CHLD 202: Health, Safety and Nutrition for the Young Child

Nutrition Education Plan

<table>
<thead>
<tr>
<th>Learning Outcomes</th>
<th>6. Identify strategies supportive of making food preparation and mealt ime a culturally responsive, developmentally appropriate learning experience for each child, including those of diverse abilities</th>
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</thead>
<tbody>
<tr>
<td>DEC Recommended Practices</td>
<td>F9. Supports and resources provide families with information, competency, enhancing experiences and participatory opportunities to strengthen family functioning and promote parenting knowledge and skills.</td>
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<tr>
<td>NAEYC Standards</td>
<td>2.c: Involving families and communities in their children’s development and learning. 5.c: Using their own knowledge, appropriate early learning standards, and other resources to design, implement, and evaluate meaningful, challenging curricula for each child.</td>
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</tbody>
</table>

For this activity you are responsible for developing a nutrition education plan and 3 sample lesson plans for a group of preschoolers. After reading Chapter 20 of your course text, complete the following:

**Part One: An Overview of Your Nutrition Education Plan**
- Provide an outline of the overall goals of your nutrition education plan, including the identification of three nutritional concepts that will be targeted
- Outline how you intend to involve families in the nutrition education plan
- Describe the areas of children’s development and learning that will be supported

**Part Two: Lesson Plan Development**
- Using the “Heartland Community College Lesson Plan Form,” develop a lesson plan for each of the three nutritional concepts that will be targeted. Be sure to come up with unique activities different from those described in your text. Use the “Heartland Community College Lesson Plan Guidelines” and “Heartland Community College Lesson Plan Grading Rubric” to clarify how you are expected to complete the form.

**Please submit the following:**
- Your Nutrition Education Plan and
- Three lesson plans