

Advancing Textures Part 1

STAFF WORKSHEET

Instructions

- View the [Meaningful Minutes – Advancing Textures Part 1 video](#)
- This activity is designed to help you become familiar with the infant feeding resources highlighted in the training so you can confidently use them to support your work with participants.

Resource 1: Infant Nutrition and Feeding Guide (USDA WIC Works)

Review the developmental skills chart referenced in the training.

[Infant nutrition and feeding: A guide for use in the WIC and CSF programs \(PDF\)](#)-- U.S. Department of Agriculture, Food and Nutrition Service. (2019).

Explore

- What developmental skills suggest that an infant may be ready to move beyond purees?
- How could this chart help when a parent asks whether their baby is ready for finger foods?

Resource 2: WICHealth To Go

Review two handouts below.

[Learning to Eat Mashed Foods \(PDF\)](#) - wichealth to Go.

[Getting Started with Chopped Foods \(PDF\)](#)- wichealth to Go.

Explore

- How would you explain the difference between pureed foods and mashed foods to a caregiver?
- What information in these handouts would be most helpful to a parent who is nervous about advancing textures?

Resource 3: Raising Adventurous Eaters (6-9 Months)

Review the guide below.

[Raising Adventurous Eaters 6-9 Months Guide \(PDF\)](#) - Dr. Yum Project.

Explore

- Identify one strategy that encourages food acceptance.
- What information in this resource would be most useful to families as they work on progressing textures?

Resource 4: Feeding Guidelines for Infants and Young Toddlers: A Responsive Parenting Approach. Guideline for Health Professionals.

Review Appendix 1 and Appendix 4

[Feeding guidelines for infants and young toddlers: A responsive parenting approach \(PDF\)](#)- Healthy Eating Research. (2017). USDA.

Explore

- What recommendations are provided for creating a positive mealtime environment?
- Why is responsive feeding an important part of advancing textures?
- What did you find most helpful in this resource?

Resource 5: MN WIC Nutrition Education Cards

Review the following Nutrition Education Cards

[Homemade foods for baby \(PDF\)](#)- Minnesota WIC. (2018).

[Choosing meats and textures \(PDF\)](#)- Minnesota WIC. (2022).

[Finger Foods \(PDF\)](#)- Minnesota WIC. (2018).

[Feeding older infant \(PDF\)](#)- Minnesota WIC. (2022).

Explore

- How have you already been using these cards with participants? What is your favorite way to share these with participants?
- What new ways could you start to review the different cards with participants?

References- complete listing of hyperlinks:

[Meaningful Minutes – Advancing Textures Part 1 video](https://vimeo.com/1203556740/7c07003b65?share=copy&fl=sv&fe=ci)

[\(https://vimeo.com/1203556740/7c07003b65?share=copy&fl=sv&fe=ci\)](https://vimeo.com/1203556740/7c07003b65?share=copy&fl=sv&fe=ci)

[Infant nutrition and feeding: A guide for use in the WIC and CSF programs \(PDF\)](https://wicworks.fns.usda.gov/sites/default/files/media/document/infant-feeding-guide.pdf)

[\(https://wicworks.fns.usda.gov/sites/default/files/media/document/infant-feeding-guide.pdf\)](https://wicworks.fns.usda.gov/sites/default/files/media/document/infant-feeding-guide.pdf)

[Learning to Eat Mashed Foods \(PDF\)](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/fdc3b936-2ddd-4d99-88c0-9bd799b6f62d.pdf) ([https://maia-public.s3.us-east-](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/fdc3b936-2ddd-4d99-88c0-9bd799b6f62d.pdf)

[2.amazonaws.com/Products/Wic/Uploads/Resources/fdc3b936-2ddd-4d99-88c0-9bd799b6f62d.pdf](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/fdc3b936-2ddd-4d99-88c0-9bd799b6f62d.pdf)

[Getting Started with Chopped Foods \(PDF\)](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/027de7a3-e3c9-459f-aea0-3458a664a454.pdf) ([https://maia-public.s3.us-east-](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/027de7a3-e3c9-459f-aea0-3458a664a454.pdf)

[2.amazonaws.com/Products/Wic/Uploads/Resources/027de7a3-e3c9-459f-aea0-3458a664a454.pdf](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/027de7a3-e3c9-459f-aea0-3458a664a454.pdf)

[Raising Adventurous Eaters 6-9 Months Guide \(PDF\)](https://dttpvMRI50pw3.cloudfront.net/doctor-yum/downloadables/raising-adventurous-eaters-6-9-months/pha-rae-6-9-2025-2144.pdf)

[\(https://dttpvMRI50pw3.cloudfront.net/doctor-yum/downloadables/raising-adventurous-eaters-6-9-months/pha-rae-6-9-2025-2144.pdf\)](https://dttpvMRI50pw3.cloudfront.net/doctor-yum/downloadables/raising-adventurous-eaters-6-9-months/pha-rae-6-9-2025-2144.pdf)

[Feeding guidelines for infants and young toddlers: A responsive parenting approach \(PDF\)](https://dttpvMRI50pw3.cloudfront.net/doctor-yum/downloadables/raising-adventurous-eaters-6-9-months/pha-rae-6-9-2025-2144.pdf)

[\(https://dttpvMRI50pw3.cloudfront.net/doctor-yum/downloadables/raising-adventurous-eaters-6-9-months/pha-rae-6-9-2025-2144.pdf\)](https://dttpvMRI50pw3.cloudfront.net/doctor-yum/downloadables/raising-adventurous-eaters-6-9-months/pha-rae-6-9-2025-2144.pdf)

[Homemade foods for baby \(PDF\)](https://www.health.state.mn.us/docs/people/wic/nutrition/english/infhomemadefoods.pdf)

[\(https://www.health.state.mn.us/docs/people/wic/nutrition/english/infhomemadefoods.pdf\)](https://www.health.state.mn.us/docs/people/wic/nutrition/english/infhomemadefoods.pdf)

[Choosing meats and textures \(PDF\)](https://www.health.state.mn.us/docs/people/wic/nutrition/english/inftextures.pdf)

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[Finger Foods \(PDF\)](https://www.health.state.mn.us/docs/people/wic/nutrition/english/inffingerfoods.pdf)

[\(https://www.health.state.mn.us/docs/people/wic/nutrition/english/inffingerfoods.pdf\)](https://www.health.state.mn.us/docs/people/wic/nutrition/english/inffingerfoods.pdf)

[Feeding older infant \(PDF\)](https://www.health.state.mn.us/docs/people/wic/nutrition/english/infolder.pdf)

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