

Feeding Your Baby Solid Foods

Activity Bin Contents and Instructions

Storage Bin Size Needed: 16" (L) x 11" (W) x 6" (H), (15 Quart size). Label all items as noted, and place in the bin.

| Lesson Activity | Materials Needed | Instructions* |
|------------------------|--|---|
| Bin labels | <ul style="list-style-type: none"> White easy peel labels | <ol style="list-style-type: none"> Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Feeding Your Baby Solid Foods</i>. Print the outside bin and inside lid labels on the white easy peel labels. Put the outside bin label on the outside of the bin and put the inside lid label on the underside of the bin lid. |
| All activities | <ul style="list-style-type: none"> Call bell | <ol style="list-style-type: none"> Purchase call bells for all activity bins. Put 1 call bell in the bin. |
| Let's make it! | <ul style="list-style-type: none"> 6, disposable 8-ounce cups 18, disposable 5-ounce cups 6 infant feeding spoons 8 teaspoon measuring spoons 8 tablespoon measuring spoons Iron-fortified infant rice cereal Powdered infant formula with iron 32-ounce container with a lid ¼ cup dry measuring cup 6 sets of laminated Baby Cereal Recipes 1 large, manila envelope 1 large, sealable plastic bag | <ol style="list-style-type: none"> Visit www.eatingsmartbeingactive.com, and click on <i>Resources for Implementation, Activity Bins, Feeding Your Baby Solid Foods, Activities, Let's Make It Baby Cereal Recipes</i>. Print 6 sets of recipes with English on 1 side and Spanish on the other side. Laminate the recipes. Place the laminated recipes in the manila envelope. Label the envelope "Let's make it activity". Label the plastic bag "Let's make it activity". Place the infant feeding spoons, teaspoon measuring spoons, and tablespoon measuring spoons in the plastic bag. |
| Offering new foods | <ul style="list-style-type: none"> 3D example of ½-inch piece of food | <ol style="list-style-type: none"> Purchase a small wooden block ½-inch in size. |

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| Lesson Activity | Materials Needed | Instructions* |
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| Consistencies of other foods | <ul style="list-style-type: none"> • 1 dinner fork • 1 butter/table knife • 1 dinner spoon • 1 small can of sliced peaches, packed in 100% juice • Can opener • 1 small bowl • 2, 6-inch plates • 1 unopened jar of baby food (strained peaches) • 1 infant feeding spoon • 1 large, sealable plastic bag | <ol style="list-style-type: none"> 1) Purchase 1 small can of sliced peaches, packed in 100% juice, and 1 jar of baby food (strained peaches). You will need to replace these items each time you teach this lesson. 2) Label the plastic bag “Consistencies of other foods”. 3) Place the dinner fork, paring knife, dinner spoon, can opener, small bowl, 6-inch plates, and infant feeding spoon in the plastic bag. |
| Using bottles, cups, bowls, and spoons | <ul style="list-style-type: none"> • Training cup with 2 handles, a snap-on or screw-on lid with a spout, and no valve • Training cup with a lid and a valve | <ol style="list-style-type: none"> 1) Purchase a training cup with 2 handles, a snap-on or screw-on lid with a spout, and no valve or use the <i>Eating Smart·Being Active</i> training cup lesson enhancement. 2) Purchase a training cup with a lid and a valve. |
| Baby food safety | <ul style="list-style-type: none"> • 1 empty, clean baby food jar with a lid • 1 unopened jar of baby food (strained peaches) | <ol style="list-style-type: none"> 1) Purchase a jar of baby food and empty it out or find an empty baby food jar with a lid that you can use. 2) Wash and dry the baby food jar and lid. Put the lid on the clean, dry jar. 3) Purchase 1 jar of baby food (strained peaches). |
| Completing paperwork | <ul style="list-style-type: none"> • <i>Eating Smart • Being Active Paperwork Booklet</i> | <ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>For Program Leaders, Paperwork, Paperwork Booklet</i>. 2) Print the booklet, and staple or binder clip it together. |

Quantities are based on a class size of 12 participants. If you regularly have larger classes, please increase amounts accordingly.