



NEW MEXICO

*Department of Children Youth and Families
Family Nutrition Bureau
1920 Fifth Street
Santa Fe, New Mexico 87502*

Child and Adult Care Food Program

Nutrition Education Activity

Instructions and Monthly Planning Chart



INSTRUCTIONS FOR Completing the Nutrition Education Activity Planning Chart

Required for Child Care Centers, Headstarts, Before and After School Programs, Preschools, Pre-K, Kindergartens and Adult Day Care Facilities. Not required for At Risk or Emergency Housing.

CYFD- Family Nutrition Bureau emphasizes that the food program is more than just about giving the participants something to eat. The goal is to provide the most nutritious meals and snacks possible and to teach the participants healthy eating habits that will last a life time.

To help achieve that goal, participating organizations are required to provide monthly activities that help participants understand the benefits of nutrition and how to make better choices in selecting what they eat. Nutrition Activities should be engaging, interesting, fun and educational. Activities will need to be modified to be age appropriate for the group of children participating in the activity. Very young children may be able to identify fruits and vegetables as being different from meats and bread items. When they get older they can tell the difference between fruits and vegetables and meat and meat alternates. Older children may be able to separate fruits into subgroups such as melons, citrus, berries and stone fruits and start to understand the role and importance of vitamins and minerals in the diet. Centers are not expected to conduct Nutrition Education Activities for children under the age of 3. However some centers have done simple tasting activities with 2 year olds, so if you have something that is appropriate, feel free to try it. Please use creditable foods in your nutrition education activities as much as possible. Please be aware that not all food activities are considered nutrition education activities. Art projects using foods, and making edible creations from non-creditable low nutrient dense foods such as candy, marshmallows, and frosting are not considered nutrition education activities.

1. Categories of Nutrition Education Activities include; Cooking, Tasting, Categorizing, Experiential Learning, Recognizing, Measuring, Menu planning and Gardening
2. Categories of Nutrition Learning Objectives include: Learning where food comes from, Identifying different types of foods, Categorizing foods, Understanding nutrition concepts, Learning to appreciate variety, Recognizing food sources for various nutrients, Food safety and sanitation, Understanding choices that promote health and prevent disease, the physical activity and caloric intake relationship, Understanding the role of ingredients in cooking and nutrition, understanding the benefits of whole grains and fiber and understanding preparation methods.
- 3.

The Nutrition Merry-Go-Round is a resource for helping to plan interesting and engaging Nutrition Education Activities that meet the criteria for the monthly requirement. Be sure to complete the Nutrition Education Activity Documentation form to have a record of what was done and the results of your participant's involvement in the activity. Send in pictures to the Nutrition Education Staff if you would like. Nutrition Documentation is to be submitted to the state agency 3 times per year

Outline your plan for providing the monthly **Nutrition Education Activity** required for participants in your Center(s).

(Use additional sheets if necessary)

a) If the organization has more than one center or facility; will this plan be used for all centers/sites? ☐ Yes ☐ No

If "Not" *(please complete a plan for each center facility or explain below how requirement will be met at each site)*

b) Who will conduct the Nutrition Education each month?

| Month | Activity | Date | Nutrition Learning Objective: |
|-----------------|---|------|---|
| <i>Example-</i> | <i>Prepare (2) two different recipes using pumpkin as an ingredient</i> | 12 | <i>Children will be able to pour and mix ingredients, knead dough and be able to understand the preparation process</i> |
| October- | | | |
| November- | | | |
| December- | | | |
| January- | | | |
| February- | | | |
| March- | | | |
| April- | | | |
| May- | | | |
| June- | | | |
| July- | | | |
| August- | | | |
| September | | | |