**NUTR 150: W13 Assignment – Division of Responsibility in Feeding**

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Mealtime with young children can be one of the richest relationship times of the day and can also be one of the biggest challenges of the day. In this assignment, you will explore the **Division of Responsibility** in feeding, for the adult and child, to promote a health feeding relationship.

**Division of Responsibility**

1. **Parent vs Child Responsibility** *(2 Points)*. The Division of Responsibility, described by Ellyn Satter, a Registered Dietitian Nutritionist, is an approach to feeding children that outlines the parent and child’s individual roles.
   1. Read and review “Developing Healthy Habits” in your textbook (under [Section 13.4: Nutrition Recommendations for Young Children](https://content.byui.edu/file/64d13340-e956-40dd-b5d3-7876d9ea2571/1/Principles-of-Nutrition-Full-Bib.pdf)) and then answer the following questions.

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| A. In the Division of Responsibility, what are 2 of the 3 Parent “Responsibilities”? Refer to the textbook reading listed above. | | | | | |  |
|  | | | | | |  |
|  | 1. | What children eat | 2. | When Children eat |  |  |
|  | | | | | |  |
| B. In the Division of Responsibility, what are the 2 Child “Responsibilities”? Refer to the textbook reading listed above. | | | | | |  |
|  | | | | | |  |
|  | 1. | How much they eat | 2. | Whether they eat |  |  |
|  | | | | | |  |

* 1. Watch the video “Division of Responsibility” (3:43 min).



<https://youtu.be/CiAt-dJLJtg>

* 1. Review [Ellyn Satter’s Division of Responsibility in Feeding](https://www.ellynsatterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding/) website.

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| C. Based on the above video and website, list 3 feeding “jobs” of the parent. *These are different than the Division of Responsibilities that you listed above.* | |  |
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|  | 1. Choose and prepare the food |  |
|  | |  |
|  | 2. Provide regular meals and snacks |  |
|  | |  |
|  | 3. Make eating times pleasant |  |
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| D. Based on the above video and website, list 3 things a parent must “trust” their child to do related to feeding. *These are different than the Division of Responsibilities that you listed above.* | |  |
|  | 1. eat the amount they need |  |
|  | |  |
|  | 2. learn to eat the food you eat |  |
|  | |  |
|  | 3. grow predictably in the way that is right for him |  |
|  | |  |

**Reflection**

1. **Reflection**.
   * Read [The Family: A Proclamation to the World](https://www.lds.org/topics/family-proclamation?lang=eng&old=true). Then reflect on your thoughts and experiences.
   * Then answer **both** of the reflections questions below.

**Grammar and Spelling** *(3 points)*.Correct spelling, grammar, and punctuation is a requirement for NUTR 150 assignments. Please spell/grammar check your reflection answers and then re-read your responses to make sure you catch and correct errors. (Note: Microsoft Word does highlight some of your spelling and grammar errors. Make sure you click on those highlighted errors and correct them).

1. **Mealtime Experiences** *(4 points)*.
   * In **2-3 paragraphs**, describe your experiences at mealtimes as a child. Address each of the following questions as part of your reflection:
     + Was an adult present at the mealtime? If so, what interactions did you have with the adult?
     + What did you like about the interactions at mealtimes?
     + What did you wish could be different?

*An adult was present at the start of meals for prayer and getting food on each of our plates, except for maybe breakfast and lunch. The interactions I had were mostly good, and normally the best when at the table all together. I loved those. There were a couple of times where interactions at the table with the adult were hard and frustrating because I wouldn’t eat a prized meal they made. Most of the mealtimes were the best though, because everyone was there and entertaining conversations would abound. It was a feeling of inclusion different than at other times of the day. I always wished that dinner times at the table happened daily.*

1. **Feeding, Agency, and Stewardship** *(3 points)*.
   * In **1-2 paragraphs,** describe how the Division of Responsibility relates to the **agency of the child** and the **stewardship of the parent** described in “The Family: A Proclamation to the World”.
   * Be specific and include at least **one (1)** example to support your answer.

*The division of responsibility relates completely to the agency of the child and stewardship of the parent. Our duty as parents is to provide the sturdy foundation for which children can stand upon, while guiding them in the matters of importance. This is very similar to the division of responsibility because it wants the parents be the example, set a good foundation of meals, and guide the children in eating in a loving and fun way. Both ideas focus on making family time a thing, and a wholesome enjoyable experience.*

**W13 Bonus Code Word Submission *(Optional)***

After attending the “Weekly Instructor Review” or watching the recording, complete this section to earn 2 bonus points.

* Complete this on your own without help from another person.
* Please be sure to spell and enter the code word exactly as it was given to receive credit.

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| **W13:** Type in the bonus code word: | | | | |
|  |  | Teratogen |  |  |
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