

The Elementary School Years

Sandy van Calcar
Biochemical Genetics Program
Waisman Center
University of Wisconsin-Madison

Diet concerns during these years

- ▶ Increasing variety, trying new foods
- ▶ Is my child getting enough nutrients in his/her diet?
- ▶ Diet concerns at school
 - ▶ Lunch at school: Hot or Cold?
 - ▶ Parties, snacks
- ▶ Independence and diet
 - ▶ School, friends
 - ▶ Learning to make diet decisions
 - ▶ Learning to explain the diet/galactosemia on their own

Calcium - Requirements

Age Range	Calcium (mg/day)
0 to 6 mo.	200
7 to 12 mo.	260
1 to 3 years	700
4 to 8 years	1000
9 to 18 years	1300
Adults	1000 (> 70 yrs = 1200)

Calcium - Sources

Food	Amount	Calcium (mg)
Dairy Products	1 cup	More than 250
Fortified dry cereals	1 oz	236 - 1043
Soy Formula	1 cup	170
Soy milk, fortified	1 cup	300
Sardines	3 oz	325
Tofu, firm	½ cup	250
Orange juice, fortified	¾ cup	200 - 260
Salmon, canned with bone	3 oz	181
Leafy greens	½ cup	74 - 178

▶ Calcium from green leafy vegetables is not well absorbed.

Vitamin D - Requirements

Age	Vitamin D µg/day
Infants	10 (400 IU)
1-3 years	15 (600 IU)
4-8 years	15 (600 IU)
9-18 years	15 (600 IU)
19-70 years	15 (600 IU)
> 70 years	20 (800 IU)

- ▶ Requirements for vitamin D were increased in 2010 by the National Research Council
- ▶ Vitamin D levels in infant formulas, supplements and fortified foods are being adjusted to meet new standards

Vitamin D - Sources

Food	Amount	IU
Cod liver oil	1 T	1,360
Sockeye Salmon	3 oz	794
Mackerel	3 oz	388
Tuna fish, canned	3 oz	154
Fortified rice milk	1 cup	120
Fortified Orange Juice	1 cup	100
Fortified Soy Milk	1 cup	120
Soy Formula	1 cup	100

- ▶ The best source of Vitamin D is the sun but for those living in northern climates, too little exposure during winter.
- ▶ Sun blockers decrease vitamin D production.

Impact of Diet on Family Life

- Has there been traveling, camping, parental trips without children?
- Is the family eating at restaurants, enjoying meals at relatives' homes?
- Are all family members' needs being met; not just the child who is on the diet?

Age Appropriate Education



- Anatomy
- Biology
- Biochemistry
- Genetics
- Diet



Clinic Supermarket

Objective: To increase the child's involvement in their diet.

How It's Done

Create a supermarket environment:

- ❖ Set up supermarket sign and food models like a grocery store.
- ❖ Each child will write a shopping list for a single meal (breakfast, lunch, or dinner) or a one day diet.
- ❖ Compare this information with their diet prescription and discuss the results with the child.
- ❖ Attach labels and ingredient lists to food photos for older children
- ❖ This concept can be expanded upon based on age to include buying foods for a recipe, etc.

Materials Needed

- ❖ "Clinic Supermarket" sign
- ❖ Pens or pencils
- ❖ Food Labels
- ❖ Food models or pictures

Dramatic Play: Restaurant Setting

Objective: To increase the child's involvement in their diet.

Chef's Specials

- ❖ Nacho Cheese Dip and Tortilla Chips
- ❖ Pasta with Alfredo Sauce
- ❖ Fruit Salad
- ❖ Chocolate Cake

Materials Needed

- ❖ Paper or plastic food models
- ❖ Pens or pencils
- ❖ Order/note pad for waiter
- ❖ Calculator
- ❖ Apron/chef's hat

How It's Done

Set up a restaurant-like situation

- ❖ Have all participating individuals play a role: customer, waiter or waitress, chef.
- ❖ All individuals should have the opportunity to play various roles

The Customer orders the food from a menu; asks about ingredients

The Waiter or Waitress takes the order and serves the food.

The Chef prepares the order by selecting models of the food ordered and placing them on a plate or tray.

- ❖ Use this opportunity to begin a discussion about the GAL content of the foods, ordering in a restaurant, learning about substitutions

We Are Alike & Different

Objective: To engage preschool and early elementary children in discussion about how everyone has ways they are alike and ways they are different, and how that is good.

Draw a circle around all the children who have curly hair.
 Draw a square around all the children who have rosy cheeks.
 Draw a triangle around all the children who have freckles.

HANDOUT: I'm Thumb-body Special

Name: Jane Doe

Special Things About Me:

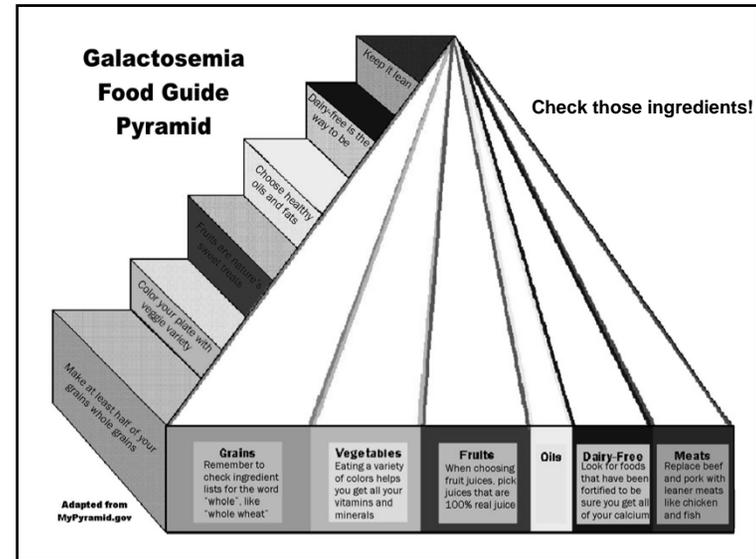
Good Dancer _____

Smart _____

Chapter Two Handout I'M THUMB-BODY SPECIAL 68

Learning to Cook!

- ▶ Start with easy recipes and easy concepts
 - ▶ Fruit smoothies or ices
 - ▶ Choose ingredients and top a pizza
 - ▶ Learning knife skills: cutting veggies
 - ▶ Flipping pancakes, filling a waffle maker
- ▶ Family Meals
 - ▶ Involve your children in preparing dinner, setting table, etc.



Thank you!

- ▶ Laurie Bernstein MS, RD, FADA
- ▶ Staff at Children's Hospital of Colorado