Nutrition Activities

GENERAL PLAN/APPRIACH:

As developmentally appropriate, opportunity is provided for the involvement of children in food-related activities.

PROCEDURE:

1. As part of the nutrition/education curriculum, teachers, Early Head Start specialists/teachers, cooks and cook assistants will ensure that children are introduced to a variety of nutritious foods through the use of classroom nutrition activities.

2. Nutrition concepts, language, math, science, categorization of foods and other concepts should be included in the learning experience.

3. Nutrition activities can include reading, singing or talking about foods, cooking, counting, measuring, mixing, health & safety, etc.

4. Nutrition activities conducted by the cook should occur in every classroom a minimum of one time per month and should be documented in the nutrition activities binder & lesson plan. Nutrition activities conducted by education staff should be documented in the lesson plan.

5. Use of kitchen equipment (stove, dishwasher, refrigerator, and microwave) for classroom cooking projects will be prearranged and pre-approved by the cook.

6. Kitchen equipment (pots, serving bowls, utensils, etc.) is to be used for food preparation and food service only. Kitchen equipment for classroom projects must be kept separate from kitchen.

7. Staff should clean up after classroom projects as appropriate.

In any nutrition activity where food is going to be eaten, children must handle or touch only the food they will be eating.