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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 | 2 | | 3 | 4 | | 5 |
| Protecting Children and Youth | | ***Source:***  Core Competencies for Early Childhood and Youth Development Professionals  (Kansas and Missouri), 2011 | | | | | | |
| 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 | | | | | | | | | |
| **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; discussion  Q & A, evaluations | | | | | 15 min  5 min  5 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 | | | | |