Preschool Age Group Characteristics

Feeding Your Preschool Child

1-2 Year Olds

❖ Drinks out of glass
❖ Uses spoon and later a fork
❖ Very independent - prefers to feed self (use bite-size, easy to pick-up foods)
❖ Eye-hand coordination still developing - will have frequent spills
❖ Likes to watch and help
❖ Imitates others

3 Year Olds

❖ May have food "Jags" that last for short time
❖ Learns to get attention by refusing to eat (give the child attention before the meal not when they don’t eat)
❖ Begins to ask "Why" - curious, ready to learn
❖ Capable of stirring, measuring

4 - 5 Year Olds

❖ Handles dishes and utensils safely
❖ Can set the table
❖ Influenced by television - want to have the foods they see advertised
❖ Likes to help and enjoys eating own "cooking" projects

6 Year Olds

❖ Appetites well established
❖ Remember to "Break the Fast" with nutritious breakfast (even if it’s food to eat while walking to school)