

Child Care Training and Resource Kit

**Integrating Health, Safety and Nutrition into the
Classroom**

Lesson Plan

Integrating Health, Safety and Nutrition into the Classroom Lesson Plan

Submitted by: Jan Gross, BSN, Healthy Kids Northwest, LLC

Course Length 1-3 hours, depending upon the number of times you have people break out into groups to brainstorm ideas. The example is for a two hour class.

Objectives: Participants will:

- List the points of importance of integrating healthy habits into the regular classroom setting
- List strategies for including health, nutrition and safety into the classroom setting
- Identify two different approaches to incorporating health, safety and nutrition ideas into a classroom setting

Handouts:

- ABC's of Health: (a packet designed initially for Head Start, by Carrie Marlott, Children's Center, Pullman ,Wa.
- Is this Health ? A true / false pre test: See Handout file.
- Daily Health Check Procedure: See Handout file.

Materials Needed:

- Flip charts
- Overhead Projector
- Music from Tickle Toon Typhoon, in partnership with C.H.E.F. (optional) *Healthy Beginnings*, contact Tickle Toon Typhoon, 4649 Sunnyside Ave N., suite 122, Seattle Wa. 98103 (1-800-490-0871), or C.H.E.F., 22323 Pacific Hwy South, Seattle,. WA. 98198
- Books for children on health, safety and nutrition topics

Instructor Enrichment

- Berman, Christine and Fromer, Jacki, Teaching Children about Food. A Teaching and Activities Guide. Bull Publishing Company, 1991, Bull Publishing Company, POBox 208, Palo Alto, California, 94302-0208, (415) 322-2855
- "I am Amazing" curriculum: It is published by by Healthy Child Care Publications, PO BOX 624, Harbor Springs, MI. 49740, phone 877-258-6178
- Smith, Connie Jo; Hendricks, Charlotte M. and Bennett, Becky S. Growing, Growing Strong, A Whole Health Curriculum For Young Children, Red Leaf Press, St Paul Minn. 1997,

These could be found on Amazon.com in the Spring of 2002.

Activity Lecture	<p>Process</p> <p>Introduce the importance of having children learn healthy habits beginning in infancy</p> <p>A philosophy of health promotion in early childhood programs (from Head Start materials)</p>	Time	Materials
	<p>What are the outcomes when you incorporate health, safety and nutrition activities into the early childhood classroom?</p>	15 minutes	Overheads, projector
Interactive discussion	<p>Methods for integrating health into the classroom</p> <p>Brainstorm with the group ideas for including Health into the classroom's regular routines; or ways they are currently doing it.</p> <p>Some examples: lesson plans, circle time, special interest centers, daily routines such as tooth brushing, mealtime, out door time.</p>	20 min.	Flip chart paper, markers
Interactive discussion	<p>What do children need to learn in the area of health and healthy habits?</p> <p>What do they need to do to encourage this development ?</p> <p>What do they do every day that enhances and instills healthy habits?</p>	20 minutes	Flip chart paper, markers or you can use overhead film that is blank.
Lecture, with audience input	<p>Using the overheads, introduce possible topics that could be used as curriculum in a classroom setting and that also integrates several concepts, not "just" health.</p> <p>Have audience brainstorm ways to to this.</p>	20min	Overheads on Topics and senses