

Introduction

The Resource Guide for Early Childhood Education Providers is a compilation of information on nutrition, gardening, and physical activity. It is designed to assist providers, working with Pre-K children to integrate nutrition and physical activity as part of the regular school curriculum. The Resource Guide is one of the four educational resources available through the NETA program. The Nutrition Education Training Academy (NETA) is a program designed by the University of California Cooperative Extension Child Nutrition and Community Development Program in collaboration with the Alameda County Public Health Department, Maternal Child and Adolescent Program, University of California Nutrition Program and the Oakland Unified School District (OUSD) Early Childhood Education (ECE) Program.

NETA is funded by the California Nutrition Network for Healthy, Active Families, the California Department of Health Services' Cancer Prevention and Nutrition Section (CPNS) and is a partner in the *California 5 a Day Campaign*. The mission of CPNS is to increase healthy eating, physical activity and other protective behaviors that prevent cancer and certain other chronic diseases, while improving the health of all Californians.

Background Information

Schools and teachers play an important role in influencing and shaping children's nutritional behavior, as early as infancy. Schools offer an efficient means to improve the health of youth in America (Auld, Romaniello, Heimening, et al, 1998) and offer the opportunity to easily access the children. It also provides teachers, school food service personnel and other health professionals the opportunity to get involved in the shaping and modeling of healthy eating habits. A key to the success of shaping children's behavior is the teacher. They can provide interactive hands-on school-based nutrition education activities that are fun. They can also involve the food service providers, parents and the community in promoting policies that support healthful eating.

Increased concern about children health and weight and the impact of childhood obesity in the development of certain chronic diseases (diabetes, cardiovascular diseases and cancer in adulthood) places an emphasis in the education and promotion of nutrition and physical activity. Considerable attention has been given to nutrition-related health promotion/disease prevention interventions targeting children (Stone, Perry, et al, 1995). In some cases, these interventions, according to the literature review, has been effective in modifying the actual behaviors themselves (Contento, Balch, et al, 1995).

The Nutrition Education Training Academy (NETA) was conceptualized as a response to the Oakland Unified School District Early Childhood Education Program concerns about the children's health and diets of those attending their child development centers.

Oakland Unified School District (OUSD) is the largest provider of Early Childhood Education in Alameda County, with more than 4,000 children attending, mostly African-American, Latinos, Southeast Asians and Native Americans. UC Cooperative Extension led the development of a nutrition education and physical activity promotion program that integrates provider trainings, resource development and technical support. A comprehensive culturally relevant curriculum, Nutrition Matters! was also developed. It is linked to the desired outcomes of school wide policies that support healthy eating also education resource materials (including newsletters, one-page educational lessons and a website).

UC Cooperative Extension-Alameda County (UCCE) conducted a district wide assessment of Early Childhood Education providers to measure knowledge, skills and identify nutritional related environmental concerns. An advisory group of experts in the field of nutrition helped conceptualize the NETA program. NETA's primary goal is to strengthen the ECE provider's knowledge and skills in nutrition related topics that include food safety, sanitation, child feeding practices, basics of edible gardening and physical activity.

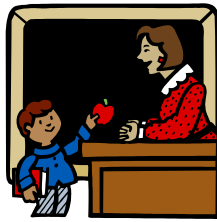
The assessment provided some insights about OUSD's Early Childhood Education program.

- A large number of children enrolled in the district rely on school breakfast, lunch and snacks to supply a major portion of their daily food requirements.
- ECE centers have full service kitchens, but the meals are not freshly cooked meals. The school meals arrived pre-packaged, "cook-chill-warm" containers, in bulk quantities, with a limited variety of fresh fruits or vegetables. The school meal program does not reinforce the nutritional messages providers aim to teach in the child development centers.
- There is a need for age-appropriate cultural relevant educational resources to conduct a more comprehensive and targeted approach to nutrition education.

The Resource Guide for Early Childhood Education Providers is an excellent informational source that compliments the Nutrition Matters! Curriculum in the delivery of nutrition education and physical activity promotion envisioned and articulated by the Nutrition Education Training Academy and supported by the most recent research conducted in the field of nutrition and health education.

For more information about the Nutrition Education Training Academy, curriculum, educational resources and trainings check our website <http://neta.ucdavis.edu>

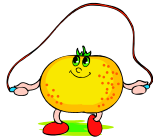
Resource Guide



The **Resource Guide** is divided into the following sections:

- Section 1** **Food and Nutrition** resources include books and websites to expand the nutrition concepts included in Module I of the Nutrition Matters! Curriculum.
- Section 2** **Food Safety** resources, from books to websites, reinforce the Nutrition Matters! Curriculum concepts.
- Section 3** **Gardening** resources linking gardening to nutrition. This section is useful in implementing Module II of the Nutrition Matters! Curriculum.
- Section 4** **Physical Activity and Body Awareness** resources are excellent to enhance Module III of the Nutrition Matters! Curriculum.
- Section 5** **Cookbooks** are resources to involve children in cooking activities and reinforce nutrition and gardening concepts.
- Section 6** **National Food, Nutrition and Health Days Celebrations** highlights information about the most important nutrition, physical activity celebrations and includes information about sponsoring agencies.
- Section 7** **Food Assistance Programs** valuable information about state and nationwide food nutrition programs available for children and families with limited resources.
- Section 8** **Nutrition Resource Organizations** lists organizations with additional sources of nutrition education materials.
- Section 9** **Glossary of Nutrition and Food Safety Terms** provides teachers with a quick and easy guide to nutrition and food safety terms.
- Section 10** **Desired Results Developmental Profile Connection Chart** connects the storybooks to the California Department of Education, Child Development Division Desired Results Developmental Profile.
- References** **Resources** used in creating this Guide

The Teachers' Resource Guide, is organized into three parts:



Activity books




Storybooks



Websites

How were the Resources selected?

Extensive literature research was done to select a variety of age appropriate, cultural relevant educational materials for providers to use in classroom activities. We relied on summaries, library reviews and other resources to make recommendations when we were not able to read the books. The Teachers' Resource Guide complements Nutrition Matters! Early Childhood Education Nutrition Curriculum.

Books marked with an  are additional resources that compliment the activities in Nutrition Matters! curriculum.

The criterion used on the review and selection of educational resources included:

Age appropriateness: Books and websites appropriate for preschool age children, 3-5 years old, some others for children, with a higher level of reading skills.

Publishing date: Selected books published in 1990 and after to provide teachers with the most recent materials. There are some exceptions, such as Green Eggs and Ham-1960 and Eating the Alphabet: Fruits and Vegetables from A to Z-1989. These are classics that will never become outdated.

Positive attitude and messages: Books promoting positive messages about health, food and nutrition, food safety, gardening, physical activity and body awareness.

Cultural diversity: Books promoting cultural diversity, depicting positive stories, messages and illustrations about other cultures and ethnicities.

What information is included in this Resource Guide?

The book information includes:

- Title
- Author's name
- Publisher and date published*
- Short summary

The website information includes:

- Title
- Short description
- Web site address

*** The publisher and publishing date are subject to change. Books frequently go in and out of print and the publishers and publishing dates change. The best way to locate a book is to search by title and/or author.**

Use the Resource Guide to reinforce the concepts included in the Nutrition Matters! Curriculum. It can also be used with the *Tips for Busy Health Professionals* to promote seasonal fruits and vegetables and hands on participatory activities and to expand on the information in the *NETA Quarterly Newsletter*. All of our materials can be accessed through our website: <http://neta.ucdavis.edu>

How to contact us?

The University of California Cooperative Extension-Alameda County is committed to linking the most recent nutrition, gardening and physical activity research information to the teachers through the Nutrition Education Training Academy. We invite users of this guide to give us their feedback on the usefulness of this resource and how to improve it. Please contact us at:

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