

An Essential Motivation on Nutrition Learning for Child Care Health Program

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Abstract

A lack of an appropriate feeding in early childhood is a major risk factor for ill-health throughout the course of life. This article presents an indication of nutrition learning for children health care programs in the society. A healthy diet helps the children to grow and learn, and prevents obesity and weight-related diseases, such as diabetes. The life-long impacts of malnutrition in childhood may include poor school performance, reduced productivity, impaired intellectual and social development, or chronic diseases. Through the first year, breastmilk or infant formula is the main source of calories and nutrients. Babies may be started directly on normal family food titled baby-led weaning if attention is given to choking hazards. Adults can learn that variety, balance, proportionality and moderation are vital characteristics of a nutritious diet. A nutritious diet includes a selection of healthful foods from each of the food groups in the serving dish. These food groups are grains, vegetables, fruits, dairy and protein. For child feeding, choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds. Encourage the child to eat a variety of fresh, canned, frozen or dried fruits, vegetables, grains and dairy rather than fruit juice. At an age of 5 years, children are growing quickly and often become even more active when they start to go school. They need an adequate intake of energy and a diet that provides all the nutrients needed for growth and development. Children might eat breakfast, take three meals daily, and consume milk of any type, solid fats and whole grains. So, the parents ought to learn about children's nutrient requirements, as some of these such as the necessities for iron and calcium, change as child ages. This eating pattern supports a child's normal growth and development, and provides enough total energy and meets the recommended daily allowances for all nutrients including iron and calcium.

Keywords

Nutrition Education, Toddlers, Diet, Pre-schoolers, Malnutrition Learning, Babies, Food

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1. Introduction

Good nutrition is not just about how much food is available to consume, but rather almost ensuring the right nutrients whether from breastfeeding, and a varied diet or supplements. Investing in children's nutrition has the power to trigger big social and economic changes. Children with

well-developed brains and bodies have better life chances, they live longer and spend healthier lives, do better in school, and grow into more productive adults (Sarwar et al., 2013). Worldwide, malnutrition in children less than 60 months of age remains high despite of nutritional services being offered in health facilities. In recent years, the global health community has been focusing more of its efforts and

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resources for fighting against malnutrition that is a complex problem which contributes to 45% of deaths among children under the age of five years worldwide. Chronically malnourished children are on average, nearly 20% less literate than those who have a nutritious diet (Achterberg and Miller, 2004).

Digestion and absorption, are the processes that a body uses to break down the food a kid eats and the liquids he or she drinks into nutrients to which the body can absorb and use to nourish himself/ herself. Through the digestion process, the body breaks down these foods into nutrients that can be used. Digestion occurs in the mouth, esophagus, stomach, small intestine, large intestine (colon), rectum and anus parts of the body that make up the digestive system. Other parts of the body such as tongue, salivary glands, pancreas, liver and gallbladder help to the digestive system. Digestion and absorption are very important processes, because without these, the body cannot use the nutrients a kid gets from food and liquids, and to think, work, play, perform and sustain life. It usually takes about two to three seconds for the food to go from the esophagus to the stomach, which is the third part of the digestive system (Sarwar *et al.*, 2015).

Nutrition for kids is based on the same principles as nutrition for adults. Everyone kid needs the same types of nutrients, such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages. Kid's foods not only provide nutrients, but also are a source of calories. The six groups of nutrients are carbohydrates, fats, protein, vitamins, minerals and water. Each group of these nutrients has its own special job to do for the body. Three of these groups, for instance, carbohydrates, fats and protein, provide energy to the body, which is measured in calories. When talking about nutrition, person may refer to calories in two ways, as the amount of energy available in food (for example, a medium-sized apple may contain 45 calories), and the amount of energy used by the body in various tasks (for example, a 3.25 km-per-hour walk may help to burn 100 calories). Vitamins, minerals and water do not provide calories (energy) to the body, but, instead, they perform other important functions (Demory-Luce *et al.*, 2011).

For infants, the breast milk is the best food for the healthy growth and development of their bodies. Infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health. After six months, they should be fed adequately and also given safe complementary foods while continuing breastfeeding for up to two years or beyond. Complementary foods should be rich in nutrients and given in adequate amounts. At six months, care givers should introduce foods in small amounts and gradually increase the quantity as the child gets older. Young

children should receive a variety of foods including meat, poultry, fish or eggs as often as possible. Infants can eat pureed, mashed and semi-solid foods beginning at 6 months, from 8 months most of infants may eat 'finger' foods, and from 12 months many children can eat the same types of foods as consumed by the rest of the family. Thus, the consistency of foods should be appropriate for the child's age. Complementary foods should be given 2-3 times a day between 6-8 months, increasing to 3-4 times a day between 9-11 months, and between 12-23 months of age, 3-4 meals should be given. Also, depending on the child's appetite, 1-2 nutritious snacks can be offered between meals (Belsey, 1993).

2. Severe Malnutrition and Benefits of Healthy Food

Severe or acute malnutrition results in between 1 and 2 million preventable child deaths every year globally. And severely malnourished children are nine times more likely to die from common infections than their better-nourished peers. This greatly affects a child's prospects of surviving and thriving in all areas of his or her life. Combined with micronutrient deficiencies, malnourishment stunts children's physical and cognitive development, the consequences of which are life-long health problems. Diarrhoea, in many cases of which can be attributed to contaminated water and inadequate sanitation and hygiene, is a leading cause of childhood malnutrition and death. Health survey found that 33 percent of children are stunted and that only 6 percent of children aged 6 to 23 months are fed appropriately, based on the recommended infant and young child feeding practices. Household food insecurity, poor nutrition and inadequate access to health care all contribute to the health problems. Malnourished children and their caregivers often trek long distances for assistance at health facilities, which routinely lack of supplies and trained staff. In addition, families frequently lack funds to support proper recovery. Let us suppose that parents may decide to have a hamburger, a salad, an apple and milk for lunch in children's diet (Pelto *et al.*, 2003; Mughal *et al.*, 2015).

On the other hand, switching to healthy food can have a profound effect on family's health, helping to stabilize children's energy, sharpen their minds and even out their moods. And it can be simpler and less time consuming than parents can image. With these tips, parents can instill healthy eating habits without turning mealtimes into a battle zone and give to kids the best opportunity to grow into healthy as well as confident adults. In addition to helping our children to maintain a healthy weight and avoid certain health problems, healthy eating can stabilize their energy, polish their minds, and have a profound effect on a child's sense of mental and

emotional wellbeing, helping to prevent conditions such as depression, anxiety, bipolar disorder, schizophrenia and attention deficit hyperactivity disorder (which is a group of behavioral symptoms that include inattentiveness, hyperactivity and impulsiveness). Eating well can support a child's healthy growth and development into adulthood and may even play a role in lowering the risk of suicide in young people. If a child has already been diagnosed with a mental health problem, a healthy diet can help the child to manage the symptoms and regain control of their health. It is important to remember that kids are not born with a craving for fries and pizza, and an aversion to broccoli and carrots. This conditioning happens over time as kids are exposed to more and unhealthier food choices. However, it is possible to reprogram of children's food cravings so that they crave healthier foods instead. The sooner parents introduce wholesome and more nutritious choices into kids' diets, the easier they can be able to develop a healthy relationship with food that can last them a lifetime (Wright et al., 2007; Sarwar et al., 2014).

Breast-feeding is an ideal nutrition and sufficient to support optimal growth and development for about the first 4-6 months after birth. Try to maintain breast-feeding for 12 months and transition to other sources of nutrients should begin at about 4-6 months of age to ensure sufficient micronutrients in the diet. Delay of introducing 100% juice until at least 6 months of age and limit to no more than 4-6 oz/ day. Moreover, the juice should only be fed from a cup. Do not overfeed infants and young children as they can usually self-regulate the amount of calories they need each day. Children should not be forced to finish meals if they are not hungry as they often vary caloric intake from meal to meal. Introduce healthy foods and keep offering them if they are initially refused. Do not introduce foods without overall nutritional value simply to provide calories. In addition to providing an adequate variety, amount and frequency of foods, it is important that caregivers might practice responsive feeding. That is, they should feed to infants directly and assist older children when they feed themselves; feed slowly and patiently and encourage children to eat, but do not force them; and when children refuse to eat, then experiment with different combinations of foods. Feeding times are periods of learning and love as they are a time for caregivers to talk to the child and making eye to eye contact (Salone et al., 2013).

3. Avoiding of Preschool Food Fights

Being a concerned parents, people want their little one to have the best possible nutrition, which means a balanced diet.

Preschoolers should eat what everyone else eat, however, as a parent people must offer a variety of diet and may be get creative with food to be more convincing. Recent preschool obesity prevention trials have shown that interventions using innovative curricula and regular, structured nutrition education for students and teachers, as well as offering healthful foods, can impact preschoolers' weight and food choices. However, some child health advocates are concerned that without inspection and enforcement, regulations will do little to benefit preschool-aged children (Ogden et al., 2008; 2010). Here are some advice from the experts on how to avoid preschool food fights, and these recommendations are made according to the global strategy for infant and young child feeding. When selecting foods from these groups (grains, vegetables, fruits, dairy and protein), remember to consider variety, balance and proportionality and moderation (Reedy 2010 et al., Scaglioni et al., 2011; Sarwar et al., 2013; Mirza et al., 2015). An ideal food of kids may include the following package:-

3.1. Variety

It is a good idea to eat a variety of healthful foods every day. Variety means to eat many different types of foods from all food groups and the vegetable subgroups (groups within the vegetable food group, such as legumes and starchy vegetables). Kids should eat a variety of foods because no single food contains all of the nutrients the body needs to be healthy. Some foods may not provide many nutrients, but the few they do eat provide still important ingredients for health, and variety adds interest as eating of different foods can be fun and pleasurable.

3.2. Balance and Proportionality

Balance means not to favor one food group over another food set. A balanced diet may contain an assortment of healthful foods that provide all of the nutrients a child needs. It is very important to balance the foods in child's diet. To understand the importance of balance, let us consider the important mineral calcium. If children do not eat a diet with enough calcium, their bones may not develop well. Also, if children do not eat enough calcium, they can experience bone loss, which can be painful and disabling. However, the foods richest in calcium, such as milk and milk products, are poor sources of the mineral iron. In turn, foods rich in iron, such as red meat, are poor sources of calcium. To make sure for getting of both the calcium and iron the children need that parents must balance their food choices. Proportionality, it means eating more of some foods (fruits, vegetables, whole grains, fat-free or low-fat dairy products), and less of others (foods high in saturated or trans fats, cholesterol, added sugars, salt and alcohol).

3.3. Moderation

To be healthy, kids should eat foods in moderation, which means meeting of their nutritional needs without overeating. Many people consume more calories than they need without meeting recommended intakes for a number of nutrients. Choose meals and snacks that are high in nutrients, but low to moderate in calories. In other words, meeting of nutrient recommendations must go hand in hand with keeping calories under control. Some people think that moderation means a person can never eat a steak or a hot-fudge sundae. This is not true, but moderation does not mean total restriction. A steady diet of steak and ice cream is not so good for children health. However, eating them once a week may be all right if the other foods the children eat do not contain a lot of cholesterol or fat. Eating them once a month may have no impact at all depending on the amount eaten.

4. Nutritional Needs and the Amount of Food

Baby food is any soft, easily consumed food other than breastmilk or infant formula, which is made specifically for babies, roughly between the ages of four to six months and two years. Many national health agencies recommend for waiting until six months of age before starting of a child on food, but individual babies may differ greatly from this guideline based on their unique developmental progress. Baby food can be given when the child is developmentally ready to eat it. Signs of readiness include the ability to sit without help, loss of tongue thrust and the display of active interest in food that others are eating. In nearly all healthy children, 4 to 6 months is the recommended age for starting of solid foods. Newborns need a diet of breastmilk or infant formula. About 40% of the food energy in these milks comes from carbohydrates, mostly from a simple sugar called lactose (a disaccharide sugar composed of galactose and glucose that is found in milk) (Patricia and Kathy, 2011; Stephen *et al.*, 2012).

As shown in the feeding infants and toddlers study or the overall diet of babies and toddlers, the primary consumers of baby food, generally meet or significantly exceed the recommended amount of macronutrients. Toddlers and preschoolers generally eat too little dietary fiber, and preschoolers generally eat too much saturated fat, although the overall fat intake is lower than recommended amount. But, micronutrient levels are typically within the recommended levels. A small group of older infants need more iron and zinc, such as from iron-fortified baby foods. A substantial proportion of toddlers and preschoolers exceeds the upper recommended level of synthetic folate, preformed

vitamin A, zinc and sodium (salt) (Butte *et al.*, 2010).

The experts recommend starting of the diet in small amounts that gradually increases as the child gets older, such as 2 to 3 meals per day for infants up to 6 to 8 months of age and 3 to 4 meals per day for infants 9 to 23 months of age, with 1 or 2 additional snacks as required. Baby foods are either a soft, liquid paste or an easily chewed food since babies lack developed muscles and teeth to effectively chew. Care should be taken with certain foods that pose a choking hazard, such as undercooked vegetables, grapes, or food that may contain bones or fruit with a large stone inside. Children begin eating liquid style baby food consisting of pureed vegetables and fruits, sometimes mixed with rice cereal and formula, or breastmilk (the milk produced by the breasts or mammary glands of a human female to feed a child). Then, as the baby is better able to chew, small or soft pieces or lumps of food may be included. Care should be taken, as babies with teeth have the ability to break off pieces of food, but they do not possess the back molars to grind, so food can be carefully mashed or pre-chewed, or broken into manageable pieces for the baby (Hauck *et al.*, 2011; Salone *et al.*, 2013).

5. Nutrition for Preschool Children

Children from 5 to 12 years grow very rapidly and can be very active. A diet providing adequate energy and nutrients is essential for children at this stage. So, this section will provide nutrition and diet information to help make sure that children are well prepared for their school years. Preschoolers are active, spirited tykes and while they are generally adorable and fun, it is perfectly normal for 3, 4 and 5-year-olds to be opinionated especially about eating. School children should eat a healthy as well as varied diet and this should be combined with regular physical activity in order to maintain a healthy body weight. Preschoolers can eat what the rest of the family eats, which is provided family meals with feature a variety of healthy foods, in moderation (Drewnowski, 2005).

A young child's eating plan should consist mostly of healthy foods, such as lean meats, poultry, seafood, eggs and legumes; whole grains, such as whole-wheat bread and cereals; at least two servings of dairy foods daily; and fresh or lightly processed fruits and vegetables. Age is just one criteria for judging of a child's readiness, however in nearly all healthy children, 4 to 6 months is the recommended age for starting of solid foods. A child's motor skills and stage of development also help to determine when they are ready for solid foods. As the child reaches school age he or she is growing quickly and becoming more active. To meet their extra demands of growth, children have higher energy and

nutrient requirements for their body size compared to adults. It is therefore important that they are offered foods and drinks that provide adequate energy and nutrients for their needs. Children's diets from the age of 5 should be based on the principles of plenty of starchy carbohydrates, fruits and vegetables, and some protein and dairy foods. Children may start to take more control over their food choices around this time, especially if they eat school meals. So, as a parent or care taker, it is vital that family members should encourage them to eat a healthy and varied diet to help ensure that they obtain all the necessary nutrients they need for good health. By this age, all children should be consuming a varied and balanced diet. This guide does not include frequency of servings or portion sizes, however, children should eat at least 5 portions of fruits and vegetables a day. One portion is often referred to as the amount they can fit into the palm of their hand. One small glass (150 ml) of unsweetened 100% fruit juice can count towards one portion, but only one glass counts, so further glasses of juice would not count towards the total five portions a day (Whitaker et al., 2004; Siega-Riz et al., 2010).

6. Conclusion

The significance of this article is encouraging of infant's diet and it demonstrates some responsibility of the parents to contribute for improving nutrition of children of either sex. For more information on good nutrition, make food choices, variety, balance and moderation. Parents also need to know the importance of eating a variety of healthful foods that include the diverse nutrients. Now, the strategy should be to guide the countries to develop policies and implement of activities addressing feeding practices and the nutritional status, growth and health of infants and children. It is based both on the evidence that nutrition plays a crucial role in the early months and years of life, so, stress is given on the importance of appropriate feeding practices in achieving optimal health. To give child a nutritious diet, make half of what is in the child's plate with fruits and vegetables; choose healthy sources of protein, such as lean meat, nuts and eggs; serve whole-grain breads and cereals because these are high in fibre; reduce refined grains, is better to bake broil, grill, or steam foods instead of frying them; limit fast food and junk food; and offer water or milk instead of sugary fruit drinks and sodas. Eating of breakfast can promote proper nutrition, and children who eat breakfast have higher daily intakes of key vitamins and minerals and tend to make healthier food choices throughout the day. In addition, eating a nutritious breakfast is associated with improved cognitive functioning, mood and school attendance. Parent must learn how they can impact their child's lifelong relationship with food, be a role model for child, start kids with a quick, healthy breakfast

each day, make time to regularly bring the family together over a meal, cut back on child's intake of added sugar instead of eliminating fast food entirely, find healthier substitutes, and understand how regular exercise can help to motivate kids to eat healthy food. Consequently, the use of knowledge just gained from this article is helpful to make better food choices for children.

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