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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 #4– Drink Water and Avoid Sugared Beverages  |
| **Training Goal:** Child care providers will recognize the importance of making plenty of drinking water available for children and avoiding serving sugared beverages |
| **Learning Objective(s): Participants will** * Acquire ability to identify what constitutes a sugary beverages
* Discover the benefits of increased water toward maintaining a healthy weight
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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 water and beverage consumption | Discussion | 5 min |
| **Objective 2**: Learn about the benefits of water and how much you actually need:-Review handout: *4 Serving of Water Not Sugary Drinks;**-*Review handout: *How Much Do I Need?* | Handout; lecture/discussion | 10 min |
| **Objective 3**: Identify and make a list of beverages that would be considered sugary drinks. Learn about the calorie and sugar content of these beverages.-Review handout: *Instead of Sugary Drinks;*-Review handout: *What’s in Your Cup?* | Lecture/discussion; handout | 15 min  |
| **Objective 4:** -Activity: Calculate your calorie and sugar consumption and weight gain based on the servings of soda you consume in a day. Review *How Much Do I Need?* diagram and compare/evaluate your results.-Reminder of tips and facts for increasing water consumption and reducing sugary beverage intake-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**: - Identify small changes in beverage consumption to reduce weight gain and improve health. 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 |