Child Care Health Consultation Lesson Plan

Contractor Name: Phelps/Maries County Health Department

Date Submitted: 06/12/2014

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety *Select one standard and one level*	**Health and Safety Standards**	**Training Levels**
	☐ Promoting Risk Management Practices ☐ Protecting Children and Youth ☐ Promoting Physical Health ☐ Promoting Mental Health ☒ Promoting Healthy Eating	☐ 1 ☐ 2 ☒ 3 ☐ 4 ☐ 5 ***Source:*** Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

Title: Gardening with Children—Growing Fruits and Vegetables and Using them for Healthy Snacks

Training Goal: Child Care providers will involve children in growing fruits and vegetables and eat what they have grown

Learning Objective(s): Participants will

1) Acquire skills to prepare an area for a garden with limited space and in harvesting and preparing snacks from food produced

2) Become familiar with a variety of fruit and vegetable plants suitable for growing in box gardens or other limited garden spaces

3) Acquire skills to engage children in their care in preparing and caring for a garden, and using the food produced to eat healthier

Topical Outline of Content	**Training Method(s)**	**Time (in minutes)**
Missouri Extension Office—Providing Master Gardener Member		
-Overview of various kinds of fruit/vegetable gardens that could be grown with space limitations of a Day Care Facility	Power Point Handouts	20 min
-Review "box" garden options. How to improve, different choices of plants, development of gardens.	Discussion	15 min
-Plants suited to this type of growing and care needed Space Soil Sunshine/water	Discussion	60 min
-Benefits/rewards of gardening Activities for children to engage them in the growing, harvesting, and preparation for eating fruits and vegetables produced in the garden.	Discussion	25 min
APPROVED FOR TWO CLOCK HOURS		2 hrs total

Method(s) of Outcome Evaluation: Enhanced knowledge of methods to teach children how to grow fresh fruits/vegetables, and prepare for snack at Day Care Facility

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Date Approved:	**Authorized Approval Signature:**	**Date Expires:**
June 12, 2014	Nola B Hartz	June 2017