



Nature's Wellness Recipe

Exploring Enhanced Wellness through Nutrition in the Family Child Care Home Setting
Original visit cycle: Sep-Dec 2022

Page 1

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, 4 and 5 for 1 hour credit.

**** Bonus – Complete 1 or both of the child activities for an additional .5 hours each!**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discrimination on the bases of race, color, national origin, sex (including gender identity and sexual orientation), disability, reprisal or retaliation of prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online, from any USDA office, by calling 866-632-9992, or by writing a letter addressed to USDA. The letter must contain the Complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: Mail: US Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or fax: (833)256-1665 or (202)690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider. Revised May 2022.



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/raw vegetables and fruit often.
3. ____ I try to sit and eat with the children whenever possible to set an example and spark conversation.
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 try to introduce new or unusual foods to encourage risk-taking and expand variety in their diet
8. ____ I recognize that juice is not the same as consuming whole foods.
9. ____ I try to encourage healthy eating often
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 during learning and play time
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 as well as preference.
17. ____ I ensure that my food prep and service areas are sanitary.
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

How do children learn about healthy eating? A) books and stories B) examples set by adults
C) exposure to healthy foods D) discussion and freedom to explore 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 meat alternates _____

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**

Which **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? **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 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** How much would you need per child? $\frac{1}{4}$ c $\frac{1}{2}$ c 1 c

Milk must be 1% or fat-free for children over 2 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**

Which cereal is creditable? Honey Nut Cheerios Honey Bunches of Oats



Whole Fruits and Vegetables Instead of Juices

Juice (when 100% and served full strength) **is** a creditable substitute for whole fruits or vegetables but should be limited to no more than twice per week according to USDA recommendations. Why??? Excessive juice can contribute to tooth decay, diarrhea, diaper rashes, tummy aches, and obesity. Juices lack the fiber of the whole fruit or vegetables which slows the processing of natural sugars and allows sugars to dump directly to the blood stream.

How often do serve juice in a week? _____ Could you whole fruits or vegetables instead? YES / NO



Reducing Sugar

Sugar contributes to dental decay and obesity, and offers no nutritional benefit. Many foods that are “creditable” contain added sugar. High sugar cereals, snack /breakfast bars, canned fruit, pastries, flavored oatmeal, pie filling, syrup, milk flavorings, etc are not creditable. **Serving these items once in a while as an EXTRA item or for a meal/snack that you don’t claim is ok.**

Do you think your weekly sugar content is low enough? YES / NO



Portioning Cheese

Kid pleasing foods like MAC AND CHEESE, GRILLED CHEESE, PIZZA, QUESADILLAS, etc... are not typically prepared with enough cheese to make up a full meat alternate portion. The cheese serving requirement for **each** 3-5 year old is 1.5 ounces. Cheese spreads like Velveeta, Cheeze Whiz, and commercial cheese sauces (like boxed mac & cheese) are not creditable at all. Adding extra cheese may make the portion acceptable, but it also adds extra fat which is not healthy.

Instead of adding extra cheese, what could you do to make the above items meet portion requirements for meat/meat alternate and be overall healthier?

Did you know that white cheeses are typically lower in fat content than yellow/orange varieties? YES / NO

Whole Grains White breads or bread products contain over-processed wheat flour, which, although creditable, is not as nutritious as whole grain counterparts. Because processing depletes so much of the natural nutrients, most commercial bread products must then be “enriched” to replace the lost nutrient value. Many breads, rolls, and even pastas now come in whole grain varieties, which makes them a healthier choice for your children.

Do you offer whole grains (other than breakfast cereals) at least once per day? YES / NO

Can you tell if a product is whole grain by color YES / NO

If the ingredients (on the back of the product) start with “ENRICHED”, is the product a whole grain?

Which are **always** whole grain? Pretzels Fish Crackers Grahams Cheez-Its None of These

*** *Special note, if the ingredients do not start with 100% whole grain or “enriched”, then the product is NOT creditable at all!*

Variety Variety in the diets of young children is as important as selecting healthy foods. Repeating foods or meals/snacks also means repeating the same nutrients and forfeiting some others.

Do you serve milk at most of your snacks? YES / NO Could you serve other foods at snack (at least some of the time) to expand the variety of foods being offered over a week’s time? YES / NO

Pg 5

Breaded Meat Products Foods like chicken nuggets, fish sticks, chicken patties, and other breaded meats may not contain enough actual meat to satisfy program requirements and the breading may offer little nutrient value. In order to be claimed, these foods must have a CN (Child Nutrition) for you to determine how much is necessary for a “meat” serving.

TRUE / FALSE

If you serve breaded meats, does your product have this label YES / NO / I don’t serve these

“Added in” foods Some dishes may “seem” creditable because they “contain” fruits or veggies, However, examples like “Spanish or Mexican” rice, pasta salads, mushrooms in casseroles, lettuce on sandwiches, toppings on pizza or tacos, croutons on salad or soup, and others do not typically include a full fruit/veg serving **per child**. Do you think about portion requirements when preparing meals and snacks? YES / NO

Please enter a “healthier” food option, which you could easily serve in place of the foods listed:

Bologna _____

Commercial chicken nuggets _____

Hot dogs or corn dogs _____

Cocoa Krispies _____

Fruit in muffins _____

White instant rice _____

Canned fruit _____

Stewed vegetables (cooked in liquid) _____

Tater Tots _____

Poptarts _____

Fish sticks _____

Instant potatoes _____

Flavored instant oatmeal _____

Granola bars _____

Grilled cheese sandwiches _____

White toast _____



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

Other sources you might not typically think of:
Broccoli, Tomato, Potato, Spinach, Apple, Corn

Bonus Activity #1 - Complete with your children and document below:

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: _____

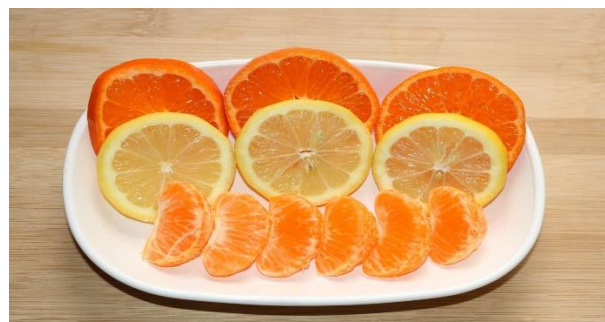
List two things you believe the children may have learned from this activity:

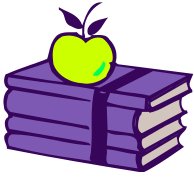
List three things that children said during the activity

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 “ sweet vs 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 _____

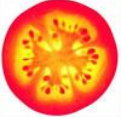
_____ and _____ and _____



KEEP THIS PAGE FOR YOU!!!



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 glyceimic 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.