

# Developing Nutrition Snack Policies

## Lesson Plan

**Title: Developing Nutrition Snack Policies**

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The goal of this module is to enable child care providers to create nutrition policies that make good nutritious snacks the easy choice for their children, staff, and families.

**Course length:** 1.5 hours

**Objectives:** Participants will be able to:

Understand the developmental needs of various age groups and their “hunger” cues

Write a nutrition policy for their center that promotes: consumption of 3 or more fruits and vegetables per day and are included in the snack menu

Enlist the support of staff and parents by educating them on the importance of good early childhood nutrition.

Access nutrition education resources for themselves and their staff.

**How to use the Child Care Training and Resource Kits:** Each lesson contains:

- **Lesson Plan File**, with general directions for the lesson.
- **Overhead File** with the overhead materials.
- **Teacher Notes** file which outlines the points of each discussion for each overhead.
- **Handouts file** includes pages related to the overhead for those learners who like to take notes as well as other materials for the learner to take with them. Occasionally, some materials you must request yourself from the vendor. Instructions on how to get these materials are included in the lesson plan file. Some materials must be down loaded from the internet and the web address is included in the lesson plan file.
- **Teacher Enrichment**- In some cases the lesson developer may include materials for teacher enrichment. When possible, those materials are included here. If permission to print could not be obtained then the citation is included below for you to obtain.

## **Developing Nutrition Policies**

**Overheads:** See Overhead File

**Teacher notes:** See Teacher Note File

### **Handouts:**

***From Child Profile (DOH catalogue):***

A Nutrition Guide for Toddlers

***From NIH, National Cancer Institute:***

Eat 5 Fruits and Vegetables a Day (check for updated version) Publication number : 95-3862

***From WIC (via DOH catalogue):***

Tips for Feeding Young Kids (English and Spanish)

Healthy Choices for Kids (English and Spanish)

Children Growing Healthy

***From Masters included in this packet and /or the Module Consultation to Promote Healthy Lifestyles:***

Supporting Breastfeeding Mothers, Nutrition Action

Sample Breastfeeding Policy

Child Obesity Facts

Guidelines for Feeding Children in Group Settings

Kids and Food: Who's in Control

Child Care Meal Checklist

Washington State Meal Pattern and Portion Sizes

Child Care Nutrition Sample Policy

Sample Recipes (Fruit and Vegetable Snacks and Recipes Children Can Help Prepare and Cooking with Preschool age Children)

Vegetable Stretches

Nutrition and Breastfeeding Policy Poster/Certificates

***Other Handouts:***

As this lesson plan is being developed a new food pyramid is just being released. Ways to incorporate it into practice are being developed . It can be found on the [www.mypyramid.gov](http://www.mypyramid.gov) web site.

**Materials Needed:**

Overhead projector or power point equipment

Newsprint/large tablet for recording notes and ideas

Posters of snack ideas

Samples of variety of foods that include fruits and vegetables

that are appropriate for snacks. See activity description in Lesson Plan Outline

Recipe cards for participants to write down recipes that they may share among the group.

**Teacher Enrichment:**

See the CCHC Training Module, Consulting to Promote Healthy Lifestyles, for more detailed information, references and resources.

Activity	Process	Time	Materials
Introductions/ opening activity	Ask participants to introduce themselves and name their favorite snack food.	Varies	
Overview of the problem of nutrition with young children	Dietary trends among children see overhead and teacher notes.	5 minutes	Overheads 1-4
Interactive discussion	Using the remaining overheads and teacher notes, provide information and promote discussion among the participants about developmental issues that will guide presenting food to children of varying ages, food beliefs, barriers to quality snacks in early childhood settings and possible solutions to this issue.....promote 5 fruits and/or veggies/day. Use snack menus and recipes as a venue for providing these nutritious items.	25 minutes	Overheads through the Toddler section
Toddler Activity	<b>Worksheet: Appropriate Snacks for Toddlers</b> <i>List at least ten foods that you might recommend as snacks for toddlers.</i>  <b>Snacks to Serve Toddlers</b> Brainstorm ideas for feeding toddlers, esp fruits and vegetables	Do after the toddler section of the slide present ation	
Overheads and interactive discussion	<b><u>After the toddler activity, continue the overhead presentation</u></b>	10 minutes	Overheads after toddler section to the slide on food for preschoole rs.

Taste of Snacks	<p><b>DO DURING SLIDE 20, FOODS FOR PRESCHOOLERS</b></p> <p>Have samples of various fruits and vegetables prepared to “taste” and describe. Use some of the less common varieties; divide folks into small groups and give each group a container with one of the choices. Ask them to taste the sample and then think of ways they might describe it to children and ways they might prepare it. Some samples of foods include: pears, papaya, mango, pineapple, star fruit, kiwi, etc. Vegetables might include asparagus, artichoke hearts (plain, not marinated), cauliflower, broccolini, and cabbage. Other foods that might be included would be avacado, garbanzo beans, potato baked or boiled with the skin on, sweet potato, squash, etc.</p>	15 minutes to taste and talk Do this activity during the slide 20' foods for toddlers presentation.	Food prepared for eating in plastic containers, toothpicks for serving, napkins
Vegetable Stretches	<p><b><u>See handout for this activity and do a couple of them with the group, during the slides 22 and 23, Making meals enjoyable and how to make good eaters.</u></b></p>	5 minutes during slide presentation, suggested during slides 22, 23	Handout in packet
Policy Development	<p>Stress the importance of having a policy and discuss sample policies for both breastfeeding and nutritious snacks. Ask for a commitment to try them out, either as written or modified. Help with modifications in class. Hand out the certificates with the wording on them about striving to provide at least 3 fruits and/or vegetables /day.</p>	10 minutes	Sample policies and certificates in packets