



# Lesson Plans

## Nutrition Education for Young Children Video Lesson

### Lesson Overview

**Lesson Participants:** CACFP personnel and other child care staff; appropriate for both child care center staff and family day care home providers

**Type of Lesson:** Video lesson delivered in short face-to-face training session

**Time Needed to Conduct the Lesson:** 40 minutes

**Lesson Description:** This video lesson is designed help child care providers help young children learn about healthful food choices.

### Lesson Objectives

At the completion of the lesson the participant will be able to

- plan nutrition education activities.
- identify and use a teachable moment.
- identify ways to incorporate nutrition education into your daily routine.
- be a role model for young children in nutrition choices.

### Get Ready to Train

The format for the CARE Connection lesson plans includes an overview, preparation checklist, lesson-at-a-glance with timeline for conducting the lesson, instructor's script, and lists of references and other resources. The instructor will use the script to present the lesson to the participant. Each script gives directions to the instructor—**DO, SAY, ASK**—to deliver the lesson.

Before the day the lesson is to be presented:

- Study the Instructor's Script and be prepared to tell it in your own words.
- Preview the video and be familiar with the answers on the video viewing guide.

The lesson can be presented in the child care center or family day care home, media center, or classroom.

CARE Connection Section 8, Video Lesson 1: *Nutrition Education for Young Children* has a run time of approximately 15 minutes. Allow a few minutes to get started and allow 15 minutes for follow-up discussion after the video.

The video may also be used as a substitute lesson for an employee who was not present for the face-to-face training or to review material for an employee needing additional information.

## Preparation Checklist

**Directions:** Use the Preparation Checklist to get ready for the training session. Keep track of your progress by checking off tasks as they are completed.

Done <input checked="" type="checkbox"/>	Lesson Tasks
	<p><b>Gather Materials</b></p> <p>Materials Needed:</p>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Instructor’s Script</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>CARE Connection Section 8, Video Lesson 1: <i>Nutrition Education for Young Children</i>. The video file may be viewed online at <a href="http://www.nfsmi.org">www.nfsmi.org</a> or downloaded as a Windows Media Video (WMV) file to be viewed on a computer.</li> <li>The CARE Connection video lessons are also available on a two DVD set from the National Food Service Management Institute.</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li><i>Nutrition Education for Young Children</i> Video Viewing Guide and answer key</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Pens or pencils (one for each participant)</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Session Evaluation/Feedback Form (one for each participant) (optional)</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Video file or DVD player and monitor</li> </ul>
	<p><b>Prepare for Lesson</b></p> <p>Before the Training:</p>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Study the instructor’s script and be prepared to present the lesson in your own words.</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Preview video and be familiar with answers to the video viewing guide.</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Make enough copies of the video viewing guide for each participant.</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Make copies of Session Evaluation/Feedback Form (one for each participant). You may use the sample <a href="#">NFSMI evaluation form</a> linked here or develop your own.</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Make arrangements for equipment to play the video file or DVD.</li> </ul>

<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Set up the room.</li> </ul>
	On Training Day:
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Have video file loaded and ready to view.</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Place pens or pencils on tables (one for each participant).</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Distribute the video viewing guide to each participant.</li> </ul>
	On the Instructor's Table:
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Instructor's Script</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Instructor's copy of <i>Nutrition Education for Young Children</i> Video Viewing Guide and answer key</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Session Evaluation/Feedback Forms (optional)</li> </ul>

### Lesson at a Glance (40 minutes)

Time	Topic	Task	Materials
5 minutes	Introduction and Overview	Introduce topic Handout video viewing guide.	<ul style="list-style-type: none"> <li>• Instructor's Script</li> <li>• Video viewing guide</li> </ul>
15 minutes	<i>Nutrition Education for Young Children</i> video lesson	Show video.	<ul style="list-style-type: none"> <li>• Video file and appropriate equipment</li> </ul>
15 minutes	Discussion	Use video viewing guide to review and discuss.	<ul style="list-style-type: none"> <li>• Script</li> <li>• Video viewing guide</li> </ul>
5 minutes	Session evaluation/feedback	Conduct a short evaluation of the lesson. (optional)	<ul style="list-style-type: none"> <li>• Sample evaluation/feedback form or standard form used in your child nutrition program</li> </ul>

## References

National Food Service Management Institute. (2010). *CARE Connection Curriculum*.  
University, MS: Author.

## Internet Resources

<http://www.fns.usda.gov>

<http://www.nfsmi.org/>

## Instructor's Script

### Introduction and Overview (5 minutes)

#### Introduce Lesson

##### **SAY:**

The U.S. Department of Agriculture's Child and Adult Care Food Program, often known as CACFP, was created to assist in improving the nutrition of children in child care.

Today's video lesson stresses that teaching children good food habits early in life can last a lifetime, and we can build on young children's natural curiosity to learn about the world they live in. Healthful eating is an important life skill that young children can learn.

Nutrition education can be delivered in three ways:

1. Planning and using activities that teach good nutrition.
2. Answering children's questions about food and eating.
3. Being a role model for table manners and eating habits.

The lesson shows the steps to developing a nutrition education activity and gives tips for incorporating nutrition education into every day.

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#### Lesson Objectives

##### **SAY:**

After this lesson you will be able to

- plan nutrition education activities.
  - identify and use a teachable moment.
  - identify ways to incorporate nutrition education into your daily routine.
  - be a role model for young children in nutrition choices.
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##### **DO:**

Distribute copies of the *Nutrition Education for Young Children* Video Viewing Guide.

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**SAY:**

While you are watching the video lesson, please fill out the video viewing guide. We will discuss these points after the video.

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**DO:**

Show video.

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**DO:**

After the video, discuss major points on the video viewing guide.

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**Review Key Points to Close Lesson****SAY:**

As we learned in this lesson, there are three main ways that children learn about food and eating: through nutrition education activities, by asking questions and getting answers, and by observing you as a role model for eating habits.

Get children involved in activities around food and eating. Plan activities that take into account the children's ages and abilities. Plan simple activities before harder ones so children can build on the skills and knowledge they learn.

Be ready to use teachable moments to help children learn about food and eating. Children are naturally curious and love to ask questions.

Remember to model table manners and good eating habits for the children in your care.

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**DO:**

Distribute the session evaluation/feedback form (optional, however, feedback on the training provided can help you make decisions on training for the future).

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**SAY:**

Thank you for participating in the lesson today. Please take a few minutes to complete the session evaluation/feedback form. Thank you for your input.

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## **CARE Connection Section 8 Video Lesson 1: *Nutrition Education for Young Children* Video Viewing Guide Answers**

1. Food habits learned early in life can last a \_\_\_\_\_.
2. What are the three ways to teach children about food and healthy eating choices?
3. \_\_\_\_\_ builds on young children's natural curiosity to learn about the world they live in.
4. The goal for incorporating nutrition education into the child care setting is to help children feel good \_\_\_\_\_, enjoy \_\_\_\_\_, and learn \_\_\_\_\_.
5. We all know that the best way to learn is with \_\_\_\_\_.
6. An unplanned opportunity when a child is ready to learn a new idea is called a \_\_\_\_\_.
7. Nutrition education activities must be both \_\_\_\_\_ and \_\_\_\_\_ appropriate for the children.
8. Incorporate \_\_\_\_\_ into your daily routine.
9. Any nutrition education activity should be \_\_\_\_\_ for both the children and you.
10. What are some tips for effective nutrition education activities?

## **CARE Connection Section 8 Video Lesson 1:** ***Nutrition Education for Young Children*** **Video Viewing Guide Answers**

1. Food habits learned early in life can last a lifetime.
2. What are the three ways to teach children about food and healthy eating choices?  
planning nutrition education activities  
answering children's questions about food and eating  
being a role model for table manners and good eating habits
3. Nutrition education builds on young children's natural curiosity to learn about the world they live in.
4. The goal for incorporating nutrition education into the child care setting is to help children feel good about food and eating, enjoy a wide variety of foods, and learn healthful eating habits early in life.
5. We all know that the best way to learn is with hands-on experience.
6. An unplanned opportunity when a child is ready to learn a new idea is called a teachable moment.
7. Nutrition education activities must be both mentally and physically appropriate for the children.
8. Incorporate nutrition education into your daily routine.
9. Any nutrition education activity should be fun for both the children and you.
10. What are some tips for effective nutrition education activities?  
Get children involved in activities around food and eating.  
Plan activities that match children's abilities and interests.  
Plan simple activities before harder ones.  
Build on what children already know.  
Be ready to use teachable moments to help children learn.