



Nutrition and Physical Activity Self-Assessment for Child Care

NUTRITION AND PHYSICAL ACTIVITY EDUCATION

Here's Why...

Nutrition and physical activity are important parts of good health. Enjoying and learning about food and physical activity in childhood leads to healthy behaviors for a lifetime. Many adults would like to learn more about these issues as well. Your facility is a great place to offer nutrition and physical activity training for both parents and staff. The more information people receive, the more likely they are to make healthy choices. Learning can be fun and helpful for both kids and adults!

Choices You Make for Your Facility

- ① Provide staff with training in both nutrition and physical activity. Take advantage of your community resources, such as Cooperative Extension, your CACFP representative, and child care health consultants. Also, try your community center, public school system or local university for training information and opportunities.
- ① Staff can teach children about the taste and smell of foods. The children should feel the textures and learn different colors and shapes of foods. Children are more likely to try new foods if they have had the opportunity to touch and smell them first.
- ① Fun nutrition activities like making simple snacks can be a great way to teach kids about food and nutrition.
- ① Staff can teach children about body movement and development. The children should know their bodies and ways to move to be healthy.
- ① Fun physical activities, like dancing, can be a great way to teach children about physical activity and get children moving!



Checklist

- We offer training for staff on both nutrition and physical activity at least two times a year.
- We provide both nutrition and physical activity education to children through a standardized curriculum at least one time a week.
- We offer both nutrition and physical activity education to parents at least two times a year.





Getting Support From the Parents

- ① Keep parents informed about the fun nutrition and physical activity education activities that take place in your facility. These activities can be announced through newsletters or parent meetings.
- ① Send home easy recipe ideas that parents and children can make together.
- ① Send home family physical activity ideas.
- ① Send home the NAP SACC parent handouts.

For more information, please visit:

<http://betterkidcare.psu.edu/AngelUnits/OneHour/Garden/GardenLessonA.html>

http://www.iowa.gov/educate/component/option,com_docman/task,doc_view/gid,510/

<http://www.iptv.org/rtl/downloads/TNactivity1.pdf>

<http://www.nfsmi.org/Information/Newsletters/meme2007-02.pdf>



Getting the Kids on Board

- ① Use mealtimes for very informal education about food.
- ① Give children the opportunity to make their own snacks. This teaches them about healthy food in a fun way!
- ① Make physical activity education fun through active play. Kids love to move and learn new skills!