

Nutrition Matters!

Early Childhood Education

Nutrition Curriculum



Table of Contents

<i>Introduction to Nutrition Matters!</i>	1
What Do We Know About Child Nutrition?.....	3
NETA	4
References and Resources.....	5
<i>Curriculum Overview & Delivery</i>	6
Early Childhood Education (ECE) Standards & Connections.....	7
Curriculum Overview & Delivery	9
Organization of Materials.....	10
Helpful Hints & Useful Materials.....	11
<i>Curriculum</i>	12
Session 1 - Eating From the Bottom Up: The Pyramid	13
Activity 1-1: What's in the Triangle/Pyramid?	
Activity 1-2: Food Banner	
Activity 1-3: My Favorite Foods	
Session 2 - Fat and Sugar	19
Activity 2-1: How Much Fat Is In That?	
Activity 2-2: Sugary Foods Melody	
Activity 2-3: Junk Food Storytime	
Session 3 - Roots, Leaves and Stems: Fiber, Vitamins and Minerals.....	26
Activity 3-1: Fruit and Vegetable Scramble	
Activity 3-2: Surprise Box	
Activity 3-3: My Favorite Fruits and Vegetables - A Taste Test	
Session 4 - Be Safe Not Sorry: Food Sanitation and Storage	32
Activity 4-1: The Smelly Milk Test	
Activity 4-2: The Hand Washing Song	
Activity 4-3: When Do I Wash My Hands - Before or After?	
Session 5 - Establishing Good Eating Habits in Children	39
Activity 5-1: Snack Hats	
Activity 5-2: Snack Menu	
Activity 5-3: Let's Prepare a Snack!	
Session 6 - Putting It All Together: Nutrition, Food Safety and Sanitation.....	47
Activity 6-1: Invitations and Placemats	
Activity 6-2: On the Party Menu: Fruit and Vegetable Medley	
Activity 6-3: It's Party Time!	