

## I. Getting Young Bill to Eat

Bill is 3 years old, and his mother is worried about his eating habits. He absolutely refuses to eat vegetables, meat, and dinner in general. Some days he eats very little food. He wants to eat snacks most of the time. Mealtimes are a battle because Bill says he isn't hungry, and his mother wants him to eat a sit-down lunch and dinner to make sure he gets all the nutrients he needs and to eat everything served on his plate. He drinks five or six glasses of whole milk per day because that is the one food he likes.

When his mother prepares dinner, she makes plenty of vegetables, boiling them until they are soft, hoping this will appeal to Bill. Bill's dad waits to eat his vegetables last, regularly telling the family that he eats them only because he has to. He also regularly complains about how dinner has been prepared. Bill saves his vegetables until last and usually gags when his mother orders him to eat them. Bill has been known to sit at the dinner table for an hour until the war of wills ends. Bill's mother serves casseroles and stews regularly because they are convenient. Bill likes to eat breakfast cereal, fruit, and cheese and regularly requests these foods for snacks. However, his mother tries to deny his requests, so that he will have an appetite for dinner. Bill's mother comes to you and asks you what she should do to get Bill to eat.

### Analysis

1. List four mistakes Bill's parents are making that contribute to Bill's poor eating habits.

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2. List four strategies they might try to promote good eating habits in Bill.

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## II. Evaluating a Teen Lunch

The following are two typical teen lunches and nutritional information for each:

	<b>Meal 1</b>	<b>Meal 2</b>	
	2 pieces cheese pizza 1 milk chocolate candy bar 20 fluid ounces cola	1 large hamburger sandwich with condiments 30 French fries 20 Fluid ounces cola	
			<b>Nutrient Needs for Teens</b>
Energy (kcal)	990	1000	Males: 3000 Females: 2200
Protein	32	20	Males: 59 Females: 44
Vitamin C (milligrams)	5	18	Both genders: 45 to 75
Vitamin A (micrograms RAE)	300	10	Males: 900 Females: 700
Iron (milligrams)	3	4	Males: 11 Females: 15
Calcium (milligrams)	545	100	Both genders: 1300

- Keeping in mind that meals should meet about one-third of nutrient needs, what are the shortcomings and excesses of these meals (i.e., given the nutritional information, compare these meals with one-third the RDA for protein, vitamin C, vitamin A, and iron and the Adequate Intake for calcium)?

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- How would you change these meals to improve balance and to meet the nutrient needs above? (Hint: Use your diet analysis software program or Appendix J.)

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- Reflect on your food choices as a teenager. Do you think your meal choices were balanced and varied? Why or why not? What could you have done to improve your nutritional habits at that time?

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