

CHILD CARE TRAINING AND RESOURCE KIT

ABCs OF MENU PLANNING

LESSON PLAN

ABC'S OF MENU PLANNING TRAINING OUTLINE

Submitted by: Partners in Child Care: Snohomish Health District

Course Length: 1-2 hours

Objectives: Participant will:

- Identify all the components/nutrients required by Washington State Child Care Law and USDA/CACFP.
- List at least four values of menu cycles.
- Describe a simple process for planning a menu.
- List some techniques to increase the appeal of food on their menu.
- Identify some techniques to increase the diversity of food on their menu.
- Describe food safety and child development principles.

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.

ABC'S of Menu Planning

Overheads: See Overhead File

Teacher Notes: See Teacher Note File

Handouts:

- 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
- 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 from FitnessFever.com
- Partners in Child Care Menu Planner What's in a Lesson for What's in a Meal? Curriculum can get the whole Curriculum for \$4.95 from the National Food Services Management Institute, <http://www.nfsmi.org/Education/Satellite/ss18/ss18reso.html>
- Ideas for Meal Planning What's in a Lesson for What's in a Meal? Curriculum can get the whole Curriculum for \$4.95 from the National Food Services Management Institute, <http://www.nfsmi.org/Education/Satellite/ss18/ss18reso.html>
- Menu Checklist What's in a Lesson for What's in a Meal? Curriculum can get the whole Curriculum for \$4.95 from the National Food Services Management Institute, <http://www.nfsmi.org/Education/Satellite/ss18/ss18reso.html>
- Alphabetical Foods List What's in a Lesson for What's in a Meal? Curriculum can get the whole Curriculum for \$4.95 from the National Food Services Management Institute, <http://www.nfsmi.org/Education/Satellite/ss18/ss18reso.html>
- Food Guide Pyramid (order from USDA) You can get all of the food Pyramid graphics on-line in various formats at <http://www.usda.gov/cnpp/KidsPyra/>
- Find the Menu Problems What's in a Lesson for What's in a Meal? Curriculum can get the whole Curriculum for \$7.95 from the National Food Services Management Institute, <http://www.nfsmi.org/Education/Satellite/ss18/ss18reso.html>
- Activities 4 pages from DOH Publication 130-006, rev. 4/93
- The Best Choices in Breakfast Cereals This is from the Tiny Tummies Newsletter. <http://www.tinytummies.com/>
- Eating with the Seasons This is from the Tiny Tummies Newsletter. <http://www.tinytummies.com/>
- Cinco de Mayo From "More than Mud Pie" A nutrition Curriculum for Pre-school Children, National Food Service Management Institute, USDA # Lm1-98, 1998. You can order here for \$11.95 <http://www.nfsmi.org/Information/2002resourceguide.htm>
- Mother's Day From "More than Mud Pie" A nutrition Curriculum for Pre-school Children, National Food Service Management Institute, USDA # Lm1-98, 1998. You can order here for \$11.95 <http://www.nfsmi.org/Information/2002resourceguide.htm> #
- Washington State: Meal Pattern and Portion Sizes: See the Handout File.
- Sample Menu For Children: See Handout file.
- Quick Snacks See the Handout File.

- Which Cracker to Choose? See the Handout File.
- Fruit First See the Handout File.
- Water See the Handout File.
- Regional and Ethnic Foods: See Handout file.

Materials Needed:

- Overheads and/or power point presentation+
- Examples of cookbooks and other menu planning resources
- Flip chart and markers for brainstorming activities
- Food samples (see teacher notes pg. 19)

Teacher 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.

<p>Activity: Interactive Lecture</p>	<p>Process: Interactive Lecture: Using overheads, present material with discussion and activities as listed in the teacher notes.</p>	<p>Time: 1-2 hours</p>	<p>Materials: Interactive Lecture: Handout packet, appropriate audio-visual equipment and activity materials as listed above.</p>
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