



Nutrition Activities

PROCEDURE / APPROACH

Developmentally suitable opportunities are required for the involvement of Early Head Start and Head Start in nutrition-based food activities.

HEAD START PROGRAM PERFORMANCE STANDARDS:

1302.44; 1302.31(e) (2)

Procedure:

- As part of the nutrition and education curriculum, teachers, cooks and cook assistants will ensure that Early Head Start and Head Start children participate in a variety of nutritious foods through classroom nutrition activities.
- Nutrition concepts, language, math, science, categorization of foods and other concepts should be included in the learning experience.
- Nutrition activities can include reading, singing or talking about foods, cooking, counting, measuring, mixing, health and safety.
- Nutrition activities conducted by the cook should occur in every classroom a minimum of once a month and documented in the nutrition activities binder. Nutrition activities conducted by education staff are documented in the lesson plan. Nutrition activities should have approval from a Nutrition Supervisor or Nutrition Manager before implementation.
- Use of kitchen equipment (stove, dishwasher, refrigerator, and microwave) for classroom cooking projects will be prearranged with kitchen staff.
- Kitchen equipment (pots, serving bowls, utensils, etc.) is used for food preparation and food service only. Kitchen equipment for classroom projects are separate from kitchen.
- Staff should clean up after classroom projects as appropriate.
- In a nutrition activity where children are eating their own creation, children must handle or touch only the food they will be eating.
- Ingredients for an educational food activity may be purchased with CACFP funds.

- For safety and sanitation, all food activities must be facilitated by a qualified staff member and maintain staff to child ratios.