

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

### Nutrition Education Plan

<b>Learning Outcomes</b>	6. Identify strategies supportive of making food preparation and mealtime a culturally responsive, developmentally appropriate learning experience for each child, including those of diverse abilities
<b>DEC Recommended Practices</b>	F9. Supports and resources provide families with information, competency, enhancing experiences and participatory opportunities to strengthen family functioning and promote parenting knowledge and skills.
<b>NAEYC Standards</b>	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.

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