

Homework

Eight Most Common Food Allergies

Some foods are known to carry a higher risk for food allergies. Here are the eight most common foods that pose a risk:

1. Eggs
2. Milk
3. Peanuts
4. Soy
5. Wheat
6. Tree nuts (like walnuts or cashews)
7. Fish
8. Shellfish (like shrimp)

If your child develops hives, itchy skin, abdominal pain, nausea, vomiting, diarrhea, breathing issues, or any other reaction to a food, stop serving that food at once, and see your provider right away.

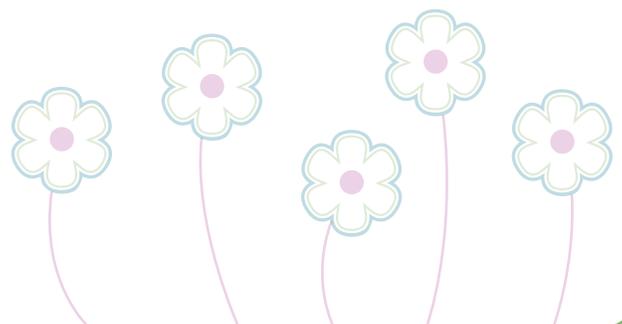


Eat meals together at the table, and always supervise your child's snacktime.



Watch the short recap of the video, *Toddler Nutrition* at www.reviewonline.org, or use the information sheet to answer the following questions.

1. Providing foods from _____ food group ensures your toddler receives the necessary essential nutrients in order to grow, stay healthy, and have lots of energy.
2. They will need a _____ of colorful veggies, so don't give up if your toddler refuses to eat something. Sometimes they need to be offered the same food _____ times before they'll try it.
3. Encourage them to eat a variety of _____, tastes, and textures of _____.
4. Food like breads, rice, pastas, tortillas, and cereal are in the _____ category. Toddlers need three to five ounces daily, and at least _____ of these should come from whole grains.
5. Children ages one year through five years old should get no more than _____ ounces of cow's milk, goat's milk, or soy milk per day to help avoid _____ deficiency.
6. How can you ensure your toddler gets whole grains?
7. What can cause a toddler's appetite to fluctuate?



Homework Key

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Eat meals together at the table, and always supervise your child's snacktime.



Watch the short recap of the video, *Toddler Nutrition* at www.reviewonline.org, or use the information sheet to answer the following questions.

1. Providing foods from **every** food group ensures your toddler receives the necessary essential nutrients in order to grow, stay healthy, and have lots of energy.
2. They will need a **variety** of colorful veggies, so don't give up if your toddler refuses to eat something. Sometimes they need to be offered the same food **multiple** times before they'll try it.
3. Encourage them to eat a variety of **colors**, tastes, and textures of **fruit**.
4. Food like breads, rice, pastas, tortillas, and cereal are in the **grain** category. Toddlers need three to five ounces daily, and at least **half** of these should come from whole grains.
5. Children ages one year through five years old should get no more than **24** ounces of cow's milk, goat's milk, or soy milk per day to help avoid **iron** deficiency.
6. How can you ensure your toddler gets whole grains?

Answers will vary but could include: make sure it says "whole grain" on the packaging; cook the whole grain, such as rice and whole oats, use only whole-grain pastas, etc.

7. What can cause a toddler's appetite to fluctuate?

Age, activity, or energy levels.

