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## **Six Principles for Feeding Young Children in Group Settings**

**Laurel Branen and Janice Fletcher  
College of Agricultural and Life Sciences  
University of Idaho**

- 1. Adults set the feeding environment**
  - a. Physical environment**
  - b. Emotional environment**
  - c. Auditory environment**
- 2. Children need a variety of foods**
  - a. Work towards variety**
- 3. Adults should sit with and eat with children**
  - a. Model eating foods**
  - b. Provide safety- physical and psychological**
  - c. Teach and model social skills**
- 4. Adults select what is served and how it is served**
  - a. Consider nutrition**
  - b. Consider what children can eat**
  - c. Avoid choking hazards**
- 5. Child chooses how much, if any, to eat**
  - a. Reinforce internal hunger and fullness cues**
- 6. Children should serve themselves**
  - a. Reinforce internal hunger and fullness cues**
  - b. Adults eyes are bigger than children's stomachs**