

Child Care Training and Resource Kit

What's Cookin'?

Lesson Plan

WHAT'S COOKIN': BASIC NUTRITION FOR KIDS LESSON PLAN

Submitted by: Partners in Child Care: Snohomish Health District

Course Length: 1-2 hours

Objectives: Participants will:

- Understand the importance of good nutrition.
- Know what nutrition is for children.
- Know the division of responsibility during feeding.
- Know the different nutrients and why children need them.
- Know how to serve safe food.
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Public health staff in Washington State has provided all of the materials in the Child Care Training and Resource Kit. The only materials included are those where copyright could be located and permission to use was received. In all cases the copyright owner has requested to receive credit for the use of their materials. Please do not use these materials in any other way without getting your own copyright release.

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

- **Lesson Plan** file, with the general directions for the lesson.
- **Overhead file** with the overhead materials. Those files on the CD are in color.
- **Teacher Notes** file which outlines the points of 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 you must download from the Internet and the web address is included in the lesson plan file.
- **Teacher Enrichment** - In some cases the lesson developer may have included materials for teacher enrichment. Where possible, those materials are included here. If permission to print could not be obtained then the citation is included below for you to obtain.

What's Cookin'?

Overheads: See the Overhead file.

Teacher Notes: See the Teacher Notes file.

Handouts:

- Healthy Choices for Kids Order from DOH, publication#961-192.
- Child Care Food Program Food Chart See Handouts file.
- Washington State: Meal Pattern and Portion Sizes Chart See Handouts file.
- Food Guide Pyramid for Young Children (order from USDA) (order from USDA) You can get all of the food Pyramid graphics on-line in various formats at <http://www.usda.gov/cnpp/KidsPyra/>
- Vitamin A Sources This is a Washington State Department of Health document without a publication number. You can contact the State or there is a similar page at FitnessFever.com. See the Handout file.
- Vitamin C Sources This is a Washington State Department of Health document without a publication number. You can contact the State or there is a similar page at FitnessFever.com. See the Handout file.
- Get Up & Grow Order from USDA/National Dairy Council.
http://www.nationaldairyCouncil.org/lvl04/nutrilib/patiented/6000_patiented_03.asp
- Pack Facts: See the Handout file.
- Feeding Kids Newsletter: http://www.nutritionforkids.com/Feeding_Kids.htm
- Good Sources of Iron: "MEALS WITHOUT SQUEALS," by Christine Berman and Jacki Fromer, Bull Publishing; ISBN 0-92352-139-9, <http://www.healthpress.com/mealswoutsqueals.html>
- Calcium: The Bone Builder: This is from Nutrition for Kids.com. <http://www.nutritionforkids.com/emlnews/FK-Aug96.htm#CALC>
- Tiny Tummies: Good Food for Growing Families Encourage participants to order on an ongoing basis as it's an excellent resources for them to have. <http://www.tinytummies.com/>

Materials Needed:

- Overheads and/or power point presentation+
- 3D plexiglass food guide pyramid (order from USDA Team Nutrition—form included)
- Plastic food models or real food
- Food choke tube

Instructor Enrichment:

- Berman, C., Fromer, J., Meals Without Squeals: Child Care Feeding Guide and Cookbook, Bull Publishing Co., Palo Alto, CA, 1997
- Berman, C., Fromer, J., Teaching Children About Food, Bull Publishing Co., Palo Alto, CA 1991.
- Satter, E., How to Get Your Kids to Eat...But Not Too Much: From Birth to Adolescence, Bull Publishing Co., Palo Alto, CA, 1987.
- Story, M., Holt, K., Sofka, D., Eds. Bright Futures in Practice: Nutrition, National Center for Education in Maternal and Child Health, Arlington, VA, Georgetown University, 2000.

Activity: Interactive lecture	Process: Interactive Lecture: Using overheads or power point presentation, present material with discussion and activities as listed in the teacher notes.	Time: 1-2 hours	Materials: Interactive Lecture: Handout packet and appropriate audio-visual equipment.
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