

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

### My Plate - Part 2

<b>Learning Outcomes</b>	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.
<b>DEC Recommended Practices</b>	C6. Learning environments meet accepted standards of quality including curriculum, child-staff ratios, group size, and physical design of classroom.
<b>NAEYC Standards</b>	1.b: Knowing and understanding the multiple influences on development and learning. 5.a: Understanding content knowledge and resources in academic disciplines

During Part 1 of the My Plate activity you focused on your diet and were required to 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. Now that you have a more realistic view of your own nutritional habits from Part 1, you can hopefully find some suggestions to improve your diet and make some positive changes. Modeling good nutritional habits will help in promoting the accepted dietary standards.

#### My Plate - Part Two:

Return to the “Choose My Plate” web site [<http://www.choosemyplate.gov/index.html>] and:

- Select the link “10 Tips Nutrition Education Series” to learn healthy tips. The direct link is <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>
- Within this webpage there are numerous links providing nutrition tips. Follow the links and skim. Choose 7 that seem to apply to you and read each of the 10 tips and ideas they suggest to create a healthier you.
- Write your comments about each of the 7 nutrition tip links you selected, including how these may or may not apply to you. How can you incorporate these into your daily life for a healthier lifestyle? How will they help you model quality nutritional habits?

#### Submit to your instructor:

- Your comments about each of the 7 nutrition tip links you selected and how you can incorporate these into your daily life of living and modeling a healthier lifestyle.