

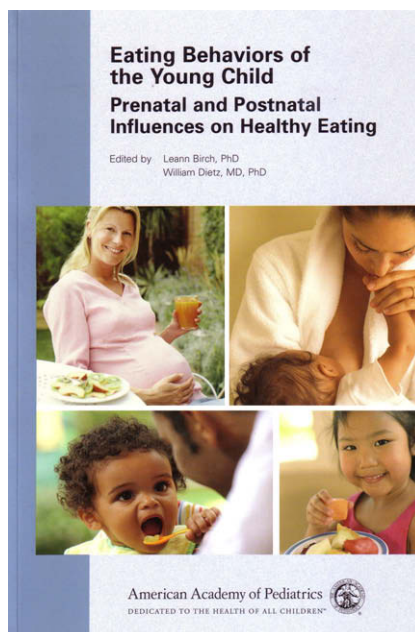
Written specifically by national and international child health and nutrition experts for pediatricians and other child health professionals, *Eating Behaviors of the Young Child* provides a multidisciplinary review of the knowledge of factors that may contribute to unhealthy feeding and eating behaviors during and even before birth through the first 5 years of life. This resource also offers educational tools for health professionals and parents to facilitate healthy eating behaviors in the young child.

Feeding a young child is one of the most challenging tasks of parenthood and is increasingly becoming a critical intervening point to obesity prevention and control. *Eating Behaviors of the Young Child* discusses how effective public health messages and educational tools targeting parents of young children, along with their health professionals, are needed yet limited.

Leann Birch, PhD, a Distinguished Professor of Human Development at the Pennsylvania State University and a leader in child feeding, starts a journey by which a pediatric round table of national and international experts generated a review of the current knowledge on prenatal and postnatal influences on healthy eating. In addition, the team developed a plan to disseminate a public health message and guidance to promote healthy eating from before birth to 5 years of age.

The early childhood feeding review covered a range of nutritional influences on growth and development, including an extensive discussion of breastfeeding and other infant feeding practices that may influence childhood obesity. The team explored issues surrounding measuring and monitoring child growth and development. Moreover, cultural, parental, and environmental influences on childhood obesity were examined. Given the multi-factorial causes of childhood obesity, readers should understand and be aware of one of the review's limitations: the team focused on key nutritional aspects of early childhood feeding and did not extensively cover all childhood obesity factors, such as physical activity.

Few settings present opportunities for health professionals and parents to discuss feeding practices. The team devoted the second half of their



workshop to examining the various delivery systems that health professionals might use to support parents in early childhood feeding and eating. An important setting to reach parents and monitor children identified by the team was primary care. To utilize this setting most effectively, the team stressed that pediatrics and the health care team should consider educational approaches, but recognize that education alone will not suffice. Motivational interviewing for pediatric obesity was a key identified strategy; yet, formidable barriers impede counseling overweight children among health professionals. Mealtime and childcare were two other settings noted as possible mediums to facilitate healthy eating. Further work is needed to more effectively use either setting to contribute to healthy eating.

Childhood obesity is a pressing public health issue for young children, as well as for the parents, providers, child health professionals, and teachers that care for them. William Dietz, MD, PhD, Director of the Division of Nutrition, Physical Activity, and Obesity Prevention in the Center for Chronic Disease Prevention and Health Promotion at the Centers for Disease Control and Prevention, concludes the team's journey by asking readers to use "...this book to develop new and improved strategies to help parents make more appropriate food

and activity choices for their children." Nutrition educators can use this fundamental literature review to guide their educational and promotional efforts to impact healthful food choices and lifestyle behaviors at the individual, community, and policy levels.

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CURRICULUM AND WEB SITE

Cooking with Kids, Integrated Curriculum Guide, Grades K-1, Grades 2-3, Grades 4-6.

Walters L and Stacey J, 2007. *Cooking with Kids, Inc*, PO Box 6113, Santa Fe, NM 87502-6113, <http://www.cookingwithkids.net>. Curriculum and Web site. Softcover guides, \$150 for full set or \$55 for one grade.

Cooking with Kids engages elementary school children in hands-on learning with fresh and affordable food items from diverse cultures. Students are encouraged to explore many different varieties of fresh food using all of the senses, to have fun working in a cooperative environment, and to exercise choice.

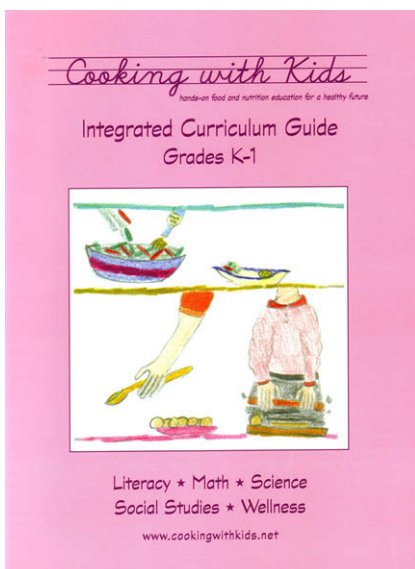
Are you looking for fun and effective curriculum strategies to get school-aged children excited about cooking and eating fresh, healthful food? As a nutrition educator or elementary school teacher, do you have limited time and resources to develop your own curriculum materials? Look no further, because *Cooking with Kids* can provide the solution to your nutrition education curriculum needs.

Written by Lynn Walters and Jane Stacey, *Cooking with Kids* developed from initial efforts of a local student nutrition advisory council, food acceptance research conducted by Antonia Demas, PhD, and inspiration from the work of Cookshop and The Hartford Food System. The *Cooking with Kids* program contains 3 spiral-bound, black and white curriculum guides and student food journals (grades K-1, grades 2-3, and grades 4-6), which can be purchased individually or as

a complete set. Each bilingual Spanish/English curriculum guide includes teacher information, an introductory lesson plan, lesson plans for 5 1-hour tasting classes, and lesson plans for 5 2-hour cooking classes. Each lesson contains learning objectives, drawing suggestions, enrichment options, and class supply lists (eg, food, equipment, music, books).

Following an introductory lesson on "Exploring Healthy Food," children complete tasting classes that focus on melons, apples, nuts, seeds and dried fruits, grapes and raisins, and salad greens. In a supportive environment and using all of their senses, children are encouraged to taste fruits and vegetables that may be unfamiliar to them. The program encourages the use of fruits and vegetables that are locally grown to promote sustainable agricultural practices. During cooking classes, children work with parent/adult volunteers to prepare a variety of regional dishes from around the world. Sample recipes used within the curriculum include green and white fettuccine with tomato basil sauce, vegetable tamales with red chili sauce, minestrone soup with breadsticks, and more. Each lesson includes additional information regarding the history of specific food items, where they are grown, and how the nutrients in food help our bodies stay healthy.

Research has shown that children require multiple exposures to food before taste preference changes can occur. The structure of the *Cooking*



with Kids curriculum provides school-aged children with multiple opportunities to taste familiar and novel food items. The lesson plans are well organized and provide the facilitator with clear, step-by-step instructions for implementation. School sites that lack cooking facilities would need to make adjustments in recipe selections. Facilitators also should be mindful of potential child food allergies when planning tasting and cooking experiences. In the appendix, Walters and Stacey document how the curriculum supports the New Mexico Public Education Department Content Standards for language arts,

social studies, mathematics, science, health education, and visual arts. This information could be adapted for use in states other than New Mexico.

Cooking with Kids is an excellent resource for nutrition educators and elementary school teachers. The program was selected as a 2007 national Innovation in Prevention Award winner by the Department of Health and Human Services (HHS) for its efforts in promoting healthful lifestyles in communities. The integrated curriculum guides for grades K-6 and corresponding student food journals provide children, teachers, and parents with positive opportunities to explore food from diverse cultures and, more importantly, to develop an appreciation and love of fresh, healthful, great-tasting food. The materials could be integrated into elementary school classroom curricula or an after-school program setting. According to one parent, "The *Cooking with Kids* program brought another voice to the table, a voice that encouraged trying new and different food, a voice that proclaimed it is fun to cook, a voice in support of nutrition and healthy families."

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