



Physical Activity and Nutrition for Alaska's Kids



Nutrition in the Classroom

Section 1: Module 2



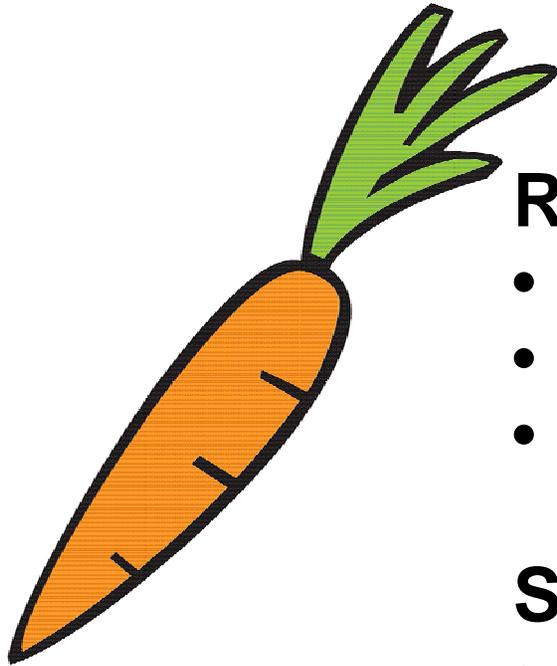


What We Will Learn

- **Supporting healthy eating in the classroom**
- **Supporting choosy and slow eaters**
- **Linking classroom activities to nutrition**
- **Providing parents with nutrition information**
- **Improving foods served at celebrations**
- **Including nutrition everyday classroom experiences**



Supporting Healthy Eating

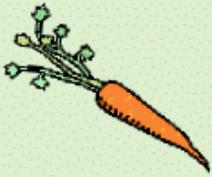


Reasons to eat together

- Model healthy eating behaviors
- Socialization skills are practiced
- Motor skills are developed

Staff should

- Discuss the nutritional benefits of food
- Encourage children to participate in the meal or snack, even if they choose not to eat



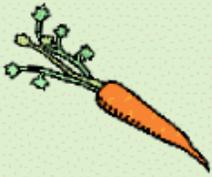
Supporting Healthy Eating

Eating together

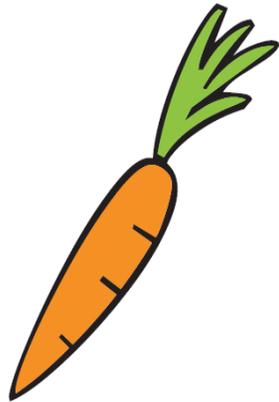
- Develops food preferences.
- Provides opportunity to learn flavors, smells, textures and a variety of foods

Staff

- Encourage children to set table and clean up
- Verbally encourage children to serve themselves
- Provide containers and scoops sized for children
- Teach reasonable portion sizes and self-regulation of food intake

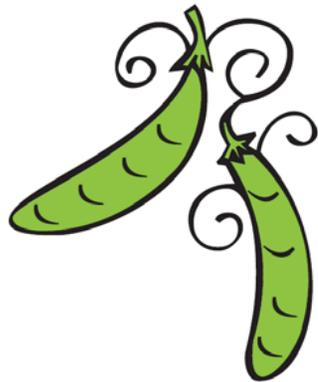


Supporting Healthy Eating



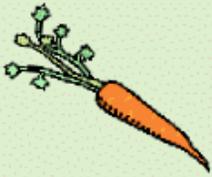
Division of Responsibility

- Head Start decides what, when and where of eating
- Children decide whether to eat and how much



Staff

- Avoid power struggles relating to food
- Encourage children to try new foods
- Do not use food as a reward or punishment



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Supporting Healthy Eating

Children learn about foods through

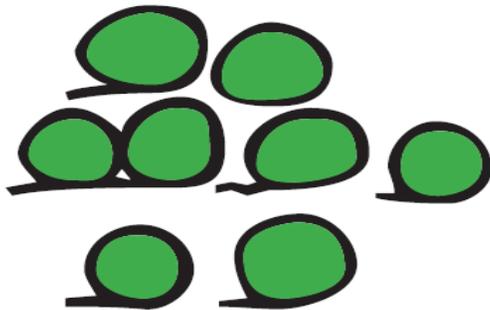
- formal education,
- first-hand experiences,
- hands-on approaches and
- observation

A positive role model

- Sends the message “do as I do”
- Eats and drinks foods on the daily menu
- Avoids negative facial expressions, body language or verbal cues to the food
- Limits children seeing them eat high fat, sweet or salty snacks, or sugary beverages



Supporting Healthy Eating

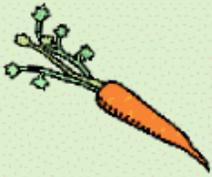


Positive Reinforcement Study

- ½ of the families were counseled to eat more fruit and vegetables
- ½ of families were counseled to eat less fat and sugar
- Those counseled to eat more fruit and vegetables ate a healthier diet than those told not to eat fat and sugar

Staff

- Encourage eating healthy



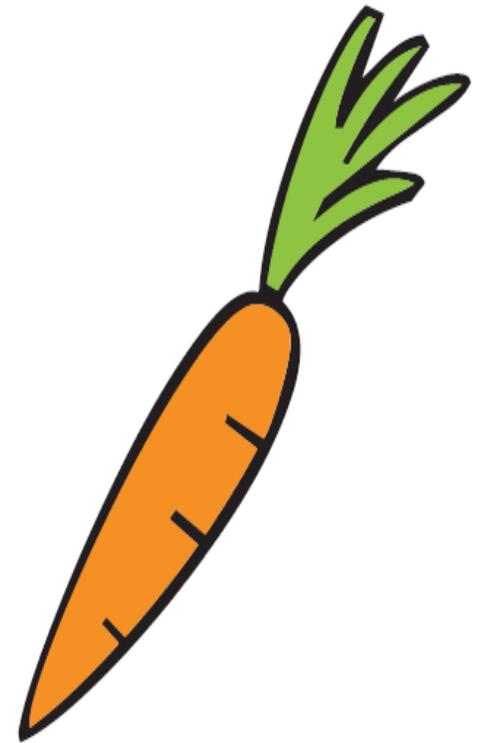
Supporting Healthy Eating

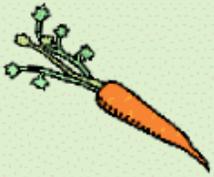
Meal time can

- Reinforce the learning of colors
- Teach kids to categorize vegetables
- Increase nutrition knowledge

Staff

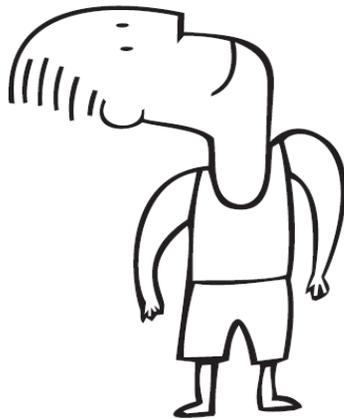
- Talk about the color, shape, size of the foods served
 - “steamed carrots are my favorite orange vegetable”
- Discuss the health benefits of the food
 - “I eat carrots to help me see better.”





Slow & Choosy Eaters

Choosy Eater

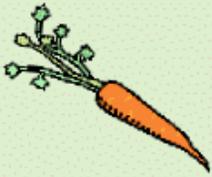


- Neophobia
 - fear of new food (new things)
- Food Jags
 - only want to eat one food
 - rarely last long enough to be harmful



Reduce Fear of New Foods

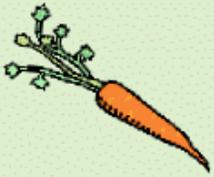
- A food must be tasted up to a dozen times before it becomes familiar
- Offer the food regularly
- Offer a variety of foods



Slow & Choosy Eaters

Support the Choosy Eater

- Sit the choosy eater with adventurous eaters
- Suggest trying 1-2 tablespoons of the food
- Praise children for tasting new foods
- Allow children to stop eating
 - When they say they are full
 - When there is still food left on the plate
- Work with children to select reasonable portion sizes



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Slow & Choosy Eaters



Teach about Food

- Flavors
- Smell
- Textures
- Colors
 - Canned pineapple is tangy
 - Carrots are crunchy
 - Broccoli is green
 - Milk is smooth and white.

Eating Takes Time

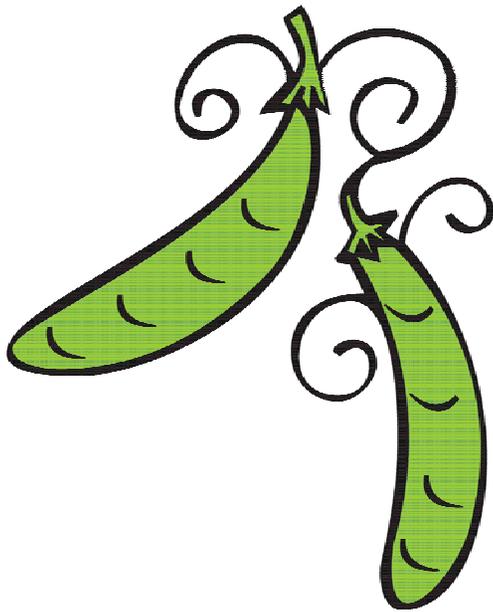
- Allow children to eat at their own pace
- Sit slower eaters together
- Staff stays with the children
- Activities after meals do not require group participation



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Nutrition Education



Life Goal:

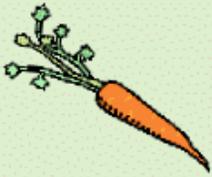
To establish a lifetime of healthy eating and physical activity habits

Classroom Goal:

To expect that nutrition and activity are a regular and essential part of each day

Accomplish by:

- Integrating nutrition and physical activity into all curricula and domains of learning
- Repeatedly teach to normalize healthy eating and physical activity

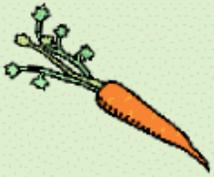


Nutrition Education

Increase Food Curiosity



- Teach a lesson about the new food
- For pineapple, read a book about characters in Hawaii
- Ask children questions
 - Have you ever eaten fresh or canned pineapple?
 - Is pineapple a fruit or a vegetable?
 - Does pineapple grow in Alaska?
 - Who would like to try eating pineapple at lunch?
- Conduct taste tests



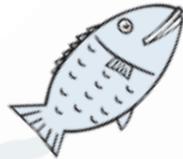
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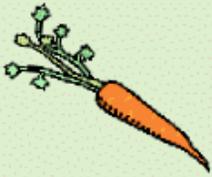


Nutrition Education

Build Excitement

- Invite an elder to tell a story of fishing
- Show fishing gear and fillet a fish
- Place traditional-style clothing in dramatic play area
- Make decorations using traditional styles
- Play traditional music
- Read a book about traditional foods
- Practice making a food.
 - For Mexican food, roll out tortillas
 - For Italian food, use the pasta maker
 - For Native Alaskan food, sort and wash blueberries

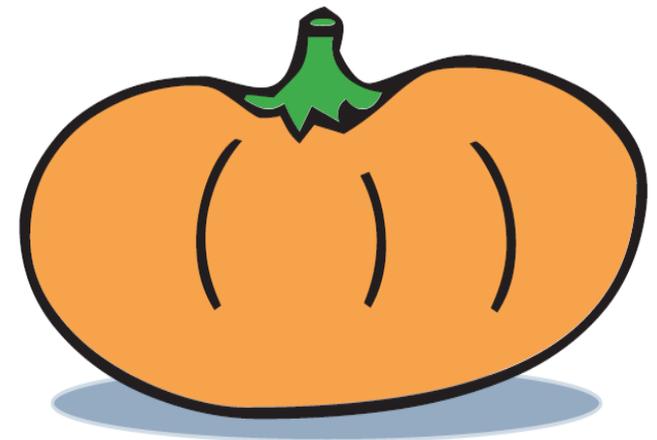


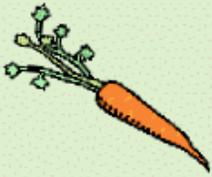


Nutrition Education

Helping Prepare Foods

- Include the entire classroom
- Small groups in the kitchen
- Share how food looks, smells, and tastes before and after it is cooked
 - broccoli changes shades of green and is no longer crunchy
 - pasta noodles do not smell much before cooking
 - toast becomes brown and crunchy





Nutrition Education

Food Demonstrations

- Increase familiarity with food
- Introduce new healthy foods to children
- Increase understanding of cooking
- Begin to develop skills and interest in food preparation

Staff

- Use meal preparation to teach numbers, colors, textures, patterns and sequencing



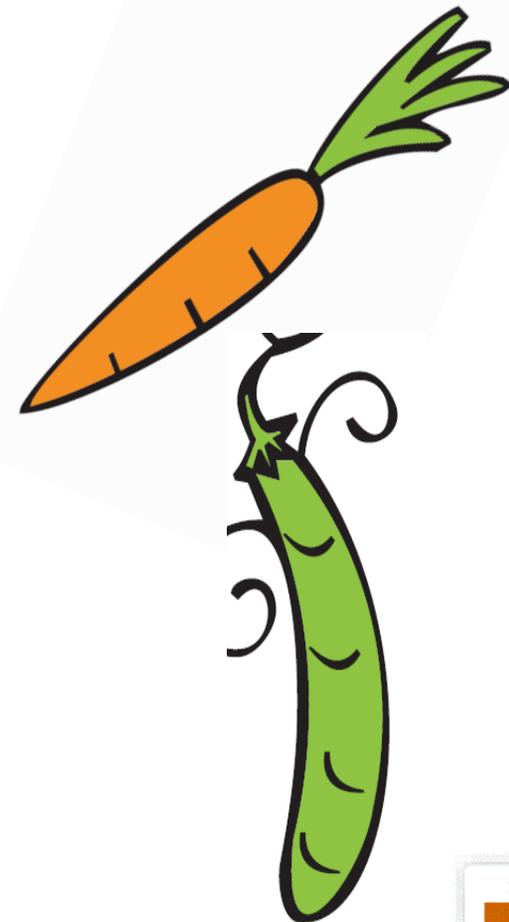
Nutrition Education

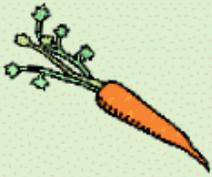
Exploring Foods

- Allow children to play with food before eating

Make Vegetable Puppets

- Place a popsicle stick into the bottom a peeled carrot
- Use peanut butter as glue
- Affix raisins for eyes and nose
- Place a slice of celery for the mouth
- Use parsley sprigs for the hair
- Cut green beans in half for arms & legs





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EATING OUR WORDS

Gregory, the Terrible Eater

Mitchell Sharmat

Bread and Jam for Frances

Russell Hoban

The Carrot Seed

Ruth Krauss

Eating the Alphabet:

Fruits and Vegetables from A to Z Lois Ehlert

Growing Vegetable Soup

Lois Ehlert

Green Eggs and Ham Dr. Seuss

The Very Hungry Caterpillar

Eric Carle

Stone Soup

Marcia Brown

Bread, Bread, Bread:

(Foods of the World)

Ann Morris

Lunch

Denise Fleming

Pancakes, Pancakes!

Eric Carle

We Like to Nurse

Chia Martin

Picky Nicky

Cathy East Dubowski

Walter the Baker

Eric Carle

Peanut Butter and Jelly:

A Play Rhyme

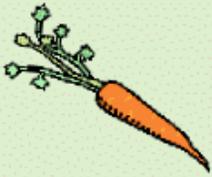
Nadine Westcott

- Display and read books about healthy eating
- Weave a theme through the entire day or week
- Plan activities that are learned in the book

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MODULE
TWO



Nutrition Education

Food Sources

- Read books about where food comes from
- Grow edible plants in the classroom
- When possible, have a garden at the center or participate in a community garden

Take a Field Trip

- Visit a local gardener or person with farm animals
- Integrate the learning of the garden or farm field trips into the curriculum
 - Visit the garden several times throughout the year
- Integrate the learning of the field trips into the curriculum
 - teach why certain foods grow in Alaska's climate
- Serve the foods seen at the garden or farm



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Nutrition Education

Traditional Food

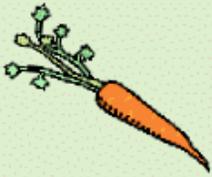
- Take field trips to pick wild foods
- Invite a local hunter to share stories
- Follow Alaska Food Code regulations and serve wild blueberries, fiddleheads, beach asparagus, and wild game meats



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MODULE
TWO



Physical Activity and Nutrition for Alaska's Kids



Nutrition Education



Decorate the Classroom

- Stock the creative play area with healthy food models and empty boxes of healthy food
- Decorate walls with posters of healthy food
- Use pictures of vegetables to help teach letters and numbers
- Design name tags with the child's favorite fruit
- Make placemats that show a plate with reasonable child sized portions



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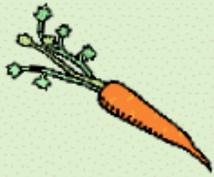
Parent Nutrition Education

Assign Healthy Homework

- Eat 5 servings of fruits and vegetables over the weekend
- Be active for at least 30 minutes each day
- Help your parents in the kitchen
- Sleep more than 8 hours on Saturday night
- Eat breakfast each morning



Teachers must be careful to assign homework that is realistic for the children



Physical Activity and Nutrition for Alaska's Kids



Parent Nutrition Education

Menus and Newsletters

- Share classroom nutrition activities
- Include healthy recipes
- Write menus to emphasize nutrition messages such as
 - low-fat milk
 - whole wheat rolls
 - vitamin A rich sweet potatoes

Head Start				NOVEMBER			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	Entrée: CN Beef Ravioli w/ Roll 1 Sides: Mixed Vegetables Chilled Applesauce 1% Milk	Entrée: Soft Taco w/ Lettuce and Cheese 2 Sides: White Rice Seasoned Corn Sliced Pears 1% Milk	Entrée: Hot Ham and Cheese Bagel 3 Sides: Cut Green Beans Pineapple Tidbits 1% Milk				

Healthful Eating For Your Family

Make Healthy Choices

Healthy choices that fit your lifestyle can help you do the things you want to do. Here are some easy steps you can take. Add your own ideas!

Be Realistic: Make small changes over time in what you eat and in the level of activity you do. After all, small steps work better than giant leaps. You can:

- Add one more fruit or vegetable to family meals this week. Work up to five a day.



Be sensible: Enjoy all foods, just don't overdo it. You can:

- Enjoy one ice cream scoop, not two.

Your idea:



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Celebrations

Provide a Consistent Healthy Food Message

- Promotes a positive learning environment

Staff

- Plan healthy celebrations
- Shift the focus from food to the event
- Replace food with a variety of activities, games and crafts
- If food is served, make it healthy and part of the regular meal or snack
- Establish food policy or nutrition guidance regarding celebrations



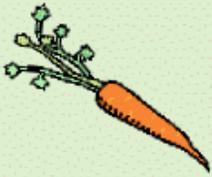


Celebrations

Importance of Celebrations Policy or Nutrition Guidance

- Healthy kids learn better
- Provides consistent messages about healthy behaviors
- Supports classroom health lessons
- Promotes positive lifestyle choices





Celebrations

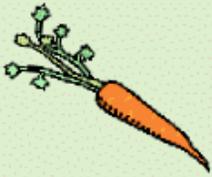
Performance Standards Requirement

- Development and adoption to involve parents, community members, Head Start staff and food service staff

The policy should

- Prohibit high sugar foods
- Reduce high *trans* fat and high fat foods





Physical Activity and Nutrition for Alaska's Kids



Establish Healthy Eating Habits

Head Start Staff

- Increase exposure to foods
 - Variety of teaching methods
 - Support strategies
- Providing children
 - Hands-on experiences
 - Formal education
 - Modeling of healthy eating
 - Proper support
 - Consistent messages
- Educating parents



Healthful Eating For Your Family

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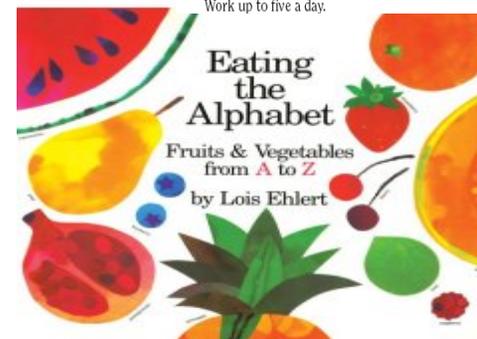


Be sensible: Enjoy all foods, just don't overdo it. You can:

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Your idea:



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