



**Applying New Knowledge:
Learning & Transfer**

Child Care Training Consultants, LLC

Accredited by International Association for Continuing Education and Training (IACET)

Good Nutrition and Wellness

The goal of this training is to inform participants on demonstrating good nutrition habits and wellness in the early childhood center.

Dr. Theresa Vadala



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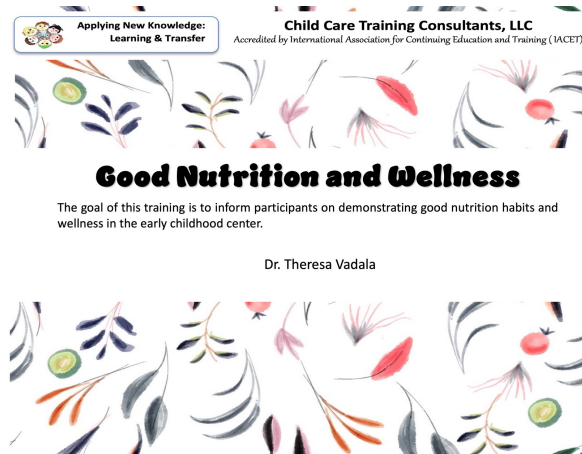
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Good Nutrition & Wellness

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Las Vegas, Nevada 89139



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PRESCHOOL Module 1

CDA Subject Area 1: Safe and healthy Learning Environment

Title: CDA HLT.SAF 1.A Good Nutrition & Wellness

2 Hours

0.2 CEUs



Dr. Theresa Vadala





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Learning Assessment

Read the material provided, take the 5-10 quiz questions and
complete the training evaluation at the end of the course.

Participants must receive 100% on individual courses to obtain a certificate of completion.

Questions?

We are happy to help.

Support Services:

Please contact us 24/7 at

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Business # 702.837.2434





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Child Care Training Consultants. LLC., Goal

The goal is to empower educators as they take Child Development Associate (CDA) courses to make a powerful difference in the lives of young children!

Mission Statement

“Child Care Training Consultants, LLC’s is committed to provide research-based professional growth and development training courses primarily focused on the Child Development Associate. The CDA is the nation’s premier credential that is transferable, valid, competency-based and nationally recognized in all 50 states, territories, the District of Columbia, community colleges and the United State Military.

Vision

Child Care Training Consultants, LLC’s vision is to provide the early childhood community with courses based on CDA competency standards to obtain their CDA Credential and assist in reaching their goal as an exceptional early childhood educator to ultimately achieve higher child outcomes.



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About the Instructor

Theresa has over 30 years experience in the field of Early Childhood Education. During that time, she served as a Preschool Teacher, Disabilities Coordinator, Program Facilitator, and Director of an Early Childcare Program. She has a Doctoral Degree in Educational Leadership with Specialization in Curriculum and Instructional Design. Theresa is a Professional Growth & Development Trainer and Curriculum Designer and offers web-based courses internationally. She is the Executive Director/Owner of the training organization Child Care Training Consultants, LLC., (CCTC).



Business Description

Child Care Training Consultants, LLC. (CCTC) is an accredited provider (AP) with the International Association for Continuing Education and Training (IACET) that provides Continuing Education Units (CEU) for adult education nationally. The business is also a recognized training organization with the Council for Professional Recognition, Child Development Associate Council (CDA), National Credentialing Program.





Learning Objectives

1. Identify the importance and benefits of eating healthy, childhood obesity, Let's Move Initiative & ChooseMYplate and resources for the 2020-2025 Dietary Guidelines.
2. Identify activities and materials to promote children's physical development.
3. Identify an environment that promotes health and wellness in daily teaching practices.



Learning Outcomes

1. Identify 3-5 benefits of eating healthy, 1-3 causes of childhood obesity, and locate the 2020-2025 Dietary Guidelines.
2. Identify 3 activities to promote children's physical development.
3. Identify 3 activities that promote health and wellness in daily teaching practices.



AGENDA

Introduction

Part 1 The Importance and Benefits of Eating Healthy

Part 2 Promoting Children's Physical Development

Part 3 Promoting Health and Wellness in the Environment

Overview





PART 1: The Importance and Benefits of Eating Healthy

Objective 1:

Identify the importance and benefits of eating healthy, childhood obesity, Let's Move Initiative & ChooseMYplate and resources for the 2020-2025 Dietary Guidelines.





Benefits of Eating Healthy

- Helps to manage weight
- Protects against heart disease, diabetes & other illnesses
- Makes skin, hair, and nails healthy
- Provides needed vitamins, minerals, and fiber

Our bodies need nutrients vital to our health and fruits, vegetables, whole grains, milk products, and lean proteins give us those nutrients. Eating healthy provides our bodies with the needed nutrients vital to our health. Fruits, vegetables, whole grains, milk products, and lean protein give us those nutrients. Eating healthy helps manage weight, protects against heart disease and other illnesses.





What is Obesity?

Obesity is a medical condition that occurs when a person carries excess weight or body fat that might affect their health. A doctor will usually suggest that a person has obesity if they have a high body mass index.

Obesity is defined as body mass index (BMI) which is a measure of body fat based on height and weight. A person is considered obese when his or her BMI is 30 or higher. The reason BMI increases, is due to eating more calories than the body uses. The extra calories not used in physical activity are stored in your body as fat.

Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. Body mass index, or BMI, is a widely used screening tool for measuring both overweight and obesity. BMI percentile is preferred for measuring children and young adults (ages 2–20) because it takes into account that they are still growing and growing at different rates depending on their age and sex. Health professionals use growth charts to see whether a child's weight falls into a healthy range for the child's height, age, and sex. Children with a BMI at or above the 85th percentile and less than the 95th percentile are considered overweight. Children at or above the 95th percentile have obesity.



What Causes Obesity in Children?

- **Genetic factors**
- **Lack of Physical Activity**
- **Unhealthy eating patterns**
- **Medical Condition**

Children become overweight and obese for a variety of reasons. The most common causes are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors. Only in rare cases is being overweight caused by a medical condition such as a hormonal problem. A physical exam and some blood tests can rule out the possibility of a medical condition as the cause for obesity.

Although weight problems run in families, not all children with a family history of obesity will be overweight. Children whose parents or brothers or sisters are overweight may be at an increased risk of becoming overweight themselves, but this can be linked to shared family behaviors such as eating and activity habits.





Why are more children obese in today's society?

- Both parents are working
- Children eat more boxed foods
- Huge variety of snacks
- Super-sized foods at fast food restaurants
- Too much TV/computer use/video games
- Lack of physical activities
- Unsafe environment to play outdoors
- Less “play” in schools

**Children age 2-5 watch 32.5
hours of TV**

**Children younger than 2 - NO TV
Children 2 or older - 1 or 2 hrs
per day**

Today, about one in three American kids and teens is overweight or obese. The prevalence of obesity in children more than tripled from 1971 to 2011. Childhood obesity is now the No. 1 health concern among parents in the United States. Among children today, obesity is causing a broad range of health problems that previously weren't seen until adulthood. These include high blood pressure, type 2 diabetes and elevated blood cholesterol levels. Obese children are more prone to low self-esteem, negative body image and depression and experience psychological effects. More children today tend to eat more boxed meals since both parents' work. Families are on the go and find it easier to provide their children with snacks or fast foods. Children in today's society are in the mist of the information age. Technology is at the tip of our fingers and young children are exposed to computer use and video games. With video games, DVDs, and easy access to movies online, children today watch countless hours of TV and lack physical activity. Studies show that children younger than 2 years of age should not watch TV. Children 2 or older should only watch 1-2 hours of TV per day. The average amount of TV children watch today is 32.5 hours of TV per week. Another reason for lack of physical activity is that some children live in unsafe environment and do not lay outdoors. Further, studies are showing that there is less play in school due to the rigors of academics and higher students' outcomes.

Let's Move Initiative & ChooseMYplate

First Lady Michelle Obama: Battles Childhood Obesity 'Let's Move' Initiative Since February 2010

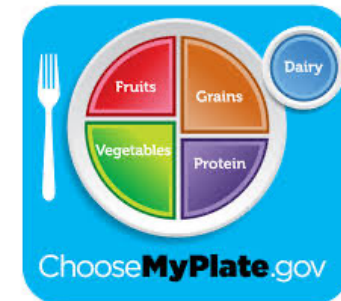
The benefits of healthy eating add up over time, bite by bite. Small changes matter. **Start Simple with MyPlate**. See resource section for MyPlate website.



Five Pillars

- 1. Creating a healthy start for children***
- 2. Empowering parents and caregivers***
- 3. Providing healthy food in schools***
- 4. Improving access to healthy, affordable foods***
- 5. Increasing physical activity***

Let's move is a comprehensive initiative launched by the First Lady, Michelle Obama, dedicated to solving the problem of obesity. The goal is to bring an awareness to the problems of obesity so that children grow up healthier. The childhood task force recommendations focus on the five pillars of the Let's Move initiative:





See resource section for website.

Dietary Guidelines for Americans 2020-2025

1. Follow a healthy dietary pattern at every life stage.
At every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.
At every life stage, meeting food group





Part 2 Promoting Children's Physical Development

Objective 2:

Identify activities and materials to promote children's physical development.





Benefits of Exercising

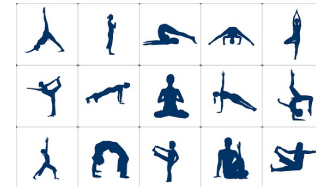
When you exercise, you:

- Feel less stressed
- Feel better about yourself
- Feel more ready and alert to learn in school
- Keep a healthy weight
- Build and keep healthy bones, muscles and joints
- Sleep better at night



Benefits of Exercising

- Strengthens muscles
- Builds strong bones
- Improves fitness level
- Weight management
- Helps to reduce the risk of diabetes, heart disease, high blood pressure and other health issues



When students work and play throughout the day, be intentional about implementing crossing the midline and balance activities to help develop fine motor skills and bilateral coordination skills.



Physical activity is important for everyone

Young children (2-5 years)

There is not a specific recommendation for the number of minutes young children should be active each day. Children ages 2-5 years should play actively several times each day. Their activity may happen in short bursts of time and not be all at once. Physical activities for young children should be developmentally appropriate, fun, and offer variety. There is not a specific recommendation for the number of minutes young children should be active each day.

Adults (18-64 years)

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

Children and adolescents (6-17 years)

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally appropriate, fun, and offer variety.



Gross Motor & Coordination Activities

List Activities that:

- ① Strengthen Shoulders
 - ② Strengthen the Core
 - ③ Develop Eye-Hand Coordination
 - ④ Develop Bilateral Coordination
- Read the chart and identify gross-motor development, suggested activities, and benefits each strategy provides. In reviewing this chart, strengthening the CORE refers to imagining the core of your body as the foundation. Such as using a stepladder to paint. Let me explain, when painting a wall you would not dangle from the ceiling to paint. You would use a step ladder to stand firm when painting. It is the same with your body. When the core of your body is strong, you are better coordinated and balanced. The following slides will provide activities on crossing the midline and balance activities.

Development	Suggested Activities	Benefits
Strengthening shoulder muscles	Climbing, animal walk music and movement, (leopard walk) Walk ball down wall/Hand pushes The big push, elbows up	Strengthens muscle stability work with smaller muscles Improved fine motor/writing
Strengthening the CORE (i.e. foundation/Step ladder to paint)	Pretend play, Climbing (trees, jungle gyms, climbing walls), superman stretch/knee bend	Supports spine Enhance good posture Improves child's balance
Developing hand-eye coordination	Throwing and catching a ball/Crossing the midline activities Balance Activities/heal-toe Reaching for objects by reaching across your midline. Balance Beam Activities	Eye tracking skills vital for reading Good coordination
Developing bilateral coordination	Pulling on a rope, using a rolling pin, throwing and catching a ball...	Strengthens gross motor activities Strengthens fine motor activities



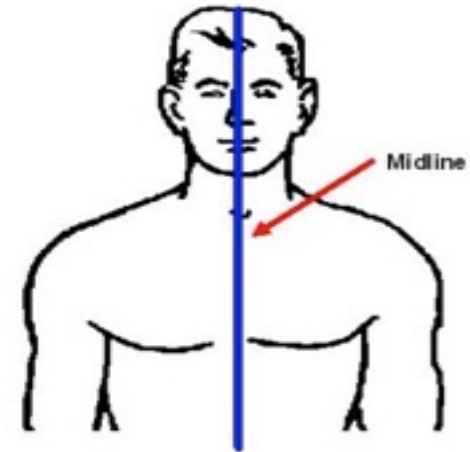
Crossing the Midline

Why is midline crossing so important?

Midline crossing emerges as children develop bilateral coordination skills.

- Helps develop good fine motor skills.
- Helps get equal practice at developing skills

Crossing the midline means that one hand spontaneously moves to the other side of the body to reach or work there. Activities that include crossing the midline help develop fine motor skills and helps our arms get equal practice at developing skills.





Eye Hand Coordination Activity

Use right hand
Reach across midline
Touch shape (color/number/letter)
Use left hand
Reach across midline
Touch shape (color/number/letter)

Tape -6 shapes on the wall, 3 on one side and three on the other (about a foot and a half apart) at the child's eye level. Have the child stand in front of the shapes and ask the child to point to a shape that you call out using alternating hands (right, left). The objective of this activity is for the child to reach across the midline to point to the shape. Prior knowledge for this activity includes children knowing which is their right and left hand.





How does the body maintain balance?



Inner ear senses direction or motion

Sight senses direction your body is moving



CNS receives signals,
combines into a plan
of coordination



Touch helps body ground itself

Muscle and joint sensory tell the body it is moving



Central Nervous
System (CNS)
Brain and spinal cord

Balance activities are important for your children to help maintain balance. The body maintains balance by using four of the senses:

- The inner ear senses direction or motion
- Your sight senses the direction your body is moving.
- The sense of touch helps ground your body.
- The muscle and joint sensory tell the body it is moving.

So, what happens is the Central Nervous System (CNS) receives the signals and combines them into a plan of coordination.



Balance Beam Activity



This exercise demonstrates how dependent we are when it comes to using more than one of our five senses simultaneously. When students work and play throughout the day, be intentional about implementing crossing the midline and balance activities to help develop fine motor skills and bilateral coordination skills.

First walk heel toe across the room. Next, stare at an object in front of you as you walk heel toe. Then move head side to side/up and down as you walk heel toe. Lastly, close your eyes as you walk heel toe.





Part 3 Promoting Health and Wellness in the Environment

Objective 3:

Identify an environment that promotes health and wellness in daily teaching practices.





Developmentally Appropriate Environments for Young Children

Learning environments should be pleasant and welcoming and provide appropriate levels of stimulation for children. These are some examples....

- Culturally Diverse posters on display
- Children's Art on display
- Family pictures
- Music playing in the background
- Child's space to reflect
- Quiet Space
- Learning Centers that help limit the number of children in each area
- Environments are set up to help children succeed (block area, manipulatives, books throughout the centers, sand/water play area, house area, science, pretend play, art area)
- Outdoor Play games
- Daily schedules posted, weekly lesson plans, first aid supplies





Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the five easy steps for handwashing—**wet, lather, scrub, rinse and dry**—and the key times to wash hands, such as after using the bathroom or before eating. Follow proper handwashing procedures at your center.

Handwashing



Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects



Healthy Teeth



According to CDC guidelines, Tooth brushing in group settings should always be supervised to ensure that toothbrushes are not shared and that they are handled properly. The likelihood of toothbrush cross-contamination in these environments is very high, either through children playing with them or toothbrushes being stored improperly. In addition, a small chance exists that toothbrushes could become contaminated with blood during brushing. Although the risk for disease transmission through toothbrushes is minimal in group settings, it is a potential cause for concern. Therefore, officials in charge of tooth brushing programs in these settings should evaluate their programs carefully.

Recommended measures for hygienic tooth brushing in schools:

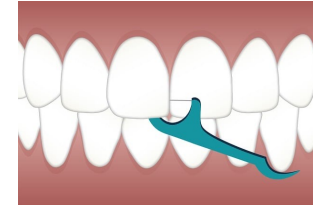
- Ensure that each child has his or her own toothbrush, clearly labeled. Do not allow children to share or borrow toothbrushes.
- To prevent cross-contamination of the toothpaste tube, ensure that a pea-sized amount of toothpaste is dispensed onto a piece of wax paper before dispensing any onto the toothbrush.
- After the children finish brushing, ensure that they rinse their toothbrushes thoroughly with tap water, allow them to air-dry, and store them in an upright position so they cannot contact those of other children.
- Provide children with paper cups to use for rinsing after they finish brushing. Do not allow them to share cups and ensure that they dispose of the cups properly after a single use.



Dental Health Activity

Objectives:

Learners will be able to apply teeth flossing techniques using the tools provided by using floss to remove the clay dough from the area between the plastic block spaces.



Materials:

Duplo/Mega Blocks/Lego (assimilate teeth)

Clay Dough (Assimilate Plaque)

Piece of yarn (Assimilate Flossing String)



Instructions:

1. Place a small amount of play dough in between spaces on Duplo/mega block to assimilate plaque in between teeth.
2. Teach child how to hold the floss or string of yarn and how to remove the play dough/plaque from the block.
3. Plaque is a sticky deposit that forms between the teeth, and in the pits and grooves of the teeth. Plaque contains bacteria and can release acids that attack tooth enamel, causing cavities. The best way to remove plaque is to teach children to brush and floss their teeth everyday!



Overview

1. Part 1 describes the importance and benefits of eating healthy, childhood obesity, Let's Move Initiative & ChooseMYplate and resources for the 2020-2025 Dietary Guidelines.
2. Part 2 provides activities and materials to promote children's physical development.
3. Part 3 describes an environment that promotes health and wellness to incorporate into daily teaching practices





Resources & References

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