

NUTRITION BITS AND BITES

Division of Responsibility in Eating



Division of Responsibility in Eating:

PARENTS/ CAREGIVERS DECIDE

What food is being served

When food is served

Where food is served

CHILDREN DECIDE

Whether they are going to eat

How much they are going to eat

Fostering a healthy relationship with food starts early on in a child's development.

Ellyn Satter, RD highlights the DOR (division of responsibility) during feeding and that there needs to be clear boundaries between your duties as a caregiver and your child's responsibilities during feeding.

Over stepping into your child's responsibilities will cause them to mistrust you, may negatively affect their relationship with food and hinder their ability to understand their hunger and fullness cues.

Pizza on a Stick

- 8 ounces Italian turkey sausage links
- 2 cups whole fresh mushrooms
- 2 cups cherry tomatoes
- 1 medium onion, cut into 1-inch pieces
- 1 large green pepper, cut into 1-inch pieces
- 30 slices turkey pepperoni (2 ounces)
- 1 tube (13.8 ounces) refrigerated pizza crust
- 1-1/2 cups shredded part-skim mozzarella cheese
- 1-1/4 cups pizza sauce, warmed



1. Preheat oven to 400°. In a large nonstick skillet, cook sausage over medium heat until no longer pink; drain. When cool enough to handle, cut sausage into 20 pieces. On 10 metal or wooden skewers, alternately thread sausage, vegetables and pepperoni.
2. Unroll pizza dough onto a lightly floured surface; cut widthwise into 1-in.-wide strips. Starting at the pointed end of a prepared skewer, pierce skewer through 1 end of dough strip. Spiral-wrap dough strip around skewer, allowing vegetables and meats to peek through. Wrap remaining end of dough strip around skewer above first ingredient. Repeat with remaining dough strips and skewers.
3. Arrange kabobs on a baking sheet coated with cooking spray. Bake until vegetables are tender and pizza crust is golden, 10-12 minutes. Immediately sprinkle with cheese. Serve with pizza sauce.

Recipe from: Taste of Home

Avoid Saying:

Instead Try:

"You have to finish your plate or no dessert"	"That's okay, you can try it another time if you'd like."
"Broccoli is good for you."	"Broccoli is green and looks like a tree."
"Doughnuts are full of sugar and bad for you."	"Doughnuts are round shaped with a hole in the middle."
"It would make me happy if you took two more bites"	"You get to decide how much you eat. Check in with your stomach right now and listen to what it is telling you."

Scan the QR code to learn more about parents' influence on children's eating habits



For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892

Health Links 1-888-315-9257

Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

May be photocopied in its entirety provided source is acknowledged.