

Division of Responsibility in Feeding

Children are born with the ability to regulate their hunger and fullness. When parents offer too much or too little control during mealtime, they can disrupt their children's ability to listen to internal satiety cues. Ellyn Satter's Feeding Dynamics Model explains how children's ability to regulate their food intake is dependent on a division of responsibility in feeding. Parents are responsible for what, where, and when food is eaten, while children are given responsibility for how much and whether or not to eat the food provided.

Parent's Responsibilities

What Children Should Eat

- Select and prepare a variety of nutritious foods to develop healthy bodies.
- Teach children how to serve themselves choosing from the food prepared.

Where Children Should Eat

- Sit down with children to eat meals and snacks to encourage food acceptance.
- Create a positive mealtime environment to make eating a pleasant experience.

When Children Should Eat

- Eat meals at regular times. Round up the family to eat together.
- Plan snacks to avoid being too hungry between meals.
- Discourage children from snacking between mealtime and snack time.



Child's Responsibilities

How Much Food to Eat

- Choose from among the foods offered.
- Consume the amount needed for proper growth and development. Children will eat when they are hungry and stop when satisfied.

Whether to Eat the Food Provided

- Choose to eat foods that are offered.
- Respectfully decline foods at any meal or snack.



Benefits of Division of Responsibility and Feeding

- Children will acquire a natural preference for the foods their parents eat.
- Children's bodies will grow the way they were intended.
- Children will learn to respect food and behave appropriately at the table.

Recipe Corner

Try preparing Ellyn Satter's simple and tasty recipe with your children.

Pesto-Parmesan Chicken

SOURCE

Secrets of Feeding a Healthy Family by Ellyn Satter.

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INGREDIENTS

- 6 boneless, skinless chicken breast halves, about 1½ pounds
- 1½ cups grated Parmesan
- 6 ounces Romano, or Asiago Cheese
- 6 Tablespoons pesto

PREPARATION

1. Preheat oven to 425 degrees F.
2. Mix 2 Tablespoons grated cheese with pesto. Rub or pat pesto mixture onto chicken breast until you have a light, even coating.
3. Sprinkle the remaining cheese onto a plate. Press both sides of the chicken into the cheese to form a coating. You will probably need to refresh your plate of grated cheese several times. Be careful that you do not contaminate your container of cheese by handling it after you have handled the raw chicken.
4. Place chicken into a 10×6-inch baking dish. Bake for 25 minutes to an internal temperature of 165 degrees F.



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