

Healthy Habits Teach Your Community Lifelong Skills

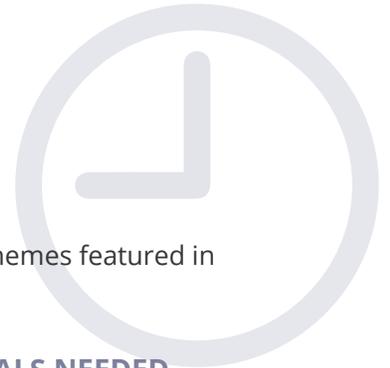
MODULE THREE

TRAINING OUTLINE

1 Hour Continuing Education Credit (CACFP Professionals Certification Specialty 1)

At the completion of training, participants will:

- 1) Identify and list activities that they do as providers to encourage healthy habits.
(family style meals, nutrition lessons, etc.)
- 2) Plan activities, nutrition lessons, and menus that will correlate with the monthly themes featured in the 2019 NCA Nutrition Calendar.



TIME	ACTIVITY	MATERIALS NEEDED
5 minutes	<p>Introduction</p> <p>Draw the diagram below for all participants to view.</p> <p>Ask participants what should go in the middle. (Teaching Healthy Habits)</p>	<ul style="list-style-type: none"> • Introduction Activity Diagram • Chart Paper • Markers
10 minutes	<p>As a table group or partners, ask the participants to brainstorm about what they know about each category. Debrief and discuss information about each.</p>	<ul style="list-style-type: none"> • Healthy Habits Information
40 minutes	<p>Healthy Habits Pyramid Activity</p>	<ul style="list-style-type: none"> • Healthy Habits Activity Instructions • Healthy Habits Handout
5 minutes	<p>Conclusion</p> <ol style="list-style-type: none"> 1. Discuss expectations of provider to incorporate Healthy Habits. 2. Answer any questions. 	

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ENCOURAGING NEW EXPERIENCES

We know how easy it is to stay in our comfort zone when it comes to daily routines. Think back to your childhood and your experiences trying new foods. New foods often mean new textures and colors, unknown flavors, and interesting combinations. We now know that forcing, bribing, rewarding, and punishing doesn't work, so what can we do as providers to encourage the children we care for to taste new things?

Many child care providers have found success involving children in mealtime. Not only does this allow children to take responsibility and be a part of something, they also learn that they can help prepare and enjoy meals at home. By participating, children are more open to tasting the food they are cooking, even if it is new to them. Involvement could vary in many different situations:

- You might have a garden that the children tend to and then help prepare the food.
- Children can participate in pre- and post- mealtime activities such as setting the table and clearing the table after eating.
- Age appropriate kitchen skills for:
 - 2 years: pour pre-measured dry ingredients, wash and tear salad greens, carry unbreakable items to the table.
 - 3 years: pour pre-measured liquids into a bowl, mix ingredients, spread soft spreads, knead dough, rinse produce, wrap potatoes in foil.
 - 4-5 years: scrub produce, form dough into round shapes, measure and pour ingredients, peel oranges and boiled eggs, beat eggs, mash potatoes or fruit.

It is also very important to talk about food. Explaining why we make certain choices educates children and helps them make healthy choices. Give the opportunity to ask questions and share ideas and children are more likely to retain the information. Encourage them to taste something new. Mix nutrition discussion in with all of your daily activities. During reading time, find books that promote healthy eating and the importance of good food choices.

Keep the conversation going by talking about why certain foods were selected for a meal.

By matching health benefits to individual foods, they'll be learning how to create a balanced meal.

Lunch Munch
Fruit Salad
We Like Fruit
Washing Up
At the Farmers Market
Apples for Everyone
Tales for Very Picky Eaters
I'm Growing
Germs Make Me Sick
Munch! Crunch!
Vegetable Garden
Now I Eat My ABC's
The Get Well Soon Book
How Does Your Salad Grow
The Edible Pyramid
The Ugly Vegetables
Let's Get a Check Up
Miss Fox's Class Shapes Up
Happy to Be Healthy
Gregory, the Terrible Eater
Eat Your Peas, Louise!
I Will Never Not Eat a Tomato
Dinosaurs Alive and Well
I am Superkid
Good Enough to Eat
Keep Running Gingerbread Man

Children's Favorite Healthy Habits Bookshelf

"These eggs will keep your bones strong and give you energy for our nature walk later. Try some blueberries. They're good for your brain and will help make you smart!"

"Since we're already having fruit and yogurt, let's drink water with our snack instead of juice or milk. Plus, water is good for our skin and teeth!"

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TRYING NEW FOODS

We need to be patient when introducing children to new foods and it is important to make the experiences fun. It's all about the delivery. Asking children for help swapping out simple ingredients or adding a twist on a classic recipe can make tasting new ingredients a more enjoyable experience for everyone. Our 2019 Nutrition Calendar offers many recipes that make a small change to an otherwise familiar recipe. For instance, try a different vegetable or fruit in the recipe. Try picking a fruit or vegetable that is in season. Then use it instead of another in one of your favorite recipes.

Using the Strawberry Surprise recipe in February is a fun addition to the themed unit for Mail Carrier community helper. We never know what fun surprise we'll receive through the mail! You can use familiar fruits or try some new fruits to add to your smoothie. Kids love to use their imaginations. Ask them for help in creating the perfect smoothie using fruits that are in season. Have them come up with a name for their smoothie and then send home the recipe so they can make it with their families.

**HELPFUL
TOOL**
on page 51

You might even try changing how they eat new things to create an exciting experience. For instance in Asian countries, food is often eaten with chopsticks and in Ethiopia, they serve most dishes on a type of flatbread. Make it a whole grain-rich flat bread and you have met a meal pattern requirement!

FRUITS AND VEGETABLES IN SEASON

January	Avocados, cabbage, kale, mushrooms, oranges
February	Oranges, tangelos, grapefruit, lemons, papayas, broccoli, cauliflower
March	Pineapples, mangoes, broccoli, lettuce
April	Pineapples, mangoes, zucchini, rhubarb, artichokes, asparagus, spring peas, broccoli, lettuce
May	Cherries, pineapples, apricots, okra, zucchini, rhubarb, artichokes, asparagus, spring peas, broccoli, lettuce
June	Watermelon, strawberries, cantaloupe, cherries, blueberries, peaches, apricots, corn, lettuce
July	Watermelon, strawberries, cantaloupe, blueberries, peaches, apricots, kiwi, raspberries, plums, cucumbers, tomatoes, summer squash, corn, green beans, lettuce
August	Watermelon, strawberries, cantaloupe, blueberries, peaches, apricots, kiwi, raspberries, plums, cucumbers, corn, eggplant, tomatoes, summer squash, green beans, lettuce
September	Grapes, pomegranate, persimmons, eggplants, pumpkins, tomatoes, spinach, lettuce
October	Cranberries, apples, pomegranates, grapes, sweet potatoes, pumpkins, winter squash, broccoli, spinach, lettuce
November	Cranberries, oranges, tangerines, pears, pomegranates, persimmons, pumpkins, winter squash, sweet potatoes, broccoli, mushrooms, spinach
December	Pears, oranges, tangelos, grapefruit, tangerines, papayas, pomegranates, sweet potatoes, mushrooms, broccoli, cauliflower
ALL YEAR	Bananas, potatoes, celery

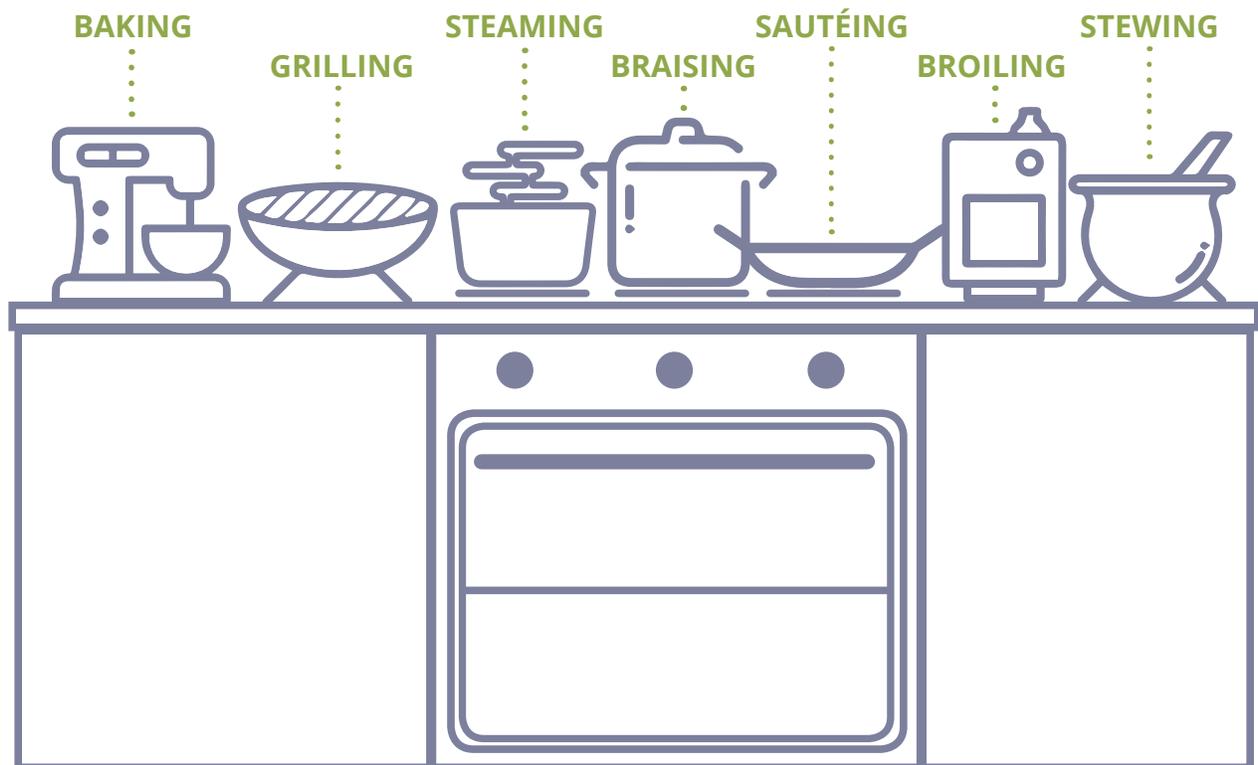
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HEALTHY COOKING METHODS AND MAKING A HEALTHY PLATE

In the New Meal Pattern, frying is no longer an option in preparing foods. This gives you an opportunity to experiment with new cooking methods that you may not be familiar with. Try chicken baked, roasted, stir-fried, or grilled. What do the children like the best? It might even be that they find a new favorite dish when prepared a different way.

COOKING METHODS



Remember while you're cooking to always keep a colorful plate in mind. Make sure the result features a dish from all the food group component: meat/meat alternate, fruit, vegetable, grain and milk.

Healthy plates need not include a sugar filled dessert at the end. As CACFP providers, we need to teach children that desserts and sweet treats should only be eaten in limited moderation on special occasions. Serve fruit instead of dessert and water instead of juice. Little bodies do not need to process the extra sugars.

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PHYSICAL ACTIVITIES

Physical activity is key in a healthy lifestyle. We must include physical activities in our day-to-day routines in addition to the healthy habits we are establishing of trying new, nutritious foods from all the food groups, prepared in a variety of ways.

The theme of the calendar is Community Helpers, Good People Everywhere. Children need to know that all of these jobs have some type of physical activity aspect to them and activities can be done to incorporate these jobs into play. Go through a boot camp like our police officers, deliver items all over your safe area like the mail carriers do, or keep your heart healthy with aerobic exercise so you can have a healthy check up when visiting the doctor. Anything can be made into a physical activity or have an activity associated with it. Imagine and exercise the mind!

While video games and electronics are escalating in popularity even for our youngest, as providers, we can teach the appreciation for creating with our imaginations and play some of the “classic” games. Ask children to create new toys and games using old toys and discarded objects. Who needs a bat and a ball when you have a wrapping paper roll and crumpled paper? Stuck indoors on a cold winter day? Use a ball of paper and kitchen bowl to score baskets! Try some of these classic games along with the physical activities provided to you in the calendar. How about a game of Red Rover, Duck, Duck, Goose or Mother May I? Simply keep the kids up and moving and teach them physical activity is a key to a healthy lifestyle.

IN YOUR CALENDAR

Remember to use your 2019 NCA Nutrition Calendar as a tool. Each month offers nutritious recipes, physical activities, and nutrition notes to help guide you in teaching healthy habits.

NOTES

CLASSIC CHILDREN'S PLAYGROUND GAMES

Hide-and-go-Seek
Four Square
Horse
Hot Potato
Hopscotch
Tag
Red Light, Green Light
Mother, May I?
Marbles
Kick the Can
Jacks
Parachute
Jump Rope
Double Dutch
Freeze Tag
Shadow Tag
Simon Says
Red Rover
Duck, Duck, Goose
Musical Chairs
Freeze Dance
Telephone
Chopsticks
Limbo
Follow the Leader
Hola-Hoop
Leap Frog
London Bridge
Bubbles
Bean Bag Toss
What Time is It, Mr. Wolf?



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PYRAMID ACTIVITY

OBJECTIVE Participants will build three physical activities, provide two new foods to introduce and one nutrition lesson around a given monthly calendar theme.

MATERIALS Pyramid Activity Handouts (pages 76-87)

INSTRUCTIONS

1) Divide participants into 12 groups preferably. Groups can complete more than one month if there are not enough groups. As participants come in the room, assign them a holiday. There should be one holiday for each month. Suggestions:

January	New Year's Day / Martin Luther King Jr. Day
February	Valentine's Day / Presidents Day / Groundhog Day
March	St. Patrick's Day / CACFP Week
April	Earth Day / Patriots Day
May	Mother's Day / Memorial Day / Cinco de Mayo
June	Father's Day / Flag Day / Provider Day
July	Independence Day / Parents Day
August	Friendship Day
September	Labor Day / Grandparents Day
October	Halloween / Columbus Day / Native American Day
November	Thanksgiving / Election Day
December	Christmas / Hanukkah / Kwanzaa

- 2) Each group will have an assigned month. Give the group the handout for their given month.
- 3) Each group will work together to fill in the blocks, building a pyramid.
- 4) After every group has had a chance to finish, they can present their month and ideas to the rest of the group.
- 5) Make copies of all of the completed handouts so everyone will leave with ideas for each month, not just the month they completed.

NOTES _____

QUIZ

Healthy Habits Teach Your Community Lifelong Skills

1. Within the calendar, which recipes call for children involvement?

2. What is the physical activity suggested in July? _____

3. In what month does the nutrition note mention composting? _____

4. Look at May 2019. Why should we do aerobic exercise? _____

5. What physical activity do we play when learning about a dentist? _____

6. What produce is in season in September?

7. What is one food that is always in season?

- a. Apples
- b. Bananas
- c. Cabbage
- d. Eggplant

8. What are three different ways to cook something other than frying?

9. See the month of October in the calendar, why is iron important for our bodies?

10. Of all the recipes shared in the calendar, which one(s) do you think will be most popular with your group and why?

CERTIFICATE OF COMPLETION

2019 COMMUNITY HELPERS: GOOD PEOPLE EVERYWHERE TRAINING



This certifies that

Provider Name

Has studied the following training module of the NCA 2019 Nutrition Calendar
and has completed the training quiz for

Healthy Habits Teach Your Community Lifelong Skills

Total Training Time _____

(Quiz must be completed for certificate to be valid.)

Executive Director

Sponsoring Agency

Date of Completion

Workshop Location

CACFP is an indicator of quality child care.



Helpful Tools

Use these recipe cards to write down and share all the great recipe ideas that meet the New Meal Patterns and are CACFP Creditable.



recipe

ingredients

directions



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recipe

ingredients

directions



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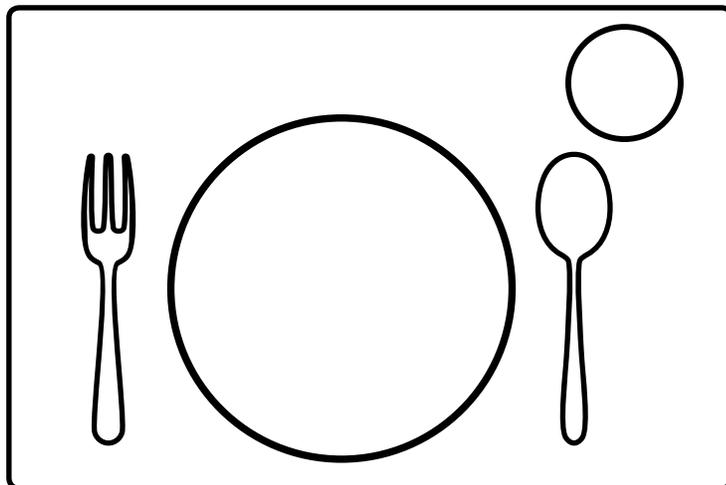
Placemat Art

Let children use their imagination to design their own personalized placemat that they can use during meal times.

Gather the following items:

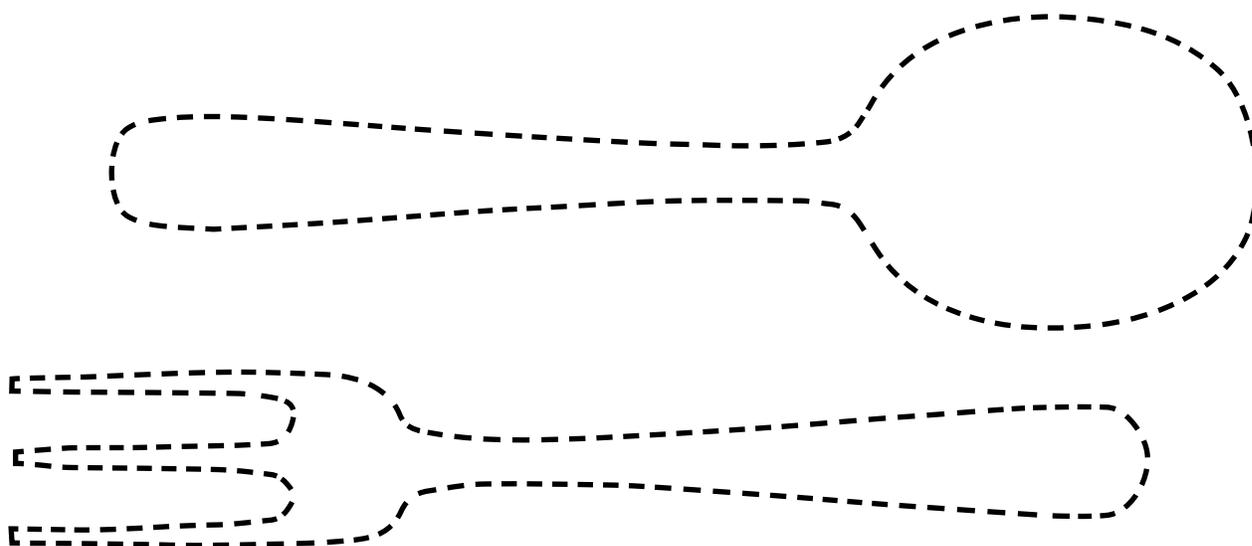
- 12" x 18" Foam Sheets
(These hold up amazing if you use them throughout the month!)
- Sharpie Brush markers. (Keep an eye on each child when using sharpies, let them know they have to be very careful.)
- Place setting stencils
(below and following page)

Cut out each stencil. Using the stencils, have each child trace where their plate should go, fork, spoon, and drink cup. Then let them color away. Make sure they put their names on it so it's their own personal placemat for every meal.



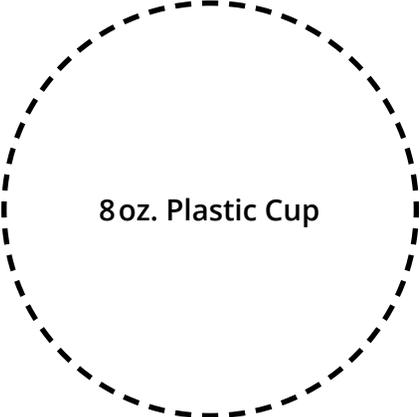
More Placemat Fun!

- You can make placemats for each meal, discussing the importance of what they should be eating during that meal. They can draw what their favorite food items are.
- Make a placemat for special holidays, like Thanksgiving, or other occasions.

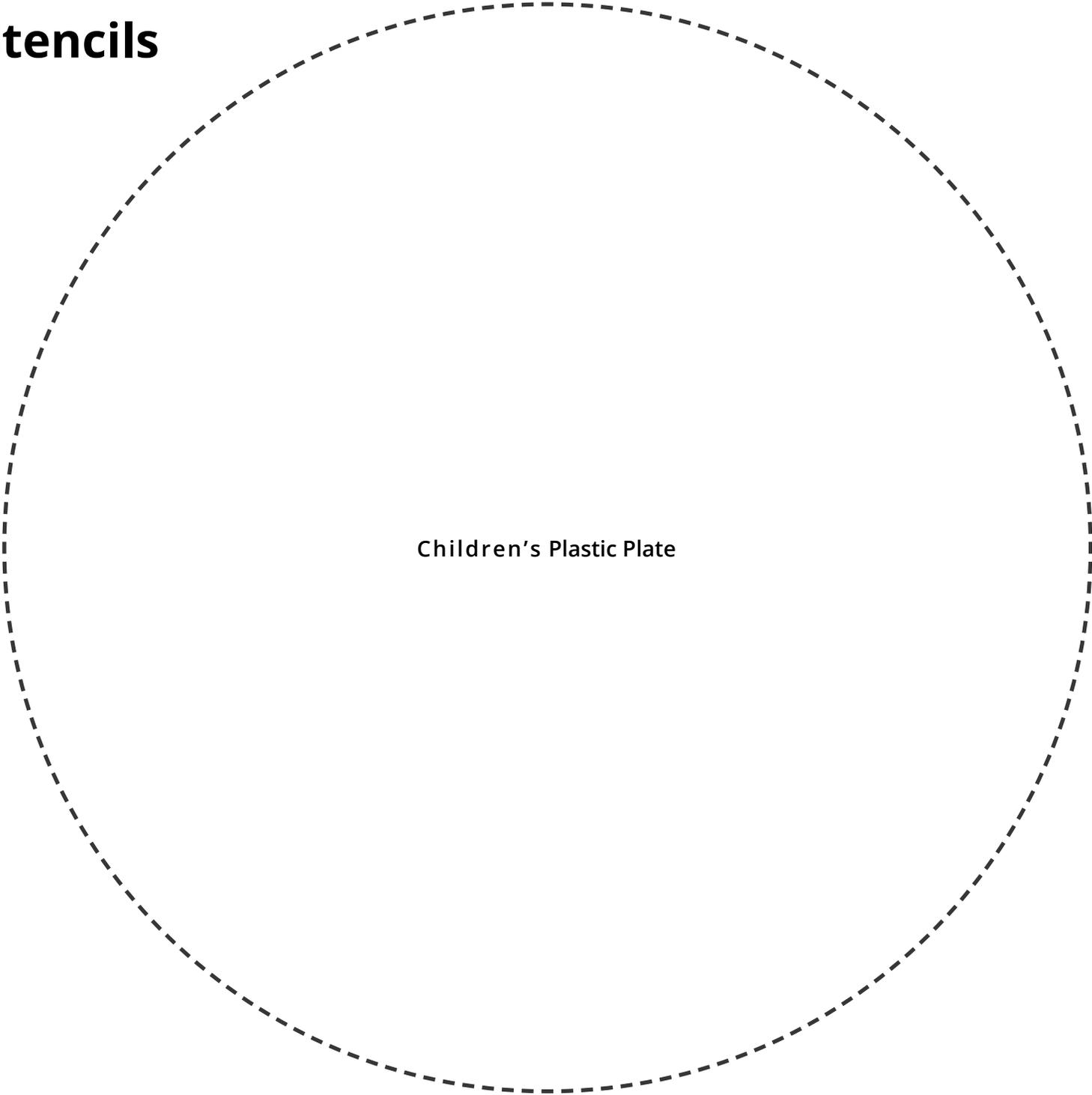


Place Setting Stencils

Cut out each stencil.



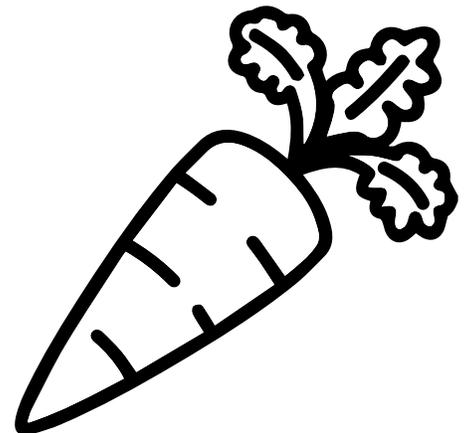
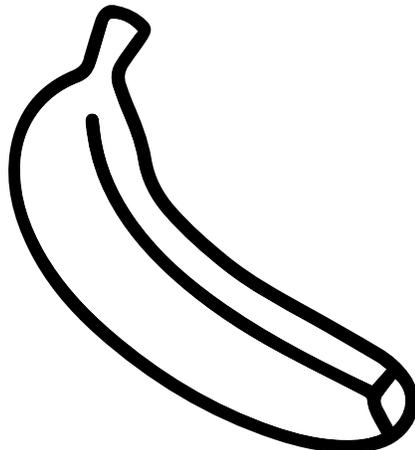
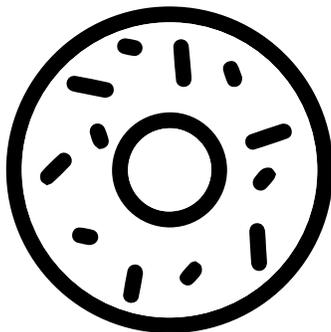
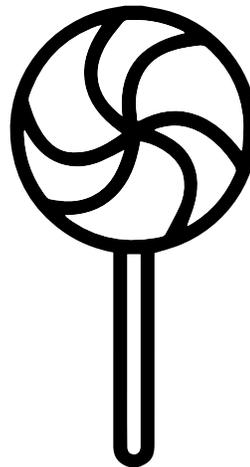
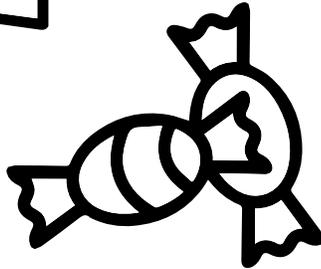
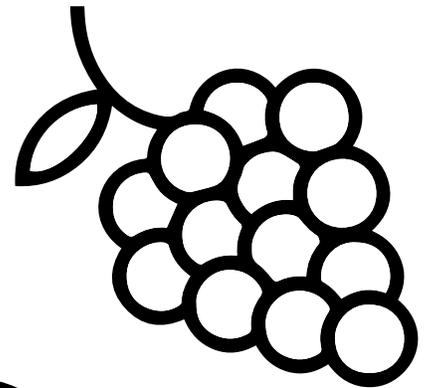
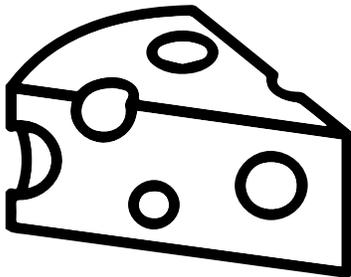
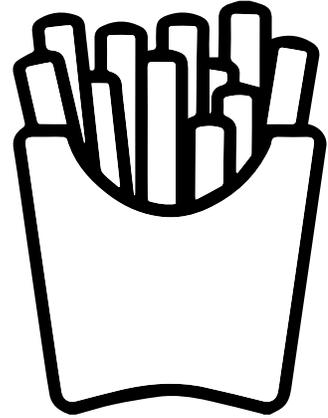
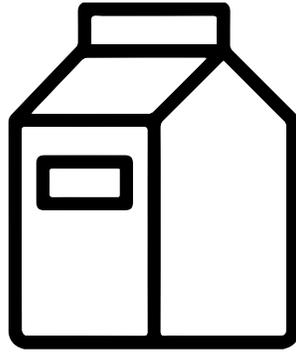
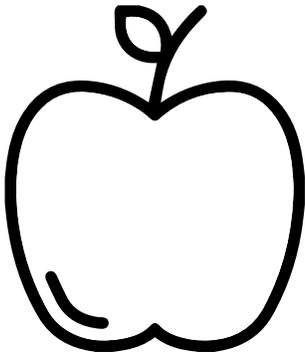
8oz. Plastic Cup



Children's Plastic Plate

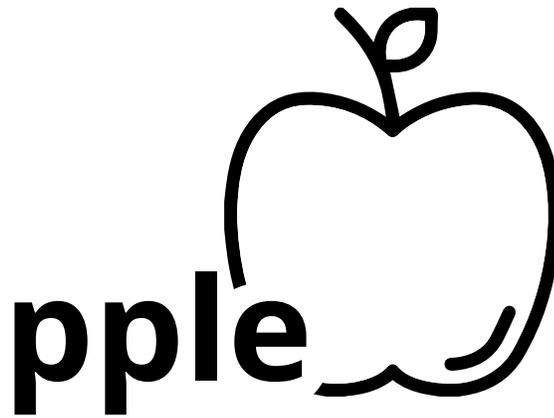
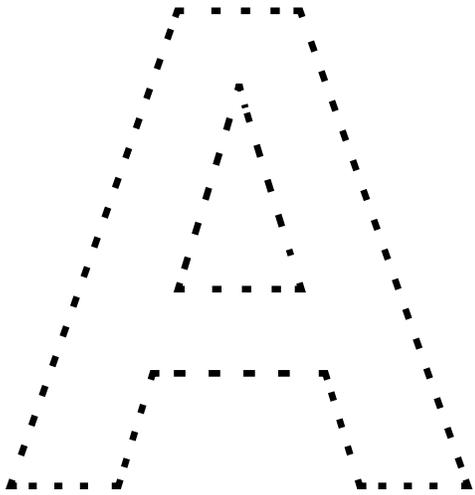
It's Snack Time!

Color only the healthy snack choices. Circle your two favorites.

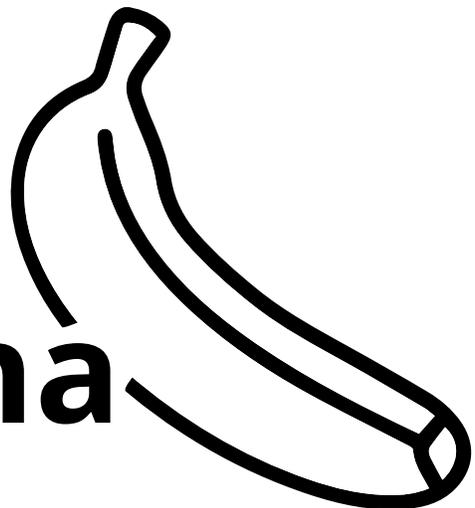
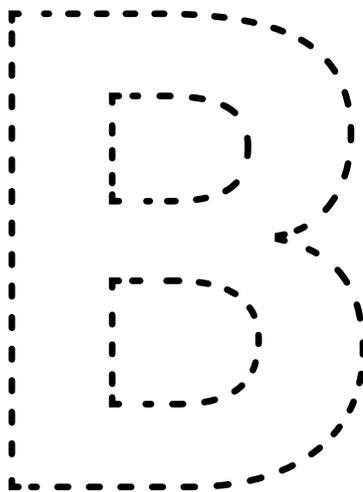


A is for Apple

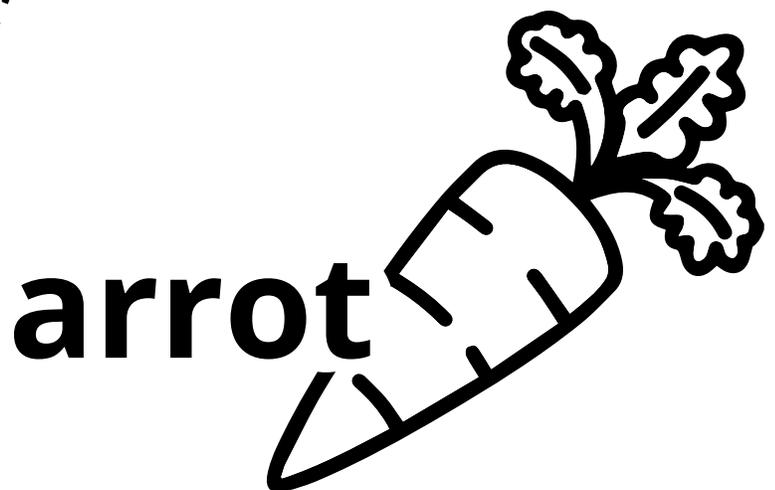
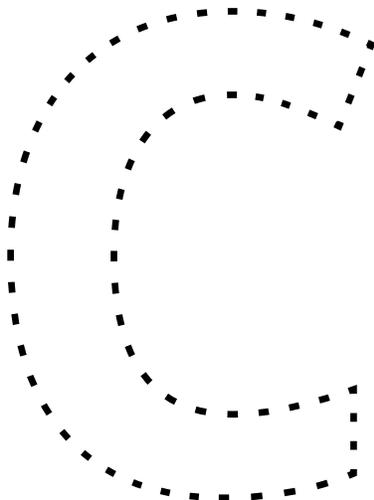
Connect the dots to learn the first letter of our favorite snacks.



pple



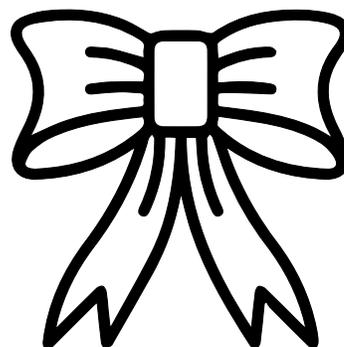
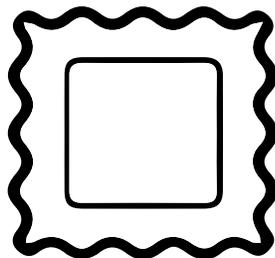
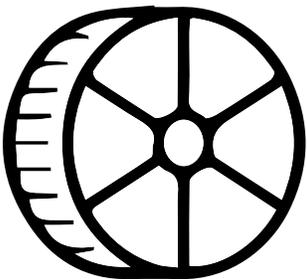
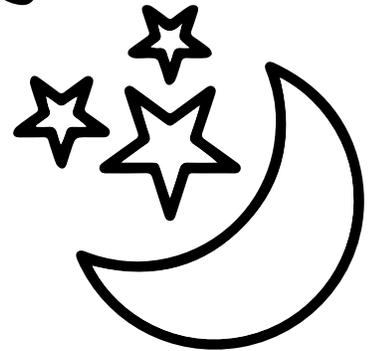
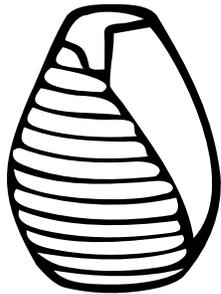
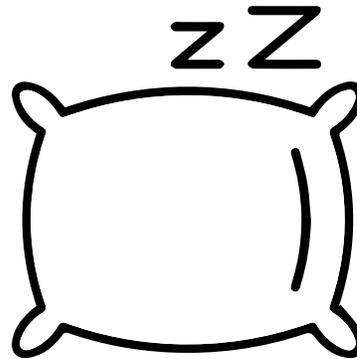
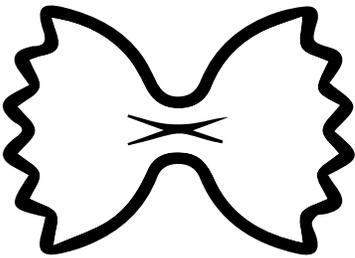
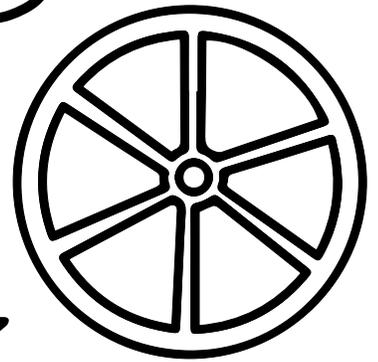
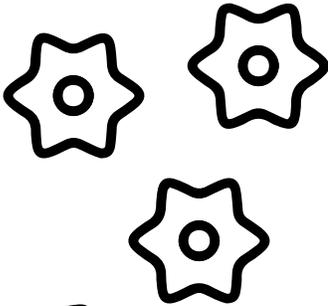
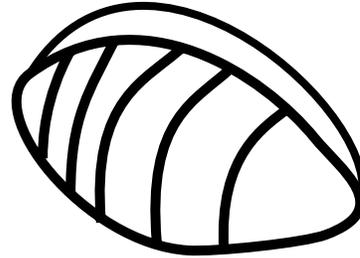
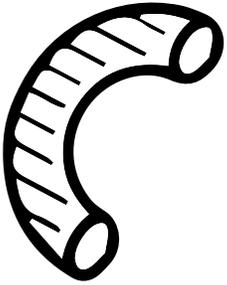
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arrot

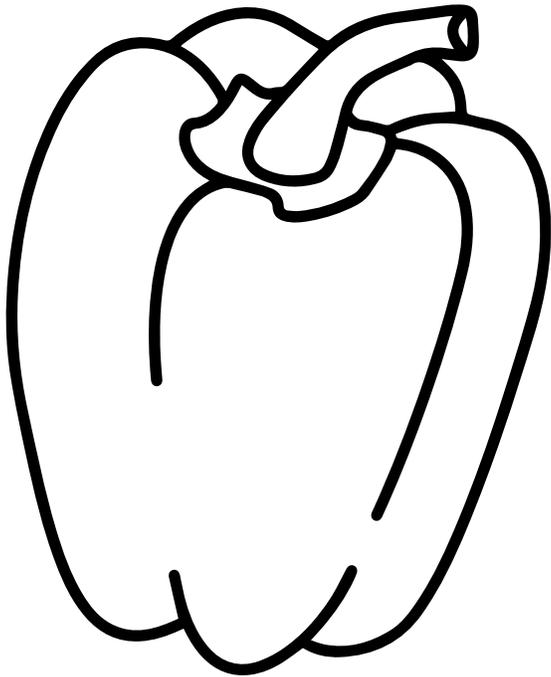
Pasta Shapes

Draw a line from each piece of pasta to the shape it most looks like.

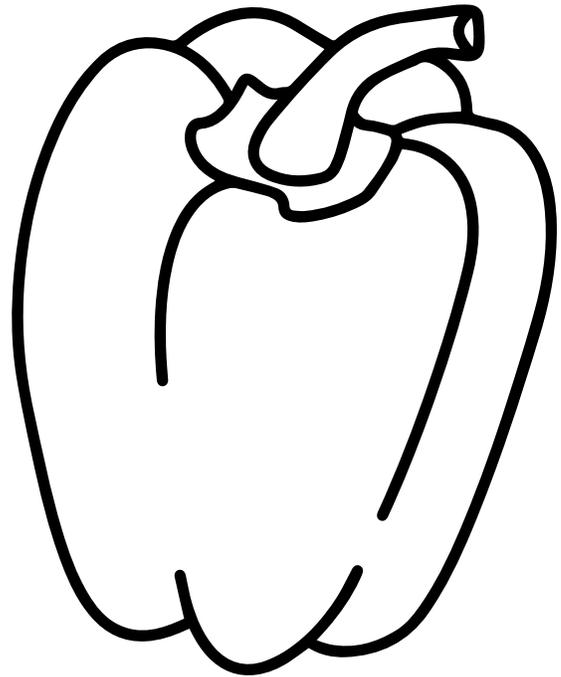


What Colors are Bell Peppers?

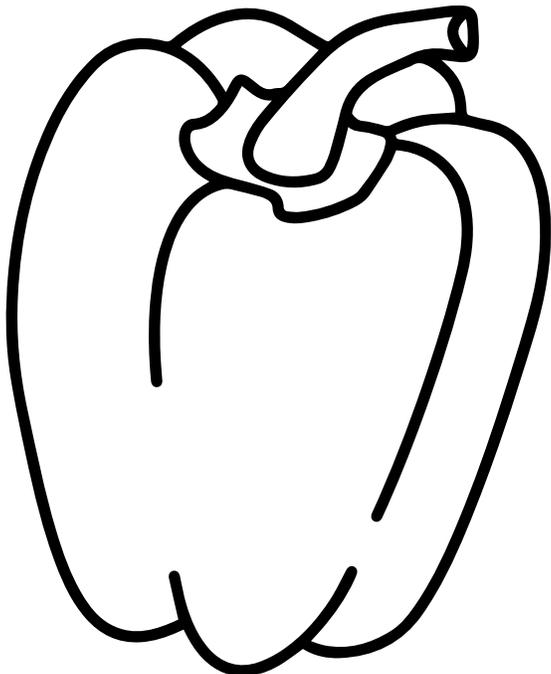
Color each bell pepper with the color labeled below.



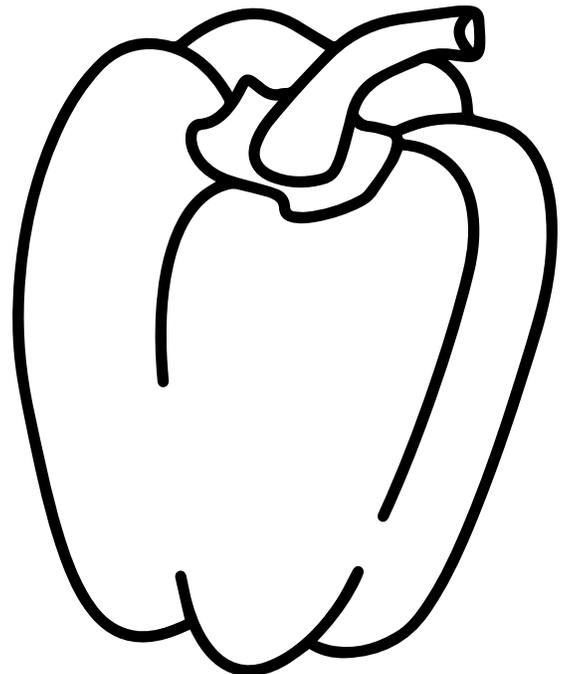
GREEN



RED



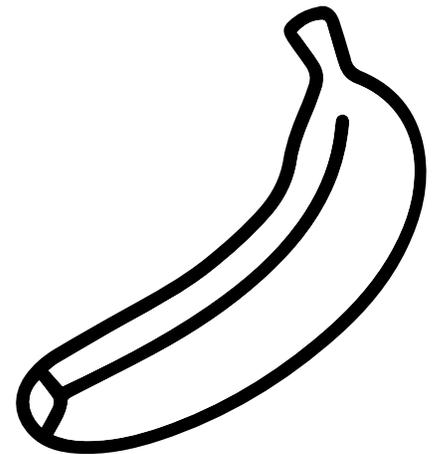
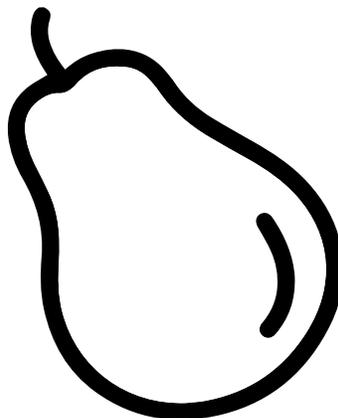
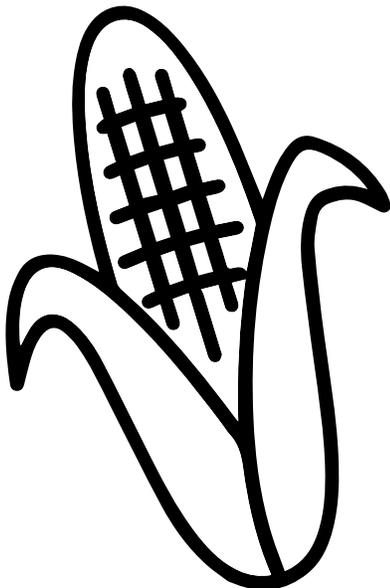
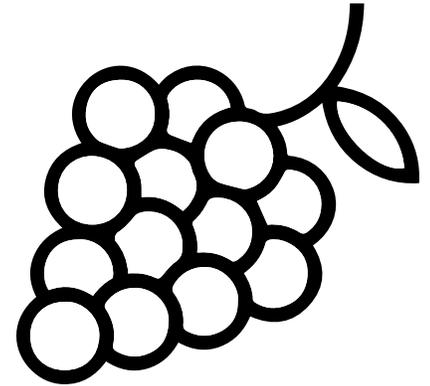
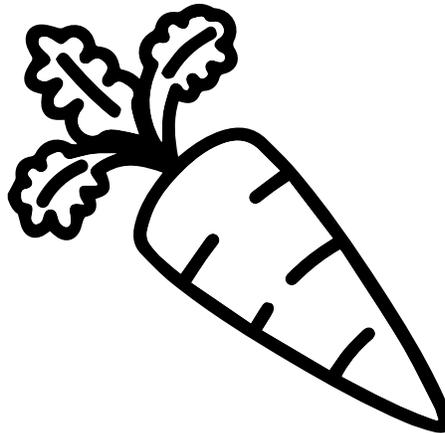
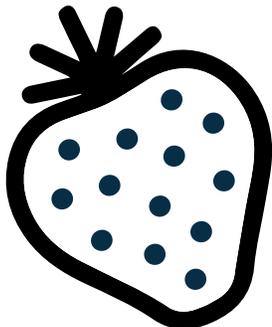
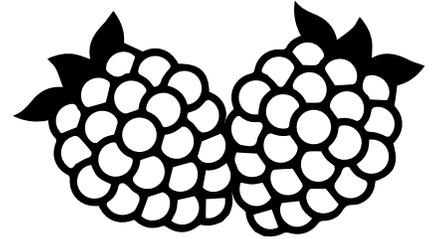
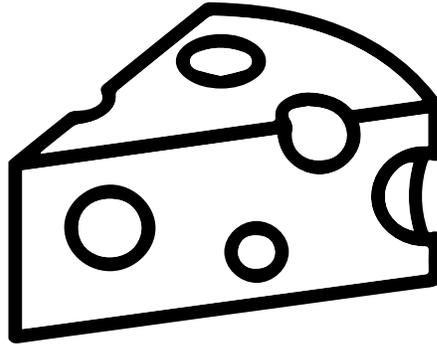
ORANGE



YELLOW

Rainbow Plate

Color each of the food items, then cut out all the pieces. Take a paper plate and paste different food items to your plate to create a rainbow of healthy foods.

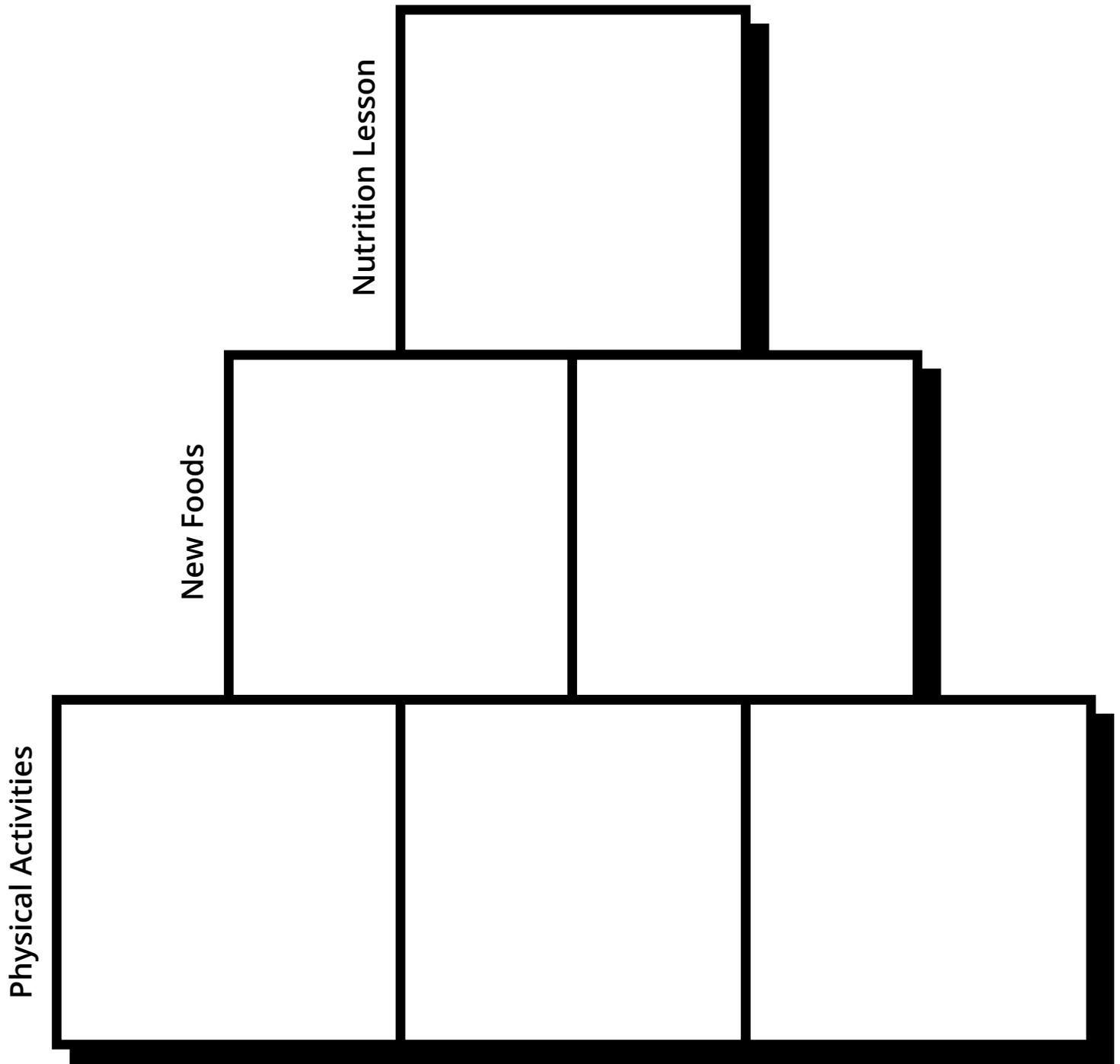


CACFP is an indicator of quality child care.

Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

January Holiday _____



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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

February Holiday _____

The pyramid structure is as follows:

- Level 1 (Top):** A single square labeled "Nutrition Lesson".
- Level 2 (Middle):** Two squares labeled "New Foods".
- Level 3 (Bottom):** Three squares labeled "Physical Activities".



CACFP is an indicator of quality child care.

Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

March Holiday _____

CACFP is an indicator of quality child care.

Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

April Holiday _____

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

May Holiday _____

The pyramid structure is as follows:

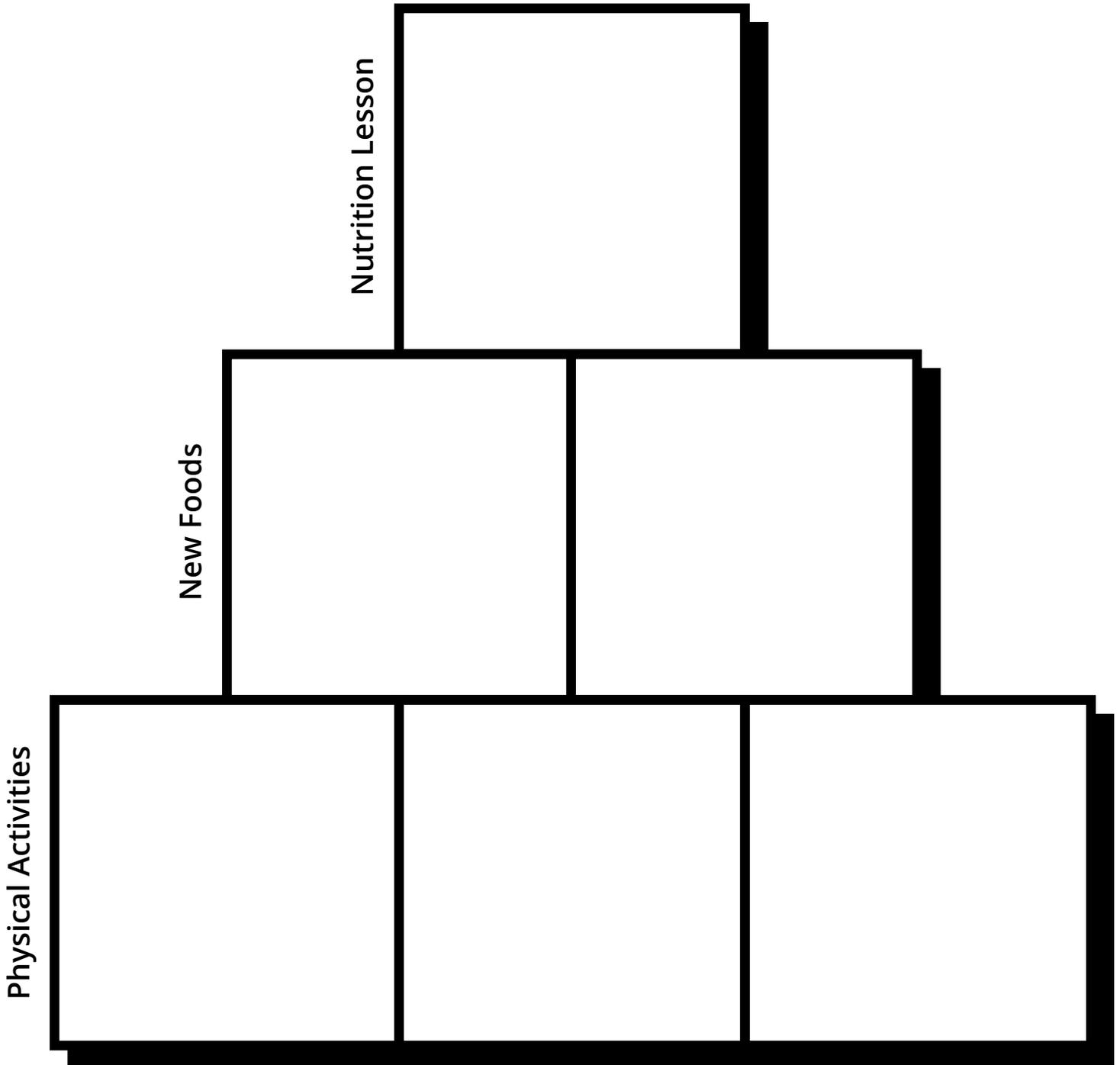
- Top Level:** A single square labeled "Nutrition Lesson".
- Middle Level:** Two squares labeled "New Foods".
- Bottom Level:** Three squares labeled "Physical Activities".

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

June Holiday _____



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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

July Holiday _____

The pyramid structure is as follows:

- Level 1 (Top):** A single square labeled "Nutrition Lesson".
- Level 2 (Middle):** Two squares labeled "New Foods".
- Level 3 (Bottom):** Three squares labeled "Physical Activities".

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

August Holiday _____

The pyramid structure is as follows:

- Top Level:** A single square labeled "Nutrition Lesson".
- Middle Level:** Two squares labeled "New Foods".
- Bottom Level:** Three squares labeled "Physical Activities".



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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

September Holiday _____

The pyramid structure is as follows:

- Top Level:** A single square labeled "Nutrition Lesson".
- Middle Level:** Two squares labeled "New Foods".
- Bottom Level:** Three squares labeled "Physical Activities".

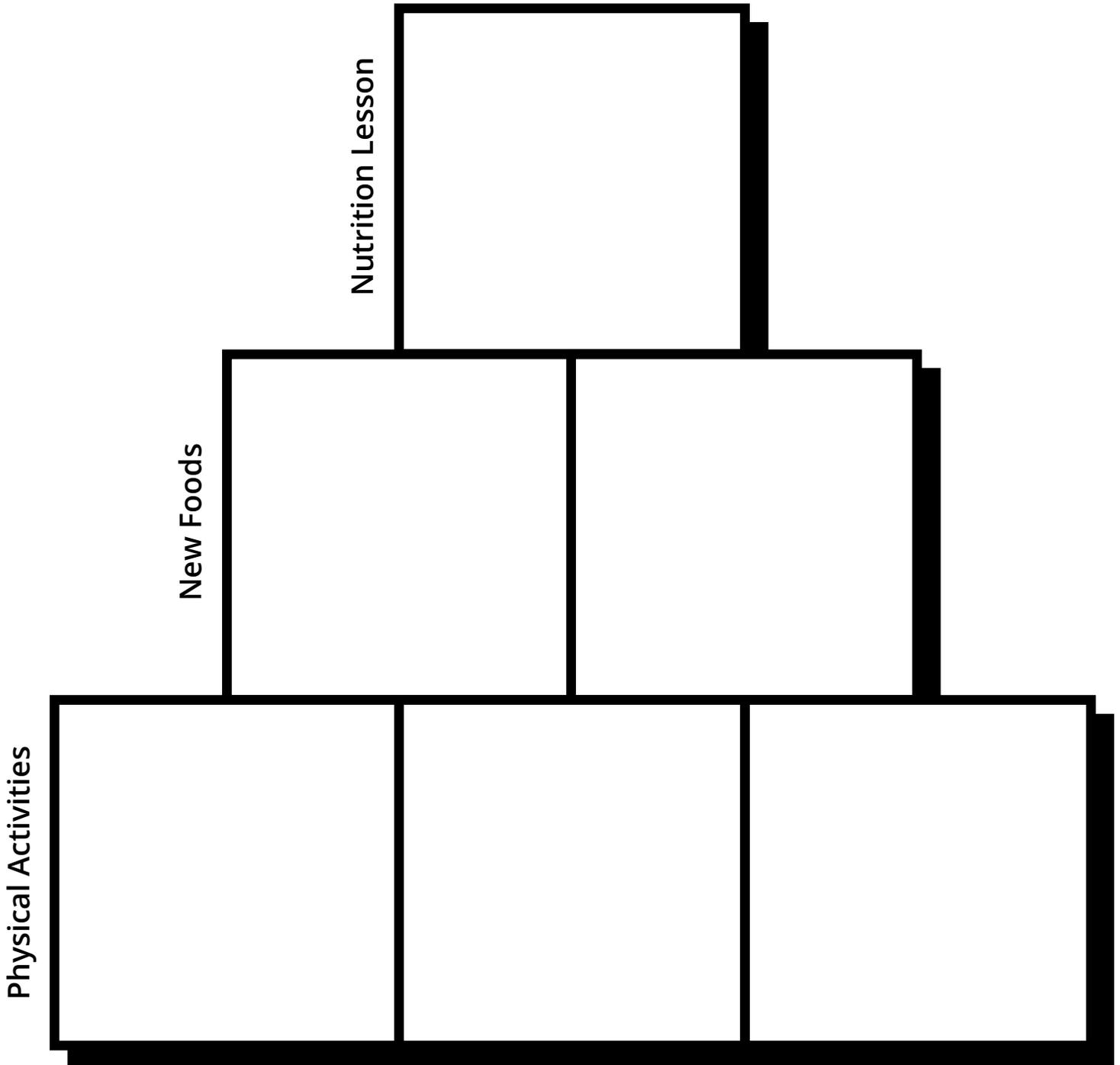


CACFP is an indicator of quality child care.

Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

October Holiday _____



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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

November Holiday _____

The pyramid structure is as follows:

- Top Level:** A single large rectangular box labeled "Nutrition Lesson".
- Middle Level:** Two rectangular boxes side-by-side, each labeled "New Foods".
- Bottom Level:** Three rectangular boxes side-by-side, each labeled "Physical Activities".



CACFP is an indicator of quality child care.

Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

December Holiday _____

The diagram is a pyramid-shaped grid with three levels. The top level is a single box labeled "Nutrition Lesson". The middle level consists of two boxes labeled "New Foods". The bottom level consists of three boxes labeled "Physical Activities".



CACFP is an indicator of quality child care.

Healthy Habits Activity Challenge

Complete each activity, each month, log the date completed, and rate the activity. Five stars means GREAT!

Don't forget to post pictures @NationalCACFP and share with fellow providers how you accomplished these activities, what you learned, and what you added to enhance the suggestions.

Once completed, send to National CACFP Sponsors Association at PO Box 1748, Round Rock, TX 78680, in order for us to recognize your accomplishment and improve future calendars.

MONTH	ACTIVITY/RECIPE	DATE COMPLETED	PROVIDERS INITIALS	STAR RATING
JANUARY	Portable Picnic			☆☆☆☆☆
	Finger Print Art			☆☆☆☆☆
	Boot Camp			☆☆☆☆☆
FEBRUARY	Strawberry Surprise			☆☆☆☆☆
	Post Office			☆☆☆☆☆
	Deliver the Letter			☆☆☆☆☆
MARCH	Avocado Toast			☆☆☆☆☆
	CACFP Week			☆☆☆☆☆
	Yes, Ma'am, No, Sir			☆☆☆☆☆
APRIL	Cookbook Favorite			☆☆☆☆☆
	Bookmarks			☆☆☆☆☆
	Look it Up			☆☆☆☆☆
MAY	Fish Food			☆☆☆☆☆
	Band Aid			☆☆☆☆☆
	Heart Healthy			☆☆☆☆☆
JUNE	Leftover Stir Fry			☆☆☆☆☆
	Bird Feeders			☆☆☆☆☆
	Clean Up Time			☆☆☆☆☆
JULY	Patriotic Fruit Fun			☆☆☆☆☆
	Flag Mosaic			☆☆☆☆☆
	Tug of War			☆☆☆☆☆
AUGUST	Nuts & Bolts Mix			☆☆☆☆☆
	Tool Chest			☆☆☆☆☆
	Construction Zone			☆☆☆☆☆
SEPTEMBER	Apple Bites			☆☆☆☆☆
	T is for Teacher			☆☆☆☆☆
	Recess			☆☆☆☆☆
OCTOBER	Fireman's Stew			☆☆☆☆☆
	Dalmatian			☆☆☆☆☆
	Smoke Screen			☆☆☆☆☆
NOVEMBER	Potato Pancakes			☆☆☆☆☆
	Road Signs			☆☆☆☆☆
	Red Light, Green Light			☆☆☆☆☆
DECEMBER	Kiwi Tree			☆☆☆☆☆
	Say Cheese			☆☆☆☆☆
	Dentist Exam			☆☆☆☆☆

QUIZ

Healthy Habits Teach Your Community Lifelong Skills

1. Within the calendar, which recipes call for children involvement?

January, March, April, July, August, December

2. What is the physical activity suggested in July? *Tug of War*

3. In what month does the nutrition note mention composting? *June*

4. Look at May 2019. Why should we do aerobic exercise? *To keep the heart healthy*

5. What physical activity do we play when learning about a dentist? *The Dentist Exam*

6. What produce is in season in September?

Grapes, pomegranate, persimmons, eggplants, pumpkins, tomatoes, spinach, lettuce

7. What is one food that is always in season?

a. Apples

b. Bananas

c. Cabbage

d. Eggplant

8. What are three different ways to cook something other than frying?

Any of the following: baking, grilling, steaming, braising, sautéing, broiling, stewing

9. See the month of October in the calendar, why is iron important for our bodies?

Iron helps red blood cells carry oxygen from your lungs to the rest of your body.

10. Of all the recipes shared in the calendar, which one(s) do you think will be most popular with your group and why?

Answers will vary
