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| **Child Care Health Consultation Lesson Plan** |
| **Contractor Name: CCHC Program** |
| **Date Submitted: May 29, 2015** | **[ ]  Children’s Health Promotion** |
| **Adult Training on** | **Health and Safety Standards** | **Training Levels** |
| **Content Area V: Health and Safety*****Select one standard and one level*** | [ ]  Promoting Risk Management Practices | [ ]  1 | [x]  2 | [ ]  3 | [ ]  4 | [ ]  5 |
| [ ]  Protecting Children and Youth | ***Source:*** Core Competencies for Early Childhood and Youth Development Professionals(Kansas and Missouri), 2011 |
| [x]  Promoting Physical Health |
| [ ]  Promoting Mental Health |
| [ ]  Promoting Healthy Eating |
| **Title:** 12345 FitTastic Message #3– Include Recommended Amounts of Calcium and Vitamin D in Your Diet  |
| **Training Goal:** Child care providers will recognize the importance of offering children calcium and vitamin D rich foods/beverages for maintaining health. |
| **Learning Objective(s): Participants will** * Review importance of consuming calcium containing food
* Recognize recommended serving sizes and alternative foods that support calcium consumption
* Calculate calcium and vitamin D consumption based on types of milk and other dairy products
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| **Topical Outline of Content** | **Training Method(s)** | **Time****(in minutes)** |
| NOTE TO TRAINER: All supporting training documents (activities, quizzes, powerpoint slides, handouts), & evaluations can be accessed and dowloaded at: <http://fittastic.org> |  |  |
| Introduction- Review the Learning Objectives | Intro | 5 min |
| **Objective 1**: -Review: Fit-Tastic Healthy Lifestyles Quiz results on milk and yogurt consumption | Quiz/Discussion | 5 min |
| **Objective 2**: Learn about the benefits of milk & yogurt, what constitutes a serving size, and dietary alternatives to support calcium consumption:-Review handout: *3 Servings of Low or Nonfat Milk or Yogurt;**-*Review handout: *How Big is a Serving?…How Big is Your Kid?* | Handout; lecture/discussion | 10 min |
| **Objective 3**: Learn about the calcium, vitamin D, and protein content in your cup and how much you actually need:-Review handout: *What’s in Your Cup?;**-*Review handout: *How Much Do I Need?* | Lecture/discussion; handout | 15 min  |
| **Objective 4:** -Activity: Calculate your calcium and vitamin D consumption based on the type and quantity of milk and yogurt you consume in a day. Review *How Much Do I Need?* diagram and compare/evaluate your results.-Reminder of tips and facts for increase milk consumption-Wrap-up/ Q&A/ evaluation | Group activity; handout; discussionQ & A, evaluations | 15 min5 min5 min |
| **Total training time: 1.0 clock hours** |  | 1 hour |
| **Methods of outcome evaluation**: - Calculate personal calcium consumption values. Participation in group activities, Q & A, evaluation |
| **FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY** |
| **Date Approved:** May 29, 2015 | **Authorized Approval Signature:** NOLA MARTZ, CCHC Program Manager | **Date Expires:** May, 2018 |