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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 #5– Eating Fruits and Vegetables for Health  |
| **Training Goal:** Child care providers will recognize the importance of and recommended servings of fruits and vegetables in a healthy diet |
| **Learning Objective(s): Participants will** * Acquire skills for preparation and storage of healthy fruits and vegetables and how to shop for and stock these foods at their child care facilities
* Identify what constitutes a serving size and how to increase intake throughout the day
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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 fruit and vegetable consumption | Discussion | 5 min |
| **Objective 2**: Learn about the benefits of fruits and vegetables and what constitutes a serving size:-Review handout: *5 Servings or More of Fruits & Vegetables;**-*Review handout: *How Big is a Serving?…How Big is Your Kid?* | Handout; lecture/discussion | 10 min |
| **Objective 3**: Learn tips to increase intake, reduce food spoilage, and manage quick and easy preparation.-Review handout: *5 Servings or More of Fruits & Vegetables* | Lecture/discussion; handout | 15 min  |
| **Objective 4:** -Activity: Create a food rainbow, identifying as many fruits and vegetables as you can for each color section. Compare your discoveries to the *Taste the Rainbow!* diagram on your handout to see what you may have missed-Reminder of tips and facts for increasing fruit and vegetable 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 fruits and vegetables from every section of the color wheel. 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 |