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)