

Dear parents,

As part of the project TigerKids you will receive newsletters, each one providing information on a certain topic. This newsletter deals with the topic "Eating – More than just a basic need, even today". We invite you on a little trip into man's past. Our evolution can give us an explanation for our behaviour. These explanations are particularly important for understanding our children. However, they should not be used as an "excuse" for individual eating behaviour, but should rather be help to find the right rules for the times we live in.

We hope you will enjoy reading it and trying it out.



The Stiftung Kindergesundheit and the Siemens-Betriebskrankenkasse (SBK) campaign together for the early promotion of a healthy lifestyle for our children!

EATING - MORE THAN JUST A BASIC NEED, EVEN TODAY

Food is our most important consumer item – everyone needs it

With a life expectancy of 78 years, a person eats about (i. e. 78 years x 365 days x 4 meals per day) 113,800 meals. Thus we consume about 40,000 kg of food. People have been walking around this earth for about 3 million years, i. e. for about 120,000 generations. Most of the time they were hunters and gatherers. They hunted with a lot of effort and relatively little success. Most of the food had to be gathered – by all members of the family. Today, it is assumed that on average prehistoric man got hold of something to eat about 3 to 4 times a week. When the family had finally found something to eat, they kept eating as long as there was food. Firstly, nobody knew when the „next time“ was going to be and secondly, they could not stockpile anything. So, everything that did not get eaten was lost – and nobody could „afford“ that.

This ability to continue eating, even though we are already full, is still in our genes today.

Today, in the time of over-supply of food, however, every child has to learn to listen to their „feeling of satisfaction“. Our grandmother's rules, such as „**You have to eat until your plate is empty**“, must become a thing of the past. Food is a basic need that is very much influenced by emotions!

„**The way to the heart is through the stomach**“. This saying is best reflected when we think of breastfeeding. Breastfeeding means getting food, affection and cuddling at the same time. The fact that for nearly 120,000 generations food was in short supply meant that for 120,000 generations, the greatest proof of love was to give someone the best bite. Today, people often still do that but the „hunger and scarcity“ base is missing, so it does not really satisfy a need. Today, we often eat out of frustration or boredom, or in order to keep busy (saying to your child: „Well, then eat something...“) or simply in between such as in the car, going shopping and in front of the television.

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Cooking with Kids

Children like to cook!

- Children "like doing things themselves"
- Children like to be part of things
- Children like to be involved in making choices
- Children like trying things out
- Children would love to be „big“

What does „cooking with children“ contribute to nutritional education?

- Sometimes, the curiosity to try something out yourself triumphs over the rejection of an „unpopular“ or unknown food.
- Thus, the adult can control the food selection „inconspicuously“.
- Address your child's ambition: „We have to include 3 different vegetables in today's meal.“

Tips for „cooking with kids“

- Something interesting such as cool mixed drinks, – mixing is the most important thing!!
- Cool names, such as „Robbers' sandwich“
- Variety of favourite foods such as different pasta dishes
- „Disguising“ unknown food such as vegetables or cereal
- Be careful with vegetable mixes for example, children like to know „what's what“
- Salad creations, with fruity dressings instead of vinegar/oil for example
- Desserts provide a lot of „room“ for dairy products and fruits
- „Not only fat makes fat“. Reduce the amount of fat and sugar stated in recipes.

A yummy idea!

Fresh cheese bread for little mice

MATERIAL: wholemeal bread, cream cheese, sliced cheese (e. g. Edam cheese, Emmentaler), cucumber, iceberg salad

PREPARATION: Thinly spread the cream cheese onto a slice of wholemeal bread so that the slice of cheese will stay on the bread. Put a leaf of iceberg salad and a few slices of cucumber on top. This way, the cheese bread will taste particularly fresh.



Company information