

Nutrition Activities

Policy/Procedure

SOCFC will provide new learning experiences by including planned Nutrition Activities for each classroom, once a month. Each learning opportunity will be Nutrition based, developmentally suitable to both Early Head Start and Head Start programs and planned in partnership between the Education and Nutrition staff.

Head Start Program Performance Standards:

1302.44; 1302.31(e) (2); 1302.32(a)(iii)(b)

Policy:

- 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 nutrition-based learning experiences at least once a month.
- 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.
- Center Education and Nutrition staff must collaborate in the activity's development and the plan must be submitted for approval to the Nutrition Department Manager and the Education Coach or Supervisor.
- Nutrition activities conducted by the Cook should occur in every classroom at least once a month and documented in the nutrition activities binder. Nutrition activities conducted by Education Staff are to be documented in the lesson plan.
- Use of kitchen equipment (stove, dishwasher, refrigerator, and microwave) for classroom cooking projects will be pre-arranged with kitchen staff.
- A Nutrition activity will be in addition to and separate from the scheduled mealtimes. Children may eat their individually prepared food, but it is an addition to the CACFP meal and not counted as a component.
- In a Nutrition activity where children are eating their own creation, children must handle or touch only the food they will be eating. If the activity is a food tasting, Nutrition staff will prepare the food and present with appropriate serving utensils and plates, bowls, etc.



- Staff should clean up after classroom projects as soon as completed.
- Ingredients for an educational food activity may be purchased with USDA/CACFP funds.
- For safety and sanitation, all food activities must be facilitated by a qualified staff member and maintain staff-to-child ratios.