



**Applying New Knowledge:  
Learning & Transfer**

**Child Care Training Consultants, LLC**

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



## Healthy Eating in Childcare

The goal of this training is for participants to identify benefits of eating healthy, guidelines for health standards, food hygiene, and safety policies within childcare centers.

Dr. Theresa Vadala





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## Healthy Eating in Childcare

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Las Vegas, Nevada 89139



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<p><b>CKA1: Health, Nutrition and Safety</b>  <b>Title: WY 1.J Healthy Eating in Child Care</b></p>	<p><b>2 Hours</b></p>	<p><b>0.2 CEUs</b></p>
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**Dr. Theresa Vadala**  
**(Instructor & Curriculum Designer)**





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**Thank you for choosing  
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for your Training Needs!**

## **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**

**[childcaretrainingconsultants1@gmail.com](mailto:childcaretrainingconsultants1@gmail.com)**

**Business # 702.837.2434**



## **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.

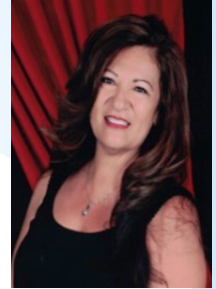
## **Vision**

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.



## **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 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.



## **Agenda**

### **Part 1: Why is Good Nutrition Important for Children?**

- Guidelines for Nutrition and Health Standards

### **Part 2: Nutrition**

- Meals & Snacks
- Mealtimes
- Food Hygiene

### **Part 3: Guidelines for a Healthy Diet**

- Guidelines for a Healthy Diet
- Special Diets & Food Allergies
- Questions???

### **Overview**

### **References**





## **Learning Objectives**

**Participants will learn:**

### **Part 1: Why is Good Nutrition Important for Children?**

Guidelines for Nutrition and Health Standards

### **Part 2: Nutrition**

Meals & Snacks

Mealtimes

Food Hygiene

### **Part 3: Guidelines for a Healthy Diet**

Guidelines for a Healthy Diet

Special Diets & Food Allergies

Questions???





## **Learning Outcomes**

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### **Part 1: Why is Good Nutrition Important for Children?**

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**Part 1:**  
**Why is Good Nutrition Important for Children?**  
Guidelines for Nutrition and Health Standards



## **Why is Good Nutrition Important for Children?**

Children need fruits and vegetables daily for healthy growth and brain development. Early eating experiences can also affect how we eat as we get older. This is why it is so important to introduce young children to healthy foods, including a variety of fruits and vegetables.

### **The Benefits of Healthy Eating**

As children grow and develop, they need important nutrients to be strong and healthy. Some of the benefits of healthy eating include:

- Stable energy
- Strong bones and teeth
- Improved mental health: Makes us think clearly and be more alert
- Maintaining a healthy weight
- Preventing chronic diseases



## **Guidelines for Nutrition and Health Standards**

Nutrition for kids is based on the same ideas as nutrition for adults. Everyone needs the same types of things, such as vitamins, minerals, carbohydrates, protein and fat. These are called nutrients. Children need different amounts of specific nutrients at different ages.

The best eating pattern for a child's growth and development considers the child's age, activity level and other characteristics. Check out these nutrition basics for kids, based on the latest Dietary Guidelines for Americans.

Food packed with nutrients — with no or limited sugar, saturated fat, or salt added to it — is considered nutrient dense. Focusing on nutrient-dense foods helps kids get the nutrients they need while limiting overall calories.





## **Guidelines for Nutrition and Health Standards**

Standards-based health education helps ensure curricula and instruction are designed to establish, promote, and support health-enhancing behaviors for students in all grade levels – emphasizing planned, sequential learning from pre-kindergarten through grade 12. Health education standards outline what students should know and be able to do by the end of specified grades, serving as a valuable tool for schools in selecting, designing, or revising curricula. Multiple professional organizations working in health education have recent or current efforts to update standards for health education.

<https://www.schoolhealtheducation.org/standards/>



## **Part 2:**

### **Nutrition**

Meals & Snacks

Mealtimes

Food Hygiene



## **Nutrition**

- Involving children in creating a healthy menu. Even younger children and toddlers can begin to talk about 'healthy' and 'not so healthy' food choices.
- Providing children with opportunities to eat food and engage in the mealtime routines of different cultures.
- Talking with children throughout mealtimes about nutritional food. Child care professionals should also model healthy eating practices for children.
- Making sure that mealtimes are pleasant occasions, where children and child care professionals can socialize among each other.
- Allowing children to exercise their independence and to make some choices during mealtimes.



## **Meals and Snacks**

Vegetables, fruit and legumes

Cereals (including breads, rice, pasta and noodles) preferably wholegrain

Lean meat, fish, poultry

Milks, yogurts, cheeses

Limited servings of saturated fats, margarine, butter and oils







## **Mealtimes**

- Mealtime times should be relaxed and supervised
- Food should be an appropriate size and texture for the age and ability of the child so they can easily chew and swallow their food
- Nuts and other hard foods that are difficult for young children to chew should be avoided (Some centers are nut free. Check with your center for policies)
- Children should not be force-fed



## **Food Hygiene**

There must be regular training for all cooks and staff in safe food storage, preparation and handling of food

### **Correct procedure for storage of food products:**

- Dispose of outer packaging/boxes prior to storage
- Store raw foods (i.e. meat, poultry and shellfish) separately from cooked or prepared food. Store raw food below cooked /ready-to-eat food.
- Rotate stock – first in first out (FIFO). (Always check use-by-dates)
- Cleaning materials such as detergents should be stored in a separate area
- Foods can be preserved by drying, freezing and canning



## **Food Hygiene**

### **Potential hazards of dry goods storage (e.g. tins, rice and pasta)**

- Bacterial growth due to cross contamination and excessive moisture
- Contamination by pest and insects
- Chemical contamination from cleaning agents

### **Controls in dry goods store**

- Dry goods store must be clean, well lit, ventilated and adequately shelved
- Food must be stored on shelves above the floor
- Containers used for storage must be covered
- Windows must be fitted with insect screens and the store must be kept free from infestation



## Food Hygiene

### Potential hazards in fruit and vegetable store

- Insect infestation
- Accelerated spoilage caused by heat and moisture
- Soil on fresh vegetables - can be a problem because of the bacteria soil contains

### Controls in fruit and vegetable store

- Fruit and vegetable store should be clean, well lit, ventilated and pest proof
- Ensure good air circulation
- Discard spoiled fruit and vegetables as this can contaminate healthy products
- Store salad items and soft fruits (except bananas) in the salad drawer of the refrigerator



## **Food Hygiene**

### **Refrigerating foods slows down the multiplication of bacteria:**

- Maintain temperatures of 0-5°C
- Store raw and cooked/ready-to-eat food separately
- Do not place hot foods directly in the refrigerator as this will cause the temperature of the refrigerator to rise above 5°C
- Do not overload the fridge as cold air needs to be allowed to circulate
- Defrost and clean the fridge or freezer box regularly
- Keep doors closed to maintain the temperature
- Avoid prolonged storage
- Temperature of food should be recorded



**Part 3:**  
**Guidelines for a Healthy Diet**  
Guidelines for a Healthy Diet  
Special Diets & Food Allergies  
Questions???



## **Guidelines for a Healthy Diet**

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## Guidelines for for a Healthy Diet

Consider these nutrient-dense foods:

- **Protein.** Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
- **Fruits.** Encourage your child to eat a variety of fresh, canned, frozen or dried fruits. Look for canned fruit that says it's light or packed in its own juice. This means it's low in added sugar. Keep in mind that 1/4 cup of dried fruit counts as one serving of fruit.
- **Vegetables.** Serve a variety of fresh, canned, frozen or dried vegetables. Choose peas or beans, along with colorful vegetables each week. When selecting canned or frozen vegetables, look for ones that are lower in sodium.
- **Grains.** Choose whole grains, such as whole-wheat bread or pasta, oatmeal, popcorn, quinoa, or brown or wild rice.
- **Dairy.** Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt and cheese. Fortified soy beverages also count as dairy.





## Questions to Think About???

How does staff interact with children during meals?

Do menus reflect the social, cultural and family values of the children?

How are children involved in food preparation and awareness activities?

What education do you provide for children, parents and staff?



## **Mealtime Experiences**

- Provide a variety of foods at meals and snacks, especially whole grains, vegetables, and fruits
- Offer repeated opportunities to taste new foods
- Sit with children at meals and enjoy conversation. Talk about the taste, texture, appearance, and healthful aspects of foods
- Plan adequate time for all children to finish eating
- Respect a child's expression of satiety or sense of being full
- Develop a routine for serving snacks, applying the same rules whether offering carrots, crackers, or cookies



## **Special Diets and Food Allergies**

### **Talk with Parents about Special Dietary Needs**

Planning to accommodate a child's special dietary needs should begin before that child is enrolled in the child care program. The program director or child care provider should ask parents about food needs and family eating patterns before enrolling their child in the child care program. Decide whether or not the program can provide the foods that meet the child's special dietary needs before agreeing to enroll that child in the child care program. If the program cannot provide foods to meet the child's needs, ask the parents to provide meals and snacks that meet their child's needs, or refer the family to another child care program that can better accommodate their child's special diet.



## **Special Diets and Food Allergies**

- Verification of the food allergy and its level of severity, signed by a doctor
- Have on file current health and medication forms
- Updated emergency contact numbers on file and on the sign-in form
- A doctor's order any necessary medications
- Signed parental consent to administer medications
- A sufficient supply of up-to-date medications





## **Special Diets and Food Allergies**

Food allergies are common in young children. Cow's milk is a problem for some infants and young children. Other common allergens include wheat products, peanuts, tree nuts, and eggs. Some young children also have trouble digesting high-fiber foods.

When a child with a food allergy ingests that food, he may have an allergic reaction. Allergic reactions range from mild skin sensitivity to very severe symptoms, including difficulty breathing. Because food allergies can be dangerous, or even life-threatening in some cases, child care providers must be aware of all allergies in the children in their classroom or care group.



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## References

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