Agenda

- Attendance
- Questions from last week
- The child with allergies, children who are vegetarian, children who are “picky eaters” and managing cultural diversity
- Food handling & safety
What is a Food Allergy?

- Allergies are an overreaction of the body’s immune system to a protein (foods, dust, moulds, pollen, pet fur)
- Food intolerance: absence of an enzyme
- Enzymes are needed to fully digest foods. If some of these enzymes are missing or insufficient, proper digestion may be undermined
- Symptoms are discomfort and include bloating, gas, and loose stool
- Food allergies trigger the immune system, food intolerances do not.

http://www.medicalnewstoday.com/articles/263965.php#what_is_the_difference_between_food_allergy_and_food_intolerance
Food Allergens

• The food substances that cause allergies, are known as allergens
Name some common food allergens in a childcare
How do child care centres deal with children who has allergies?
Children who are vegetarian

• Possible reasons for vegetarianism?
  – Personal preference
  – Health reasons
  – Ethics
  – Environment
  – Religion or cultural tradition
  – Cost of meat
The Vegetarian Child

• Parents who raise their children on a vegetarian diet must ensure that the children get enough of the nutrients they need to grow and develop.

• Pregnant women and children's increased need for protein, fat, calcium, iron, vitamin B12, and other nutrients need to be considered.

• Breastfeeding is the best source of nutrition for infants; however vegetarian babies need to be fed a soy milk formula that is fortified with iron, vitamin D, and B12.

• Speaking to a registered dietician about meal planning and preparation is critical to those who wish to raise their children as vegetarians.
Vegetarian Classifications

Vegetarians are classified according to the foods in their diets:

<table>
<thead>
<tr>
<th>Vegetarian Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lacto-ovo:</td>
<td>Do not eat animal products but eat animals by-products</td>
</tr>
<tr>
<td>Pescetarian:</td>
<td>Eat fish and food from plant origin</td>
</tr>
<tr>
<td>Lacto:</td>
<td>Eat milk products but not eggs</td>
</tr>
<tr>
<td>Ovo:</td>
<td>Eat eggs but not milk</td>
</tr>
<tr>
<td>Vegans:</td>
<td>Eat foods of plant origin</td>
</tr>
<tr>
<td>Macrobiotic:</td>
<td>Eat grains as a staple food, supplemented with other foods such as local vegetables, avoid all processed foods and most animal products</td>
</tr>
</tbody>
</table>
Macrobiotic Diet

• A macrobiotic diet (or macrobiotics), is a dietary regimen which involves eating grains as a staple food, supplemented with other foods such as local vegetables, and avoiding the use of highly processed or refined foods and most animal products.

• Macrobiotics writers often present a macrobiotic diet as helpful for people with cancer, however there is conflicting evidence regarding such recommendations.
Meeting Nutritional Needs through Vegetarianism

Vegetarians need to ensure adequate amounts of protein, minerals, and vitamins are consumed.

Using complementary proteins, i.e. combining grains and legumes:

- Bread and split pea soup (Canada)
- Chapatis and dahl (India)
- Pita bread and hummus (Greece)
- Rice, kimchi, and tofu (Korea)

And/or combining grains and nuts:

- Pasta with pine nuts (Italy)
- Granola or muesli with almonds/walnuts (Switzerland)
- Rice with cashew-vegetable stir-fry.
The Picky Eater

What do you do when you encounter a child who is a problem eater?
The Picky Eater

Some tips to encourage children to eat:

– Let children know 10-15 minutes before hand that they will be having lunch.
– Avoid distractions
– Avoid giving snacks and juice 1-2 hours before meal time.
– Involve them in meal preparation
– Offer a variety of foods with at least one food you know they like.
– Encourage children to try different foods
– Serve drinks after the meal as this can affect their appetite.
The Picky Eater

• Cook one meal for all – children should not be catered to with special meals when they are being picky
• When a child refuses to eat, do not force them
• Children do not starve themselves and they will eat when they are ready
• Do not use food as a reward as children will value certain foods over others
• Lead by example
Cultural Diversity

• Many foods are eaten by almost all cultures.
• Difference is often the preparation, i.e. spices used and the method in which a food is cooked
• Ex, chicken - baked, broiled, grilled, fried, etc…
• That same chicken may be cooked with different vegetables and sauces or spices.
Cultural Diversity

• Think of each of the food groups, what culturally different types of foods do you eat that belong to each of the food groups?
  – For example:
    • Grain Products: Roti, Pita, Rice, Oatmeal, Nann

How can we make children aware of this cultural diversity?
Cultural Diversity
Group talk

• How are some of cultural or ethnic food restrictions you are aware of?

• In a child care setting, how can we help children to understand and be respectful of different beliefs about food?
FOOD HANDLING AND SAFETY

Can be summarized in 4 simple steps:


1. Clean

• Wash hands, utensils and surfaces with hot soapy water before, during and after preparing foods.
• Sanitize countertops, cutting boards and utensils with a mild bleach and water solution.
• Wash all produce thoroughly before eating or cooking.
• Wash the tops of cans before opening them
2. Separate

- Keep raw meats and poultry away from other foods during storage and preparation.
- Keep separate cutting boards for raw meats and vegetables.
- Always keep foods covered.
- Keep raw meat, poultry, fish on bottom shelves of refrigerator. Why?
3. Cook

- Cook food thoroughly -- cooking times and temperatures vary for different meat and poultry. Use meat thermometer.

- Prepare foods quickly, and serve immediately so foods don't linger at room temperatures where bacteria can grow.
FOOD HANDLING AND SAFETY

4. Chill

• Refrigerate or freeze perishables, prepared food and leftovers within two hours.

• Make sure the refrigerator is set at a temperature of 4°C (40°F), and keep the freezer at -18°C (0°F).

• Keep a daily record of fridge and freezer temperatures.
Food Handling and Safety
Unsafe Practices

The following 5 factors contribute to unsafe food:

1. *Inadequate personal hygiene*
   - HANDWASHING IS CRITICAL
   - Keep hair clean and tied back (hair net or baseball cap required)
   - Avoid chewing gum – saliva can drop into food
   - Wear an apron
   - Use gloves if you have an infection or a cut; wash hands just as frequently as gloves collect bacteria
   - Don’t prepare or serve food if you have an infectious illness
   - If possible, don’t mix kitchen and feeding duties with diaper changing
Food Handling and Safety

Unsafe Practices

2. *Using dirty equipment or cooking surfaces*
   - Failing to clean them properly results in cross contamination due to collected bacteria
   - Bleach and water is a cheap, effective cleaning/sanitizing solution
   - Do not reuse cloths after wiping counters
   - Wash lids of cans and clean the can-opener regularly
   - Use separate cutting boards for meat and for everything else
   - Clean and sanitize counters and prep areas BEFORE and AFTER prep
   - Clean and sanitize playroom tables that are used for playing and eating before and after eating
   - Follow the dishwashing procedures
   - Discard worn or cracked equipment
# Mixing Bleach and Water

## Disinfectant

<table>
<thead>
<tr>
<th>Kitchen</th>
<th>Child Care Surfaces</th>
<th>Blood and Body Fluids</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>100 PPM</strong></td>
<td><strong>200 PPM</strong></td>
<td><strong>500 PPM</strong></td>
</tr>
<tr>
<td>Sanitizer used for dishwashing.</td>
<td>Sanitizer used for utensils which are too large to be washed in a sink or dishwasher.</td>
<td>Intermediate level disinfectant used for toys, diapering stations, water play stations, pet cages, and high touch surfaces within the centre.</td>
</tr>
</tbody>
</table>

**Mix**

- 1/2 tsp of bleach with 4 cups of water
- 2 ml of bleach with 1 litre of water

**Contact Time**

- 45 seconds

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**Contact Time**

- 2 minutes
When there is no dishwasher/sanitizer

- 3 Sink method or
- 2 sink method of cleaning and sanitizing must be used in a child care centre.
3. Handling and preparing food properly

- Wash fruits and veggies thoroughly
- Don’t transfer food from one child to another
- Throw out food and drinks left on plates and in glasses
- Cook food thoroughly and use a meat thermometer
- Never leave food out for more than 2 hours (and less time is better)
- Temperature is critical
  - HOT FOODS MUST BE KEPT HOT
  - COLD FOODS MUST BE KEPT COLD
    - Divide large amounts of food into smaller containers before refrigerating
  - Thaw food in the refrigerator, not on the counter
  - Fridge should be 4 degrees C and the freezer – 18 degrees C
4. Storing food improperly

- Keep meat and poultry in separate, sealed containers in the fridge
- Keep space in the fridge for air circulation
- Keep track of the dates that food is put in cupboards and the fridge

• Use older food first (FIFO = First In First Out)
5. Uncontrolled infestations of insects or rodents

- Insects and rodents carry germs
- Control is important because insecticides can be dangerous to children and to food; act immediately if insects/bugs are seen
- Compost outdoors if possible
- Consult with public health
- Don’t leave food out
- Wipe away crumbs and spills on counters, tables and in cupboards
- Don’t store food under the sink
- Properly store garbage
WARMING BOTTLES

• Set bottle in a warm water bath for 15 minutes
• MIX THOROUGHLY - Test on top of your hand; temperature should be cooler than your body; any hotter is too hot!
• The outside can feel cool to the touch even though the formula inside is hot
• Always check the temperature of the formula before feeding the baby!
• Microwave ovens should not be used in the preparation or warming of infant formula as uneven heating may result in "hot spots" that can scald the infant's mouth.

Microwave Cooking

World Health Organization (WHO)

• Food cooked in a microwave oven is as safe, and has the same nutrient value, as food cooked in a conventional oven.

• Difference between two methods of cooking is:
  – microwave energy penetrates deeper into the food and reduces the time for heat to be conducted throughout the food, thus reducing the overall cooking time.
Microwave safety tips

- When you purchase a microwave oven, read and follow the manufacturer’s directions for use and keeping it in good working order. Every time you use your microwave, remember to:
  - Use *microwave-safe containers*.
  - Use *protective mitts or pot holders* when removing containers/dishware.
  - *Not re-use trays or containers* that come with convenience foods.
  - *Not use containers intended for cold storage* (e.g., margarine tubs) or wrappings that come with packaged foods.
  - Clean microwave oven after use especially if food splashing occurred.
Small Group Work

In small groups, identify an unsafe food handling practice that you have encountered either while working or doing a placement in child care or while eating in a restaurant. (1 situation per group):

- What was the unsafe practice?
- Why do you think it was an unsafe practice?
- How should the situation be handled if you are employing safe handling of foods?

Be prepared to tell the class about the situation and your answers to the questions.
Resource for Food Handling

• Food Safety -
Summary

Today we talked about

1. Cultural diversity
2. Vegetarian, allergic children
3. Picky eaters
4. Food handling & safety

Next week

(9 to 12 pm)
1. Due Assignment # 2
2. Talk about Feeding by bottles
3. Introducing solids to infants
4. Feeding toddlers
5. Choking hazards
6. Reading labels
7. Test review

(1 to 4 pm)
1. Group presentation of Assignment # 1 (Approx. 10 minutes per group)
2. Try to be creative (can provide a sample of your recipe for classmates if you wish (not mandatory)