

ASSIGNMENT 2

IDENTIFYING POSSIBLE NUTRITION GAPS



Review food record & preferred food lists

Look at your child's food record and preferred food lists compared to the food sources of the nutrients highlighted today.

- Are there nutrients that you suspect your child is not getting enough of?
- Do you think you can increase the frequency you are offering those types of foods to help meet your child's needs?
- Do you think your child needs a supplement to help meet their needs for now? Do they have any medical conditions or are they on any medications that might affect the safety of providing a supplement?
- Has their intake been very low for a long time? If so, I recommend talking to your doctor to see if any further tests are needed (for example: a blood test to assess for iron deficiency).