

Callie Martin
TTH 11-12:15
May 5, 2011

Conduct ONE of the following four observations. Answer the questions in approximately 2 double-spaced, typed pages. Attach nutrient analysis printouts (age and gender appropriate % of DRI bar charts). 20 points. **Observation: School age child (K-3)**

As you visit an elementary school cafeteria during lunch, observe one child eat a meal. Note intake, behavior, plate waste, serving portions and the situation in general.

Child Name: Dante

Age of child: 5 years

Place of observation: Park View Elementary

- 1. What foods did the child eat?** The child ate sunflower butter, pita chips, mozzarella string cheese stick, one large strawberry, a celery stick and chocolate milk. How much was thrown out? Maybe 2 bites of the cheese stick and half the celery stick, he ate everything else.
- 2. Calculate nutrient intake as a percent of the age/gender appropriate DRI. Attach printouts and comment briefly on food/nutrient intake.** This meal was high in protein, provided all of his omega-6, was high in vitamin C, and magnesium. Overall, I feel that the meal was well balanced, even without there being any form of meat, the sunflower butter provided plenty protein.
- 3. What evidence of social interaction and peer pressure were present?** When the class came in there was about 10 kindergarteners, both boys and girls, and there was 3 female adults that were with them. The kids lined up and went through the line. They had 4 options to choose from chicken nuggets (4 total), hot dogs (1), turkey and cheese wrap (1), and or a 1 oz. mozzarella cheese stick with a .9 oz bag of multigrain pita chips, and a 1.1 oz. packet of sunflower butter. The kids did not pressure each other or try to influence each other into getting what they were getting. Each child made their own choice and the 3 helper ladies were very patient with them while they decided. One lady sat next to Dante

while he ate and she asked him if he would like to try his strawberry and he shook his head no and she just set the strawberry down. It was good to see that she didn't force him or make him take at least one bite. Before lunch ended, Dante ate the strawberry without being asked again. After the children were finished they politely got up and threw away their trays and went outside to play.

4. **In general, did children receiving school lunch eat better or worse than those bringing home packed lunches?** I only saw one child bring their lunch from home. It consisted of a lunch meat sandwich with lettuce on white bread, some chips, a cheese stick, a small apple, and a juice box. The lunch from home was balanced and was more food than what was offered for the school lunch. The school lunches were balanced as well because along with one entrée (listed above) the children had to get strawberries or a tangerine, milk, and some vegetables.

5. **In general, what was the contribution of empty calorie foods to student lunches?**

The chicken nuggets can make a small contribution to empty calories as well as the pita chips. Those were the only two items I would see or note as empty calories because the chicken nuggets are breaded and previously fried and frozen and the pita chips were not whole grain, but refined multi-grain.

6. **What suggestions for improvement of the school lunch program could you make?** I

would suggest making more of the food themselves. Not one item is made there, everything comes to them frozen or you just add water to the mix or is already prepackaged in boxes.

The lunch meat for the turkey wraps came frozen; this tells me that the school lunch foods have a lot of preservatives.

20/20

chico, csu /
 Profile: Dante
 Intake and DRI Goals Compared

Nutrient	DRI	Intake	0%	50%	100%	
energy						
Kilocalories	1742 kcal	560.42 kcal				32%
Carbohydrate	196 - 283 g	49.52 g				
Fat, Total	39 - 68 g	32 g				
Protein(g/kg/day)	19.96 g	23.35 g				117%
fat						
Saturated Fat	< 10%	9.53 g				
Monounsaturated Fat	no rec	6.46 g				
Polyunsaturated Fat	no rec	10.23 g				
Cholesterol	300 mg	42.5 mg				14%
efa						
Omega-6 Linoleic	10 g	10.03 g				100%
Omega-3 Linolenic	0.9 g	0.15 g				17%
carbs						
Dietary Fiber, Total	25 g	5.17 g				21%
Sugar, Total	no rec	21.87 g				
other						
Water	1.7 L	0.25 L				14%
Alcohol	no rec	0 g				
vitamins						
Thiamin	0.6 mg	0.19 mg				32%
Riboflavin	0.6 mg	0.49 mg				82%
Niacin	8 mg	2.26 mg				28%
Vitamin B6	0.6 mg	0.38 mg				63%
Vitamin B12	1.2 mcg	1.1 mcg				92%
Folate (DFE)	200 mcg	110.51 mcg				55%
Vitamin C	25 mg	47.25 mg				189%
Vitamin D (ug)	5 mcg	1.88 mcg				38%
Vitamin A (RAE)	400 mcg	108.5 mcg				27%
Vitamin A (IU)	1333 IU	513.93 IU				39%
alpha-tocopherol (Vit E)	7 mg	0.39 mg				6%
minerals						
Calcium	800 mg	456.73 mg				57%
Iron	10 mg	2.93 mg				29%
Magnesium	130 mg	151.79 mg				117%
Potassium	3800 mg	552.75 mg				15%
Zinc	5 mg	3.75 mg				75%
Sodium	1200 mg	655.83 mg				55%