

Child Care Training and Resources Kit

CREATIVE, HEALTHY MEALTIMES

LESSON PLAN

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Course Length: 1-2 hours

Course Objectives: Participants will:

- Identify how to feed children.
- List food safety issues and how to avoid them.
- Understand the division of responsibility during meal times.
- State components and benefits of family style and meal service.

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.

Creative Healthy Mealtimes

Teacher Notes: See Teacher note file.

Overheads: See Overhead file.

Handouts:

- What Is A Good Eater? Order this from Ellyn Satter and Associates, <http://www.ellynsatter.com/>
Ellyn Satter Associates, 4226 Mandan Crescent , Madison, WI 53711, 608-271-7976
- Division of Responsibilities in Feeding Young Children Order this from Ellyn Satter and Associates, <http://www.ellynsatter.com/>
Ellyn Satter Associates, 4226 Mandan Crescent , Madison, WI 53711, 608-271-7976
- Best Practices for Children Eating in Group Settings Order this from Ellyn Satter Associates, <http://www.ellynsatter.com/4226>
Mandan Crescent , Madison, WI 53711 , 608-271-7976
- Kids & Food: Who's In Control FEEDING KIDS, News & Views on Child Nutrition, For Parents, Teachers, and Health Professionals by Connie Evers, M.S., R.D., Issue I, April 1996, <http://www.nutritionforkids.com/emlnews/FK-April96.htm#kidfood>
- What You Say Really Matters! See the Handout file.
- Choking Hazards See the Handout file.
- Mealtime Memo: Nutrition and Cognitive Development This is a free download from www.nfsmi.org See the Handout file.
- Teaching Young Children to Serve Themselves in Group Settings See Handout file.
- Outline for the Overheads

Materials Needed:

- Overheads or power point presentation+
- 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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