



The National Training Institute
for Child Care Health Consultants

Nutrition and Physical Activity in Child Care



- Your Name
- Your Agency
- Date



Introductions

Nutrition and Physical Activity BINGO

- Find the BINGO sheet in your packet.
- Move around the room and introduce yourself to others. As you find people who fit qualities on the BINGO chart, write their names in the squares.
- When you get five across or five down, call out BINGO!



Training Objectives

- Review a written nutrition plan
- Describe good food management and safety
- Describe nutritional needs for infants and children



Training Objectives

- Evaluate child care menus
- Review a written physical activity plan
- Compare state and national regulations regarding nutrition



The Nutrition Plan

- All child care facilities should have a nutrition plan. Three elements of the plan are critical:
 - Food served is safe.
 - Food served meets children's nutritional needs.
 - Food is provided in a healthy eating environment.



The Nutrition Plan

- Ideally, child care facilities should be able to consult with a child care nutrition specialist in development of the plan and for changes in the plan.
- To ensure that licensing requirements are met, nutrition plans should be reviewed by a state, county or local child care regulatory agency.



The Nutrition Plan

The Plan must address:

- Kitchen layout;
- Food budget;
- Food procurement and storage;
- Menu and meal planning;
- Food preparation and service;



The Nutrition Plan

The plan must also address:

- Kitchen and meal service staffing;
- Nutrition education for children, staff, and parents/guardians;
- Emergency preparedness for nutrition services;
- Food brought from home including food brought for celebrations;



The Nutrition Plan

The plan must also address:

- Age-appropriate portion sizes of food to meet nutritional needs;
- Age-appropriate eating utensils and tableware;
- Promotion of breastfeeding and provision of community resources to support mothers.



Requirements for Food Safety

- All children must be served food that is stored, prepared, and presented in a safe and sanitary environment.
- All child care facilities must follow the steps for safe food handling.



Promoting Food Safety

Review with Child Care Staff

- Steps for sanitizing/disinfecting the food environment;
- Essential features of safe selection, storage, and preparation of food; and
- How, when, and where to wash hands.

CFOC Standards

Selecting Food



- All food must be
 - clean and wholesome,
 - appropriate for the age and developmental abilities of the children, and
 - unlikely to cause harm in any way.

CFOC Standards Selecting Food



- Home-canned food; food from dented, rusted, bulging, or leaking cans, and food from cans without labels should not be used.
- Foods should be inspected daily for spoilage or signs of mold.
- Meat should be from government-inspected sources or approved by the governing health authority.
- All dairy products should be pasteurized and Grade A where applicable.

CFOC Standards Storing Food



- Danger Zone: 40°F-140°F
- Refrigeration: 32°F- 40°F
- Freezers: 0°F
- Leftovers

CFOC Standards Preparing Food



- Defrost.
 - In the refrigerator;
 - Under cold running water;
 - As part of the cooking process; or
 - Using the defrost setting of microwave.
- Serve promptly.
- Cool quickly.

CFOC Standards Food Sanitation



- Personal Cleanliness
- Sanitation of Food Preparation, Storage, and Dining Areas
- Food Personnel Precautions



Activity: Identifying Food Safety Problems

- Divide into small groups.
- Select a group leader and recorder/reporter.
- Review the worksheet and discuss questions for 5 minutes.
- Have reporter report back to the large group.



Nutritional Needs - Infants

- Exclusive breastfeeding is recommended for the first six months of life.
- Research shows breastfeeding has strong benefits for both mother and baby.



Supporting Breastfeeding Mothers

- Provide a breastfeeding –friendly environment, welcoming mothers to nurse their babies at the facility.
- Display posters and brochures that support breastfeeding and show best practices.
- Teach clients to properly store and label their milk for child care facility use.



Supporting Breastfeeding Mothers (continued)

- Contact and coordinate with local skilled breastfeeding support and actively refer.
- Continually update facility information and learn about breastfeeding support.
- Train all staff to handle and feed human milk properly.



Storing Breast Milk

- Store in firm plastic containers, either polypropylene (cloudy and a little flexible) or polycarbonate (clear and rigid), or glass.
- Store in the refrigerator no longer than 48 hours, and in the freezer for no longer than two weeks.
- All containers must be labeled with the child's name and serving date.



Serving Breast Milk

- Bottles of breast milk should be warmed by placing them in a pan of hot (not boiling) water for 5 minutes or until it reaches the desired temperature.
- Milk should never be heated in a microwave.
- The temperature of the milk should always be tested to reduce the risk of burns upon feeding.



Nutritional Needs - Infants

- Feed infants whenever they are hungry.
- Juice is not necessary for infants and may be detrimental.
- Hold infants when feeding.



Nutritional Needs - Infants

- Solid Foods
 - May be introduced at 6 months of age, depending on the individual child's development.
 - Finger feeding may be introduced at 8-10 months of age.



Nutritional Needs – Toddlers and Preschoolers

- Eating Characteristics
 - Small frequent meals.
 - Need a variety of developmentally-appropriate foods.
- Portion Sizes
 - Refer to CACFP and the Food Guide Pyramid for age appropriate portion sizes.



Nutritional Needs – Toddlers and Preschoolers

- Nutritional Requirements
 - Variety needed for growth and health.
- CACFP and MyPlate.gov
 - Use as a guide for meals and snacks.
 - Check for updates.
 - Limit sweets, fat, and juice.



Special Needs and Allergies

- Special requirements obtained in writing
- Individualized adaptations
- Monitoring and rapid response plan



Menu Planning

- Plan menus in advance and work with a nutrition specialist.
- Snacks make up 20% of children's daily energy and nutrient needs, so all foods need to be nutritious.
- Avoid high sugar, high fat or sticky foods.

Activity: Identifying Menu Problems



- Divide into small groups.
- Select a group leader and recorder/reporter.
- Review the worksheet and discuss questions for 5 minutes.
- Have reporter report back to the large group.



Healthy Eating Habits

- CFOC Standards for Healthy Eating Habits
 - Physical Environment
 - Comfortable, age appropriate
 - Emotional Environment
 - Calm, positive



Nutrition Education

- Promote positive attitudes and healthy eating habits.
- Use different themes and activities to help children explore and become familiar with a variety of foods.
- Introduce new foods to children
 - A new food may have to be offered as many as 10 times before a child will try it.



Physical Activity Education

- Regular physical activity is key to growth and development.
- Health benefits include:
 - Weight management
 - Increased strength and coordination
 - Stress reduction, increased self confidence
 - Decreased risk of chronic health conditions



Physical Activity Guidelines

- Infants
 - Limit time when movement is restricted (high chairs, swings, etc.)
- Toddlers
 - 30 minutes structured activity
 - 60 minutes or more unstructured
- Preschoolers
 - 60 minutes structured activity
 - 60 minutes or more unstructured



Physical Activity

- Encourage facilities to have a written physical activity policy.
- Assess physical environment for safe physical activity (weather, air conditions, equipment).
- Provide developmentally appropriate play equipment inside and outside.



Physical Activity (continued)

- Outside play area should be enclosed (fence or natural barrier), well-maintained, and hazards removed.
- Include themes and activities that encourage movement into everyday play. Introduce non-competitive games and encourage free play.



Healthy Habits

- Child care caregivers/teachers can serve as role models for children.
- Encourage child care staff to make good nutrition and physical activity part of the daily learning environment.



Healthy Habits

- Child care caregivers/teachers should encourage children to eat, but not force them.
- Encourage child care staff to coordinate with parents and caregivers to support healthy habits at home.



Healthy Habits

- The CCHC can support child care caregivers/teachers by developing nutrition and physical activity programs for parents, caregivers, and preschool children.
- The CCHC should be knowledgeable about state regulations for child care nutrition and physical activity.



Case Scenario

- Divide into groups of 4-6.
- Select a group leader and recorder/reporter.
- Read Sweet Peas Child Care Center case scenario.
- Take 5 minutes to answer questions in small groups.
- Share your ideas.



The Role of the CCHC

- Review the facility's nutrition plan and when applicable, physical activity plan.
- Know where to find additional resources.
- Review sanitation procedures with child care staff.
- Work with child care programs to support CACFP standards in nutrition and physical activity.



Learning Assessment

- List one new thing you learned during this training.
- List two ways to support nutrition and physical activity in child care facilities.



Evaluation of Trainer

- Please take 5 minutes to complete.