

Assessment Scenario

Path 1 Selection 1 Video

Angela: Thanks. So tell me more about how this card describes how you feel about mealtime.

Liz: We go back and forth with each other about which food Xavier's gonna eat. You know, like, a tug-of-war goes on back and forth?

Angela: You feel like you're in a struggle. Can you tell me more about that?

Liz: I'm worried. For instance, I'll tell him to eat some vegetables and he'll say, "Oh, I'll just eat one bite," or he just doesn't like the taste of any vegetables that I cook.

Angela: Sounds like it's important to you to offer healthy foods for him but you feel discouraged that he's not eating them?

Liz: Yes. And I haven't wanted to give him any vitamins but I'm thinkin' I might start.

Angela: You're not alone. Many moms of toddlers have said something similar. I'd like to learn more about Xavier's habits. Can you tell me more about the foods you're making him?

Liz: Well-- I always make him breakfast and he loves that. And he eats a good lunch with fruit. I give him 1% milk and he really likes it. It's just dinner that's harder. He usually eats everything I put on his plate except the vegetables. I just wish he'd eat some vegetables because I know they're so good for him.

Angela: So he likes fruit and you feel he's a good eater overall, but you're worried that he's not eating vegetables like he does other foods. You mentioned meals. How are you feeling about his snacks?

Liz: He's a snacker. But I try to give him healthy snacks, you know, like goldfish crackers and Cheerios. He carries 'em around and eats 'em all the time. And he gets a sippy cup with juice, too.

Angela: You're such a good mom. Xavier's lucky to have someone who puts so much thought into the foods that nourish him. From what you've told me, you feel Xavier generally eats pretty well and he eats what he's offered, even fruit. He's definitely showing the signs of a healthy toddler. And a lotta moms tell us the same thing about vegetables. You are doing such a good job by continuing to offer them and letting him make the choice of eating them. Some of the moms we work with have found that their toddler eats more vegetables when they offer them in some different, tasty ways. Would you be interested in seeing a recipe that's worked well for other kids Xavier's age?

Liz: Oh, that would be great.