

Preschool Age Group Characteristics

Feeding Your Preschool Child

1-2 Year Olds

- ❖ Drinks out of glass
- ❖ Uses spoon and later a fork
- ❖ Very independent - prefers to feed self (use bite-size, easy to pick-up foods)
- ❖ Eye-hand coordination still developing - will have frequent spills
- ❖ Likes to watch and help
- ❖ Imitates others

3 Year Olds

- ❖ May have food "Jags" that last for short time
- ❖ Learns to get attention by refusing to eat (give the child attention before the meal not when they don't eat)
- ❖ Begins to ask "Why" - curious, ready to learn
- ❖ Capable of stirring, measuring

4 - 5 Year Olds

- ❖ Handles dishes and utensils safely
- ❖ Can set the table
- ❖ Influenced by television - want to have the foods they see advertised
- ❖ Likes to help and enjoys eating own "cooking" projects

6 Year Olds

- ❖ Appetites well established
- ❖ Remember to "Break the Fast" with nutritious breakfast (even if it's food to eat while walking to school)

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