to 12 month old baby; and mealtime finger foods for the 11 to 18 month old toddler."
- Ask participants to turn to page 2 and discuss how to tell if a baby is ready for finger foods and how to be safe with foods. Turn to page 3 and discuss how and when a baby learns self feeding skills. Emphasize that finger foods are a baby's first step in learning how to feed himself.
- Ask participants if they have any questions or concerns when introducing finger foods to their baby or toddler. Share and discuss questions and concerns with group.

### 3. Finger food ideas

- Ask participants to look through the booklet and choose a finger food idea they'd like to try with their baby or toddler.
- Ask participants, "What finger foods would you like to offer your baby?" Ask participants to write their idea on a small card or piece of paper. Gather the cards and share the ideas with the group.

## Evaluation:

Participants will state 1 or more finger food ideas that they will prepare at home.

Lesson Plan developed by Cheryl Yarrington, RDN, MS - ©Nutrition Matters Inc. - August 2016