



Yours for Children, inc.



Planting Nutrition FY'2024

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Yours for Children, inc.

During the first week of next month, YFCI will email you confirmation of having completed this training.

Keep that email for your records!

Please print out that email and keep it in your
Yours for Children, Inc. Provider Handbook.

A copy of this training's text will be included in that email for future reference

The text "Let's Start" is written in a large, white, sans-serif font. The letters are set against a background of several overlapping, colorful, rounded shapes in shades of yellow, red, blue, and green. The text has a slight drop shadow, giving it a 3D appearance.

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www.yoursforchildren.com>providers>forms.

Good nutrition today means a stronger tomorrow!

Building for the Future

with
CACFP

This day care
receives support
from the Child and
Adult Care Food
Program to serve
healthy meals to your children.



**Meals served here must meet USDA’s
nutrition standards.**

**Questions? Concerns? Call USDA toll free:
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Learn more about CACFP at USDA’s website:

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United States Department of Agriculture
Food and Nutrition Service FNS-317
October 2019

Gardens in Early Education Programs

As an early education professional, you have the opportunity to help children understand where their food comes from. Doing so has been shown to influence the eating habits of young children while their preferences are still forming and to create healthy lifestyles.

Yours for Children, Inc. is pleased to present this nutrition training to our providers. Our goal is to give you strategies to incorporate gardens and agriculture education into your early education program.

In addition, starting with June Home reviews, your Monitor will be giving you a “Basil Seed Pot” along with a “Farm to Table” activity handout to enjoy with your day care children.

The following slides are made from training provided by the John Stalker Institute, “Growing Healthy Habits”. Additional resources can be found at their website, <https://johnstalkerinstitute.org/>



The John C. Stalker Institute
of Food and Nutrition

AT FRAMINGHAM STATE UNIVERSITY

Gardens in Early Education Programs

Gardening is a fun, interactive experience that everyone can enjoy. For children, participation in gardening can encourage consumption of fruits and vegetables, and improve teamwork skills and understanding.

You might decide to start a garden with the children in your care. However, even if you don't have the ability to start your own garden, just talking about gardens and different plants can have a positive influence on young children.



Tips for Planting Seeds with Children

THREE STEPS TO PLANTING A SEED IN A SMALL CONTAINER

1) Gather your ingredients

- Seed starting mix
- Spray bottle and water
- Growing container
- Seeds
- Tray for container
- Plastic wrap or plastic covering

2) **Plant and nurture.** Read seed packet directions and label containers

3) **Watch the magic happen.** Place your containers in a warm place, keep them moist and be patient. Within a week or two your seedlings should start sprouting.



Tips for Planting Seeds with Children

P.L.A.N.T. week

Day 1: P - Parts of the plant –

Leaves, stem, root

Day 2: L - Look-a-likes –

Each seed is unique and will always grow into the same type of plant

Day 3: A - Ask what they know –

Ask questions about children’s experience growing plants

Day 4: N - Nutrients are important -

Plants need just the right amount of light and water to survive

Day 5: T - Take note of changes –

Look for how plants change from day to day and take pictures to document the progress



Tips for Planting Seeds with Children

Tips for Moving Your Sprouts to a Pot or Garden

- “Harden off” your plants
- Choose a cloudy or drizzly day for transplanting
- Water the plants before transplanting and transfer as much soil as possible
- Dig transplant holes that are larger than your current plant and root system, then mix in compost and soil around them.
- Water sprout well after planting and continue to check on them



KIDS' CORNER ACTIVITY

There are a lot of steps involved in planting and teaching about seeds, but there is also a lot of learning and fun to be had.

A great way to start off your planting adventure is to bring in fruits and vegetables that contain visible seeds.

These might include apples, peppers, tomatoes, strawberries, avocados or sugar snap peas.

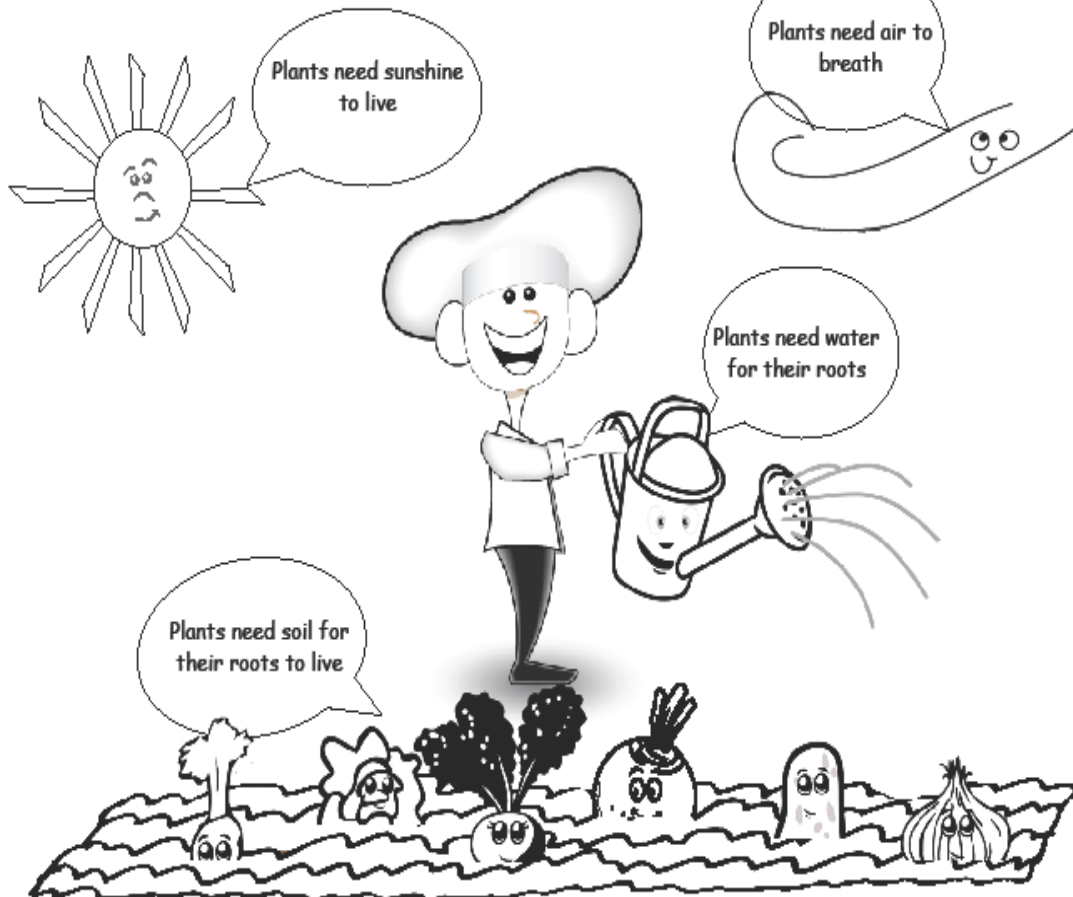
Explain to the children that fruits and vegetables come from seeds. Show the children the seeds in each of the foods you brought and talk about the similarities and differences between them.



What do plants need to Grow?- Coloring Sheet



Plants need these four elements to be a healthy plant.



Visit us for more [free kids holiday printables](http://www.nourishinteractive.com) and [healthy classroom worksheets](http://www.nourishinteractive.com) www.ChefSolus.com free nutrition games, [interactive puzzles](http://www.nourishinteractive.com) and [healthy food printables!](http://www.nourishinteractive.com)
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<http://www.nourishinteractive.com/nutrition-education-printables>

USING GARDENS TO GROW MINDS

There are lots of ways to talk about food. Below are some ideas. Additional activities can be found at <https://johnstalkerinstitute.org/nutrition-bites/>

- Read gardening books
- Act out how plants grow (have children start out as a small seed and then grow big and tall)
- Play “What am I?” and have children decide whether the plant is a fruit or vegetable (*See next slide.*)
- Find out why certain food are good for us and then choose a nickname for that food that correlates with its benefits. For example, you could say “super vision carrots” since the vitamin A in carrots is food for healthy eyes.
- Have a taste test





What's the Difference Between Fruits and Vegetables?

Most people know that fruits and vegetables are good for you, but in terms of structure, taste, and nutrition, there are many distinctions between them. Fruits and vegetables are classified from both a botanical and culinary standpoint.

Botanically, fruits and vegetables are classified depending on which part of the plant they come from.

- A fruit develops from the flower of a plant, while the other parts of the plant are categorized as vegetables.
- Fruits contain seeds, while vegetables can consist of roots, stems and leaves.

From a **culinary** perspective, fruits and vegetables are classified based on taste. Fruits generally have a sweet or tart flavor and can be used in desserts, snacks or juices.

Vegetables have a more mild or savory taste and are usually eaten as part of a side dish or main course.

<https://www.healthline.com/>

Using Gardens to Grow Minds

It's easy to incorporate nutrition and agriculture education into your lesson plans. Here are some ideas.

Additional activities can be found at <https://johnstalkerinstitute.org/nutrition-bites/>

READING

- **Foods from around the world:**

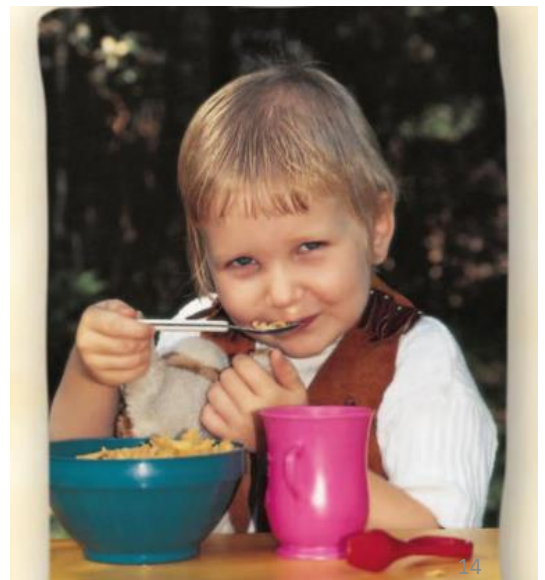
Children have certain foods that they like to eat and are familiar with.

But do they know about foods that children their same age enjoy in other part of the world or even the different types of food children in your program eat?

Show children a map of the world and explain that in different parts of the world children and families eat a variety of different foods, including some they might have never even heard of.

Explain how wonderful it is to live in a world with so much variety and diversity.

Consider reading the book *Eating* by Gwenyth Swain. This book describes food people eat in different parts of the world. After reading the book ask the children which food from another part of the world they would most like to try.



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READING

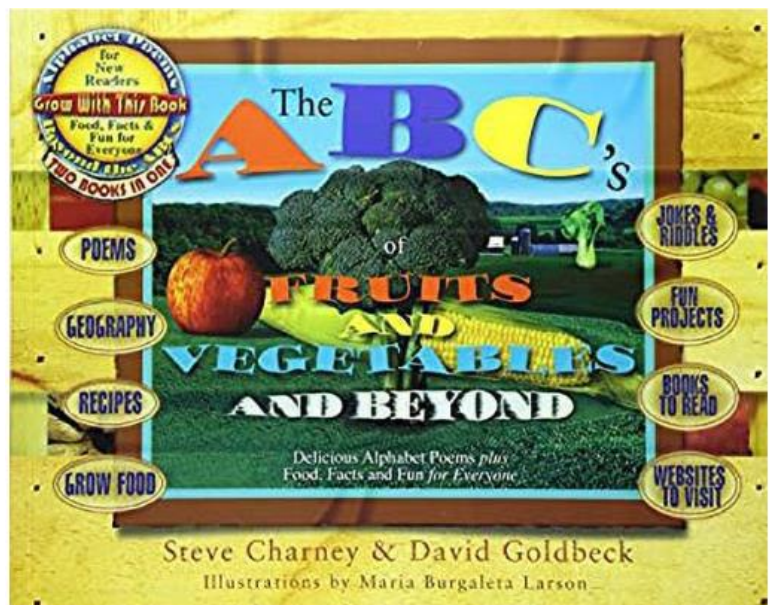
- **The ABCs of gardening:**

There are many books that offer opportunities to teach children about a variety of different fruits and vegetables. You can use these books to teach children the alphabet as well.

For example, *The ABC's of Fruits and Vegetables and Beyond* by Steve Charney and David Goldbeck is one book you could use for this activity.

Using this book, help children identify which letter of the alphabet each fruit or vegetable starts with it.

Every time you come across a new food in your book write it on a list under the correct sound/letter. You could even create your own ABC plant book with each child picking a different letter and drawing pictures of plants that start with that letter on their page.



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Science

- **Plants grow big and so can I:**

Every child wants to grow healthy and strong.

Show them picture of plants growing at different stages – from a tiny seedling to a robust plant with vegetable attached.

Explain that plants need water and sun to help them grow.

Ask them what types of food help their own bodies grow.

Help them make the connection that when they eat fruits and vegetable from the garden they hep out bodies grow health and strong.



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ART

- **The Garden of Your Dreams:**

Let children dream up a garden that they would like to create.

Have them draw or paint pictures of fruits, vegetables, flowers, herbs, etc. they would include in their garden.

You may want to show them some pictures of different gardens to give them an example.

Encourage children to give their garden a name and let them be as creative and imaginative as they want.

Consider drawing the picture on a large sheet of paper and laminating so they can be used as placemats in the future.



Using Gardens to Grow Minds

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MATH

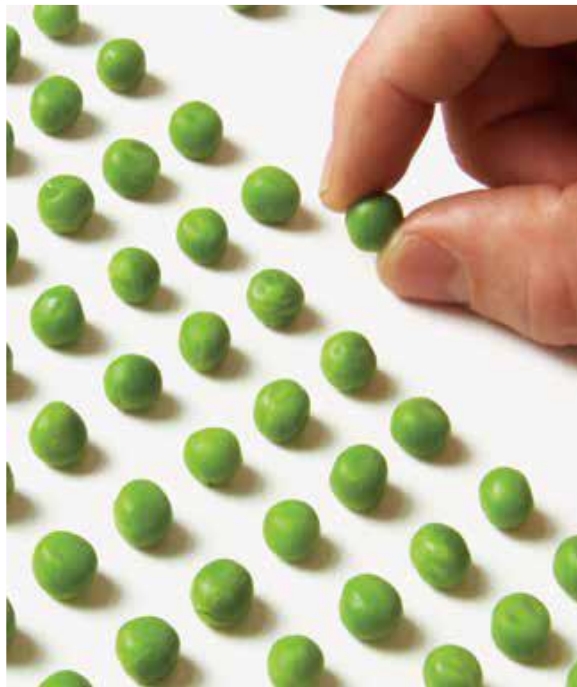
- **Count Them Up:**

Count everything and anything.

When eating oranges, you can count how many whole oranges you have and then even count how many slices are within each orange.

If you are growing your own seeds, count the number of days it took to see your first seed sprout.

There are lots of things to count with food.



Meal Service in CACFP

Here are some reminders from the Department of Early and Secondary Education to ensure that your meal services are meeting CACFP portion requirements so the meal will be eligible for reimbursement.

- Meal service identifies *how* meals are served
- There are 2 meal service styles in the CACFP for Family Day Care
 - Pre-plated/unitized
 - Family style
- Each meal/snack can have its own meal service style

For example, you can pre-plate lunch and serve snacks family style. You can change between service styles to accommodate the needs of your child care.



Pre-plated/unitized meals

- Meals are portioned and plated in the kitchen
- Full plates are served to the child with minimum serving size of all required components provided
 - Milk served along with meal
- By serving the plate (with milk, as needed) a child is receiving a reimbursable meal





Implementing unitized meals

- You must have a method to know that minimum amounts are being served
 - Using pre-portioned scoops or spoons
- If milk is served, you and your assistants should know how much to fill the cup
 - Mark cup
 - Consider your cup size—do you need a bigger cup to meet minimum serving size?



Family Style

- Children serve themselves from communal bowls or platters of food
- This teaches independence, social skills, developmental skills, and encourages discussion during the mealtime



Introducing family style service

- Does not have to be all or nothing
 - Start with family style at 1 meal, or do 1 component during a meal service
- Be prepared
 - Have the right equipment
 - Extra portions, extra utensils
- Get comfortable with a little mess
 - New skills take time, have extra cleaning supplies at the ready
- Model the behavior
 - Sit at the table, model the behavior, and help to pass items



Family style and claimable meals

- A child does not need to serve themselves the minimum serving size for a meal to be claimable
 - You should prepare enough to allow for everyone to get at least the minimum amount of each component
- A child may refuse up to one (1) component and still have the meal be claimable
 - Cannot refuse a component served by you or an assistant
- Children can serve themselves more of any/all food items, but a second meal cannot be claimed

Inspiring Healthy Eaters

As an Early Education Professional, you have the opportunity to lead as a healthy role model for young children. The children in your care look to you for guidance on how to act during mealtimes, how to have polite conversations at the table and how to make healthy choices throughout the day.

We will now look at strategies to improve the nutrition of young children by encouraging healthy eating habits and expanding food preference.

- Healthy Role Models, Happy Mealtimes
- Encouraging Healthy Habits
- Using Food Activities to Increase Acceptance
- Interactive Nutrition Education



Inspiring Healthy Eaters

Healthy Role Models, Happy Mealtimes

- 1. Take Advantage of the Benefits of Family Style Meals**
 - Eat at the table with children to model behavior
 - Eat the same food as children to encourage healthy eating
- 2. Create a Pleasant Eating Environment**
 - Avoid distractions (e.g. phones, tablets, television)
 - Model good table manners
 - Be patient with mistakes
 - Allow children to do most of the talking
- 3. Encourage Physical Activity**
 - Participate with children during play time
 - Encourage movement during indoor play and learning activities
 - Lead structured activities at least twice a day
 - Encourage children to explore their environment



Inspiring Healthy Eaters

Encouraging Healthy Habits

Mealtime Responsibilities for Educators and Children.

Educator is responsible for:

- What is offered to eat
- When to eat
- Where eating happens

Child is responsible for:

- Whether to eat
- How much food to eat



Inspiring Healthy Eaters

Encouraging Healthy Habits

Techniques for Picky Eaters

1. Start with preparation.
Let children be involved in selecting food, mixing ingredients, etc.
2. Choices, choices, choices.
Have more than one healthy option to choose from
3. Have fun.
Cut sandwiches into shapes, let children design faces out of different vegetables, use sauces for dipping
4. Be patient.
Introduce foods multiple times in different ways and offer small portions
5. Lead by example.
Eat with children and talk about different tastes, textures, and smells.



Inspiring Healthy Eaters

Encouraging Healthy Habits

Positive Phrases to Use During Mealtime

What you say during mealtime can make a big difference in promoting a positive eating experience.

Take a moment to consider – How would you feel if someone tried to dictate what foods you tried and how many bites of something you took?

As adults this seems ridiculous, but this is exactly what often happens to children. Use positive phrases that will encourage and empower children to make healthy choices. Here are some ideas to help you talk at the table.

1. Tell how the food smells, looks, tastes.
2. Approval is not dependent on eating food.
3. Listen.
4. Know when to stop.



Inspiring Healthy Eaters

Encouraging Healthy Habits

Positive Phrases to Use During Mealtime

Mealtime Phrases – Positive or Negative?

These different phrases might be used during mealtime.

Circle (+) next to each positive phrase that you think would encourage children to choose healthy food options. Circle (-) next to each negative phrase that might be less effective at developing healthy habits during mealtime.

- + / – “It’s ok if you didn’t like the raw broccoli. Next time we can steam it.”
- + / – “You have to try some beans before you leave the table.”
- + / – “Is your tummy feeling full?”
- + / – “Show me what a good girl you are by finishing up your sandwich.”
- + / – “This chili tastes a little spicy to me. Does it taste spicy to you?”
- + / – “I like to put peanut butter on my apple slices. What is your favorite way to eat apples?”
- + / – “Sarah ate everything on her plate. Can you do that too?”
- + / – “I’m sorry you are sad. Let’s go get a cookie to help you feel better.”
- + / – “I like the crunchy sound my mouth makes when I eat carrots.”

Inspiring Healthy Eaters

Encouraging Healthy Habits

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Inspiring Healthy Eaters

Fun with Food: Using Food Activities to Increase Acceptance

Benefits of Children Helping with Food Preparation

- Encourages them to try new foods
- Provides practice following directions
- Increases interest in:
 - Math, by adding different ingredients and using timers
 - Science, by seeing what happens when different ingredients are mixed
 - Geography, by learning where different foods come from
- Encourages creativity
- Enhances appreciation for those that cook for them
- Bonding time with you and with other children
- Chance to discuss the five senses and taking care of our bodies



Inspiring Healthy Eaters

Fun with Food: Using Food Activities to Increase Acceptance

Practice the Basics

MEALTIME PREPARATION ACTIVITIES APPROPRIATE FOR 2 YEAR OLDS

- Wipe tables
- Rinse fruits or vegetables
- Tear lettuce and snap peas
- Put small food items on a plate
- Hand ingredients to an adult
- Place things in the trash

MEALTIME PREPARATION ACTIVITIES APPROPRIATE FOR 3 YEAR OLDS

- Sort, count or name items
- Add ingredients into a mixing bowl
- Stir ingredients together
- Knead dough
- Scoop noodles, potatoes, mandarin oranges, etc.
- Group utensils together

MEALTIME PREPARATION ACTIVITIES APPROPRIATE FOR 4 YEAR OLDS

- Set the table
- Peel some fruits such as oranges and bananas
- Count and do simple measurements of dry ingredients
- Crack and peel eggs
- Help assemble salads and sandwiches
- Press the start and stop button on the mixer and help set timers

MEALTIME PREPARATION ACTIVITIES APPROPRIATE FOR 5 YEAR OLDS

- Pour and measure liquids
- Start to read recipes
- Cut soft items with a plastic or butter knife
- Use an egg beater or egg slicer
- Clear the table and rinse dishes
- Invent and help prepare new snacks



Inspiring Healthy Eaters

Fun with Food: Using Food Activities to Increase Acceptance

The Best Time to Do Cooking Activities

Let's talk a little about the best time to do food activities with children.

Right before the meal seems like the obvious time to have children help. However, this time during the day can sometimes be chaotic with a lot going on.

So, think about other times throughout the day that might not be as hectic.

- Do the children have a morning or afternoon snack? Maybe they could help assemble ingredients for snack instead of for the main lunch meal.
- Another idea might be to prep some items, such as snapping beans, the day before.
- Children can even practice measuring with dried beans or rice or pouring water as an activity completely separate from mealtime.

There is no right or wrong time to have children help. You should develop a schedule that works best for your child care program.

Make a plan for how to actually have the children help. Think about when this food preparation will take place and how children will accomplish each task.

- Who is going to help them?
- How will you assign tasks?
- How many children will actually be able to help at one time?
- Is it something you incorporate every day or just a few days a week?

Having a plan in place will help you be successful in your goal of allowing children to help with food preparation. Remember, that not all children of the same age will have the same skill level and every day is a little different. So be flexible and alter your plan accordingly. You may have to try multiple options before you find the one that is best for you.



Inspiring Healthy Eaters

Fun with Food: Using Food Activities to Increase Acceptance

Food and Kitchen Safety

Being safe in the kitchen is always important, but with children helping it becomes even more essential to make sure everyone knows and follows safety rules.

- Wash hands for at least 20 seconds with soap and warm water
- Keep long hair pulled back
- Avoid touching your face and licking fingers
- Use a clean spoon each time you are trying a dish that is to be shared. Avoid “double-dipping”
- Keep knives and other sharp objects out of reach
- Clean all tables, countertops and other surfaces
- Make sure children are kept far from the stove or other hot surfaces



Inspiring Healthy Eaters

Interactive Nutrition Education

What Do You Want to Teach?

- Think about nutrition questions children have recently asked.
- Think about issues children have during mealtime.
- Think about upcoming lessons in other areas and how to make a connection to nutrition concepts



Inspiring Healthy Eaters

Interactive Nutrition Education

When Do You Want to Teach It?

Review current curricula to identify content areas that can incorporate nutrition.

- **Math:** Use nutrition to teach math concepts, i.e., charting how many servings of fruits and vegetables children eat.
- **Science:** Demonstrate nutrition-related science concepts, i.e., cooking activities or growing vegetables from seeds.
- **Social Studies:** Use a cultural holiday, like Cinco de Mayo, that the children are learning about to make a connection between culture and food. Plan a Mexican themed lunch or snack, like tacos. Be sure to consider the various backgrounds of children in your care.
- **Language Arts:** Use literature with appropriate nutrition themes or help children create stories based on nutrition topics.

Coordinate nutrition education with meals and snacks.

- Talk about the nutritional benefits of food during meals.
- Have taste tests highlighting new food before they appear on the menu.

Integrate nutrition concepts into daily routines whenever possible.

- Sing songs during transitions that include or positive food messages.
- Talk about what children ate for breakfast during morning circle time.
- Let children help with meal preparation.
- Discuss how washing hands is similar to washing fruits and vegetables before eating.



Inspiring Healthy Eaters

Interactive Nutrition Education

When Do You Want to Teach It?

Activities that you plan might include things such as arts and crafts, games, songs, reading books, or role-playing.

Arts and Crafts: Arts and crafts activities should be developmentally appropriate for the age of the children. One example is to create a “food train”. Using clean, empty food boxes and pictures of food, have the children sort the pictures by putting them into different boxes of the “food train” according to a specified category (i.e., colors, shapes, size). Depending on what you would like to focus on, this activity can be used as a lesson on colors, shapes, or size differences.

Games: Put a nutrition spin on traditional games. Play *I Spy* or *Tic-Tac-Toe* with pictures of fruits and vegetables. Use nutrition themed games to help children explore their senses to feel, smell, and taste different foods (see Kids' Corner activity).

Songs: Singing songs is a great transition activity before meals. Change words to familiar songs to include a nutrition message. For example, if you are serving peas for lunch you could sing:



*“Old MacDonald had a farm,
E-I-E-I-O
And on his farm he had some peas,
E-I-E-I-O
With a snap snap here,
And a snap snap there,
Here a snap, there a snap,
Everywhere a snap snap,
Old MacDonald had some peas,
E-I-E-I-O.”*

Reading Books: Search your library for books that bring together your lesson plans with food and nutrition. For example, read an alphabet book that uses fruits and vegetables for each letter of the alphabet. Reinforce letters and talk about different foods that start with the letter being discussed.

Role-playing: Kids love to act out stories or events. They can act out a book about food or pretend to plant a garden and harvest different fruits and vegetables. Role playing is a great way to keep kids physically active while learning.

This is a required training for Child and Adult Care Food Program (CACFP) participation. Successful completion of the Quiz meets your Nutrition training requirement for fiscal year 2024.

Complete all the Home Study Quiz questions and submit the completed Quiz to YFCI within two (2) weeks of receipt of this home study.

Completed Quizzes can be completed on-line at www.yoursforchildren.com.

- Go to "Training">> "Current Year Home Studies">> "FY'2024 Planting Nutrition".

Printed quizzes may be FAXed, Emailed, or Mailed to:

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