**Materials & Instructions**

***Eating Smart • Being Active***

**Supplemental Lessons**

**Activity Bins**

**Lesson – Feeding Your Baby Solid Foods**

 Storage bin recommended size measuring (l) x (w) x (h)

**Contents of activity bin**

**For each group of 2 or 3 participants:**

* 1 8-ounce cup
* 3 small (5 ounce) drinking cups
* 3 infant feeding spoons
* 1 teaspoon measuring spoon
* 1 tablespoon measuring spoon
* 1 set of laminated *Baby Cereal Recipes*
* Laminated scenario card for “What would you do?” activity

Storage bin recommended size measuring (l) x (w) x (h)

**Contents of activity bin**

**For the educator:**

* Baby rice cereal fortified with iron
* Powdered baby formula with iron
* 1 4-ounce individual serving of peaches in juice (these typically come as a 4 pack of individual serving cups)
* 1 jar of baby food (strained peaches), unopened with seal intact
* 1 jar of baby food (strained peaches) that will be opened in class
* 1 empty clean baby food jar with lid
* 3D example of ½” piece of food (small wooden block)
* Training cup with two handles, a weighted base, a snap-on or screw-on lid with a spout, and no valves.
1-32 ounce container with a lid
* 1 fork
* 1 infant feeding spoon
* 1 small bowl
* 2 small plates – about 6 inches in diameter
* 1 cup liquid measuring cup
* NIDO label with lettering
* Bell
* *1 paring knife – From food prep bin*
* *Music cd from bin 1*