

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

My Plate - Part One

Learning Outcomes	<p>7. Explain ways to plan culturally responsive, nutritionally sound meals and identify strategies supportive of collaboration with families and health professionals in meeting children’s individual nutritional needs.</p> <p>8. Provide examples of effective health and immunization record-keeping systems.</p>
DEC Recommended Practices	<p>C6. Learning environments meet accepted standards of quality including curriculum, child-staff ratios, group size, and physical design of classroom.</p> <p>T17. Professionals have competencies to access technology for obtaining current research, reviewing effective practices, and networking with peers.</p>
NAEYC Standards	<p>1.b: Knowing and understanding the multiple influences on development and learning.</p> <p>5.a: Understanding content knowledge and resources in academic disciplines.</p>

This activity focuses on your diet and requires that you complete a **daily food plan** for three days and analyze your diet based on the current 2010 American Dietary Guidelines. These Guidelines are updated every five years and provide the basis for nutrition policies. These Guidelines should also guide our nutrition education practices.

Part One: (Module 6)

- Go to the “*Choose My Plate*” web site [<http://www.choosemyplate.gov/index.html>] and follow links to learn about this resource and also become familiar with the new guidelines.
- Go to “*SuperTracker: My Foods, My Fitness, My Health*” web site [<https://www.choosemyplate.gov/SuperTracker/default.aspx>]. SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up and get tips and support to help you make healthy choices.
 - **Under Get Started - Create Your Profile.** Enter information about yourself on the **Create Profile** page to get a personal calorie limit and food plan; register to save your data and access it any time.
 - **View My Plan** to see your daily food group targets—what and how much to eat within your calorie allowance.
 - Track your foods and activities for 3 days. Use **Food Tracker** and **Physical Activity Tracker** to search from a database of over 8,000 foods and nearly 800 physical activities to see how your daily choices stack up against your plan; save favorites and copy for easy entry.
 - Go to **My Reports** to measure progress; choose from the six reports, one that does an in depth analysis of food group and nutrient intakes over time.

- Study the report and analyze your diet. Write a summary of your findings and conclusions.

Submit to your instructor:

- Report analyzing your food group and nutrient intakes over time.
- A summary of your findings and the conclusions you have made about your diet.