CHILD NUTRITION CASE STUDY

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1. Child Profiling

Age in months: 29 months

Gender: Male

Birth Weight: 2,800 grams

Actual Weight: 27 lbs

Anthropometric Measurements:

▪ Height: 89cm

▪ Weight for age and weight for height fall within the normal range based on WHO Child Growth Standards.

1. Clinical Observation

The child appeared to be physically well, meeting the criteria of well-dressed and healthy. He did not exhibit any signs of illness or physical distress. He appeared active, playful and engaged. He was also developmentally appropriate for his age in that he could use 2-4 word sentences, follow 2 step instructions, identify common body parts, and socially engage with peers and adults. He appeared to take an interest in educational media, could imitate actions, and use imaginary play. As it relates to gross and fine motor skills, he could run and kick a ball, climb on furniture, draw basic shapes, tearing paper, and build towers with blocks. Overall, the child appeared to be developing appropriately, with no stated clinical concerns about growth or behaviour.

1. Food Diet

The child’s diet is sound as regular meals and sufficient protein, but it is lacking variety, especially vegetables, whole grains, and fiber-rich foods. There may be a possible caloric deficit that may, over time, impact growth.

1. Diet Recommendation

• Increase the amount of vegetables

Try to add soft and colorful vegetables with meals, such as carrots, squash, or leafy greens. You can stir them into soups, rice, or scrambled eggs to make them easier to get down.

• Provide a variety of fruit

Provide several different fruits for each week such as papaya, apples (sliced thinly), watermelon, or avocado. Having different fruits often will provide a wider range of nutrients.

• Balance solids with your snacks

In addition to yogurt or milk drinks as snacks, try to provide more soft solids between meals such as soft fruit, cheese slices, or small amounts of vegetables or noodles for variety.

• Encourage drinking water

Offer clean drinking water opportunities regularly throughout the day, especially between meals, instead of sugary or flavored drinks.