



Natures Pharmacy

Exploring Enhanced Wellness through Nutrition in the Family Child Care Home
Original visit cycle: Jan-Apr 2009 updated 3/17

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In an effort to encourage healthy eating habits for your children as well as support your childcare business, we have put together this self-study unit. Submitting this completed unit satisfies your annual CACFP education requirement and may also be considered as continuing education for your Colorado State License.

Please read through each activity carefully and consider that the workshop should take **at least** one hour of effort on your part. Once reviewed, you will receive a training certificate via email along with helpful feedback.

Provider Printed Name

Signature

Date

Submit with your menus or to: southwestcacfp@gmail.com

Be sure to include: Pages 1,2, 3 and 4 to complete a one-hour unit.

**** Bonus – Also complete activity #2 to receive an additional credit hour! (2 total hours possible)**

Be sure all questions are answered and all pages are returned to receive appropriate credit!

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Place an X next to each statement that you feel you can honestly support.

1. _____ I make a conscious effort to serve foods rich in vitamin C at least twice per week.
2. _____ I serve fresh or frozen vegetables and fruits most of the time.
3. _____ I try to sit and eat with the children whenever possible.
4. _____ I ensure that every child washes thoroughly before and after eating, even at snack.
5. _____ I plan cooking/food activities for the children to help them understand the functions of food.
6. _____ I understand that it is important to maintain a variety in fruits and veggies, even in the winter.
7. _____ I talk with my children about the importance of healthy eating.
8. _____ I recognize that 100% juice is not the same as consuming whole foods.
9. _____ I try to set a good example of healthy eating habits.
10. _____ With the onset of colder weather and more time inside with close contact, I understand that my children will need a strong immune response to fight off illness.
11. _____ I try to engage the children in choices about what we will eat at least some of the time.
12. _____ I do not allow toys, books, television, or video games during meal times.
13. _____ I use books, stories, songs, and games about food to increase awareness.
14. _____ I always wash ALL raw foods to ensure dirt and bacteria from pastures, transport vehicles, and produce handlers does not reach my children.
15. _____ I never withhold foods in association with behavior.
16. _____ I recognize that healthy eating habits are a LEARNED behavior rather than just a preference.
17. _____ I try to introduce new fruits and veggies whenever possible.
18. _____ I try to serve raw foods in a variety of ways like salads, with dips, as purees, or in unusual shapes.
19. _____ I engage my children in conversations about their food likes and dislikes.
20. _____ I try to let my children serve themselves at least some of the time.
21. _____ I ensure my children go outside or engage in full physical activity at least once each day, even in the winter.

Choose one of the statements above about which you believe strongly and briefly describe why you feel this statement is important to the nutrition education of your children:



Understanding The Relationship between Nutrition and Health pg 3

Overweight and obesity are fast becoming a serious concern among children **YES / NO**

How do children learn about healthy eating? A) books and stories B) examples set by adult caregivers C) exposure to healthy foods D) discussion with adults E) All of the above

Why is calcium an important nutrient for children?

Name 3 food sources for calcium _____

Iron deficiency anemia can lower a child's resistance to illness and slow down recovery time
True / False

Name 3 healthy proteins _____

When was the last time you **sanitized** any of the following: 1= today 2= this week 3=this month 4=oops, I better do that!

Can opener _____ chair backs/seats _____ door knobs on kitchen or bath _____ front door knob _____
stair rails _____ light switches _____ table legs _____ soap containers _____ faucet handles _____

Are infant formulas or cereals without iron fortification creditable on the food program? **YES / NO**

Common symptoms of over-consumption of vitamin C could be Nausea, diarrhea, and abdominal cramps **YES / NO** 100% juice may be a substitute for whole foods up to _____ times per week.

What **fresh** fruits do you have on hand in your kitchen right now? _____

Are "home canned" fruits or vegetables creditable on the food program **YES / NO**

Will a "picky eater" starve himself rather than eat foods served? **YES / NO**

If a child refuses to eat the foods prepared at your meal or snack, you are obligated to prepare other foods the child finds more agreeable. **TRUE / FALSE**

Salt should be added to dishes prepared for your children? NEVER SOMETIMES ONCE PER DAY

If you serve blueberry pancakes, are there enough blueberries to make an adequate serving for a 3-5 year old at breakfast? **YES / NO**

Milk must be age appropriate and non-flavored **True / False**

All lunches and suppers must include at least 1 full serving of vegetables **True / False**

Cereals served on the program must not contain more than **6 8 10** grams of sugar per ounce.

The color of fresh foods can be an indicator of the nutrients inside **True / False**



Some good sources for Vitamin C are:
Oranges, Kiwi, Strawberries, Cantaloupe

Other sources you might not think of which contain “some”
Vitamin C
Broccoli, Tomato, Potato, Spinach, Apple, Corn

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Child Inclusion Activity - Complete with your children and document below:

Activity #1 – Lemon and Orange Finger Play and Tasting

Teach your children the following finger play and then complete the follow up activity.

Supplies: 1 orange and 1 lemon cut into small tasting size pieces, napkins or wipes

Lemon Trees are Very Pretty (frame face with hands and blink eyes flirtingly)
Lemon Flowers Smell so Sweet (pretend to pick and smell a fragrant blossom)
But the Poor Fruit of the Lemon (hold up a closed tight fist to look like a lemon)
Is Impossible to Eat (pretend to bite and make a sour face).

Orange Trees are Just as Pretty (frame face with hands and blink eyes flirtingly)
Orange Flowers Smell just as Sweet (pretend to pick and smell a fragrant blossom)
But the Sweet Fruit of the Orange (hold hands to make a circle resembling an orange)
Is the One I'd Rather Eat (pretend to bite and make a happy face).

***Follow up -

Offer each child a piece of lemon and invite them to taste it. Be sure to discuss the concept of “sour”, the color yellow, and the texture of the fruit inside and out.

Offer each child a piece of orange and invite them to taste it. Be sure to discuss the concept of “sweet”, the color orange, and the similarity to the lemon other than the taste.

The date the activity was completed was: _____

The children who participated were: _____

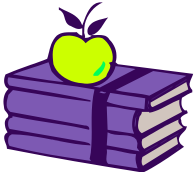
List two things you believe the children may have learned from this activity:

List three things that children said during the activity

Did you ask the children questions or engage them in conversation about foods or healthy eating while completing the activity? YES / NO

Why or why not? _____

How could you serve these foods other than their natural fresh state? _____



BONUS Activity #2 - Apple Tree

Supplies: 1 red apple and 1 green apple cut into tasting size pieces, napkins or wipes

Teach your children the following finger play and then complete the follow up activities:

Way up high in the apple tree (reach or point up and stand on tip toe)
Two little apples smiled at me (hold up two closed fists to represent apples)
I shook that tree as hard as I could (pretend to shake a tree)
Down came those apples (slap the ground)
Mmmmm, they were good (rub tummy)

** Follow up- Offer each child a piece of the green apple and invite them to taste it. Be sure to prompt discussion on “sour” and point out the green skin color.

Offer each child a piece of the red apple and again invite them to taste it. Be sure to prompt discussion on the difference in taste and color between the two apples; but also, describe how the apples are similar except for taste and color.

The date the activity was completed was: _____

The children who participated were: _____

List two things you believe the children may have learned from this activity:

List three things that children said during the activity

Did you ask the children questions or engage them in conversation about foods or healthy eating during the activity?
YES / NO

Why or why not? _____

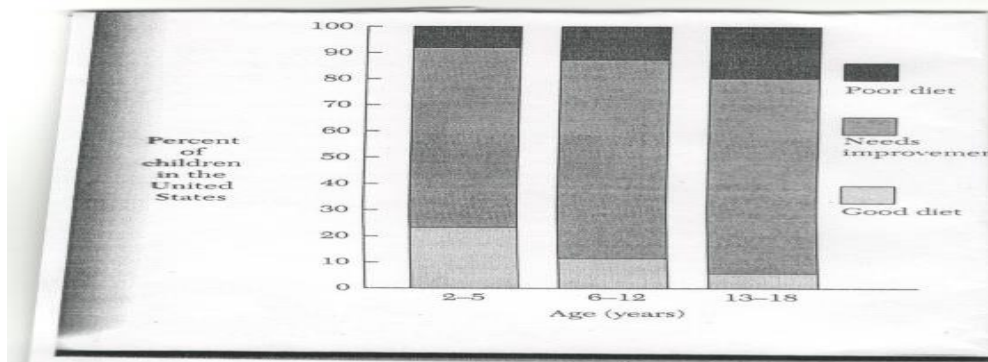
Describe another activity using apples that you could complete with your children: _____

Describe four creditable snack combinations using whole apples. Think about colors, shapes, and textures of both foods.

_____ and _____ and _____

_____ and _____ and _____





A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Sweet Potatoes look like the pancreas and actually helps to balance the glycemic index of diabetics.



Oranges, Grapefruits, and other Citrus fruit assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like the body's cells and help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.