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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Human Services |
| **Course Name** | Child Development |
| **Lesson/Unit Title** | Nutritional Needs: Infancy to Toddler |
| **TEKS Student Expectations** | **130.277. (c) Knowledge and Skills**  (5) The student investigates strategies for optimizing the development of infants, including those with special needs. The student is expected to:  (D) identify appropriate nutritional needs for infants  (6) The student investigates strategies for optimizing the development of toddlers, including those with special needs. The student is expected to:  (D) prepare snacks or meals that meet appropriate nutritional guidelines for toddlers  (7) The student analyzes the growth and development of preschool children, including those with special needs. The student is expected to:  (D) prepare snacks or meals that meet appropriate nutritional guidelines for preschool children  (8) The student analyzes the growth and development of School Age children, including those with special needs. The student is expected to:  (E) create recipes for nutritious snacks or meals appropriate for preparation by School Age children |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | **Students will:**   * Recognize the nutritional guidelines for preschool and School Age children * Create nutritious snack or meals appropriate for preschool and School Age children * Analyze the correlation between proper nutrition and the growth and development of children * Present their snack or meal to the class |
| **Rationale** | The growth and development of preschool and school age children varies significantly between children during this period. Some children will develop slower than others will and some will grow quickly. Generally, children tend to grow in height more than weight during this period. Height is normally not affected by environmental factors, but on the other hand, weight is associated with nutritional habits and activity levels influenced by the child’s surroundings. As a future employee in the field of Child Development, it is important to understand the growth and development concepts of preschool and school age children. |
| **Duration of Lesson** | Four 45-minute class periods |
| **Word Wall/Key Vocabulary**  *(ELPS c1a, c, f; c2b; c3a, b, d; c4c; c5b) PDAS II (5)* | **Malnutrition:** Lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that one does eat  **Nutrition:** The process of providing or obtaining the food necessary for health and growth  **Obese:** An abnormal accumulation of body fat, usually 20% or more over an individual’s ideal body weight  **Portion control:** It is understanding how much a serving size of food is and how many calories or how much food energy a serving contains  **Protein Food Group:** All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with Internet for multimedia presentations (be sure to follow district guidelines) * Computers/laptops with printer capability * Presenter/remote * Reserve computer lab, if needed   **Supplies:**   * Baseball * Bowl filled with various fruits and vegetables * Computer mouse * Deck of cards * Four checkers * Golf ball * Empty containers of nutritious children’s food and snacks   + Bottled water   + Dried fruit   + Healthy dry cereal boxes   + Juice boxes   + Raisins   + Yogurt containers * Kitchen equipment (to be determined by the students’ selection of various children’s recipes) * music CD * paper plates * plastic cup, plate (small 7-inch) plate and silverware (child size) * play food (may be purchased for a minimal cost) * purchased food for foods lab (actual food to be determined by the students’ selection of various children’s recipes) * six dice * small soft drink lid * Prepare the necessary paperwork required by your school district/campus to secure funding for foods lab. * Place the items on a table in front of the room. Items include:   + A computer mouse   + A deck of cards   + A golf ball   + A music CD   + A small (7-inch) plate   + A small soft drink lid   + Four checkers   + Play food   + Six dice * Copies of all handouts   **PowerPoint:**   * Nutritional Needs: Preschool to School Age   **Technology:**   * Free iPad App:   + MyPlate Calorie Counter<https://itunes.apple.com/us/app/myplate-calorie-tracker-your/id502317923?mt=8> * TED Talks:   + Jamie Oliver: Teach every child about food  Sharing powerful stories from his anti-obesity project in Huntington, W. Va., TED Prize winner Jamie Oliver makes the case for an all-out assault on our ignorance of food.<http://www.ted.com/talks/jamie_oliver>   **YouTube:**  Kids Rock Nutrition in The Kitchen  Are you ready to have some fun in the kitchen. Teaching kids to cook is a great way for everyone to learn about different foods and how nutritious they are. Watch a chef and registered dietitian show children how easy it is to make chicken or fish veggie packets and yogurt parfaits.<https://youtu.be/YRylRNVxPj4>  **Graphic Organizers:**   * Note-taking Nutritional Needs: Preschool to School Age * (Key) Note-taking Nutritional Needs: Preschool to School Age   **Handouts:**   * Caring for Kids Three to Five * DG Tip Sheet for Kid Friendly Veggies and Fruits * A – Z Essential Nutrients for Preschool to School Age Children * (Key) A – Z Essential Nutrients for Preschool to School Age Children * Nutritional Foods for Preschool and School Age Children Project * Nutritious Recipes for Children * Rubric for Nutritional Foods for Preschool and School Age Children Project * Sanitation and Food Safety Rules |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | **Prior to class:**  Become familiar with PowerPoint, handouts, and activities.  Display as many of the lesson-related materials (see Materials or Specialized Equipment Needed) as you have available on a table in front of the room.  Become familiar with <http://www.nourishinteractive.com/kids/healthy-games/6-kevins-build-a-meal-game-balanced-meals>  **Before class begins:**  Begin the class with the following questions and have students share their responses:   * What is portion control? * What is a serving size for a preschool to School Age child? * How has the “super-size” generation led to the obesity epidemic? * How can we steer our preschool and School Age children away from the idea that “bigger is always better”? * How can a child be obese and suffer from malnutrition? * What do the following items represent? (serving sizes for children’s food portions)   + A computer mouse   + A deck of cards   + A golf ball   + A music cd   + A small (7-inch) plate   + A small soft drink lid   + Four checkers   + Six dice   We are going to learn in our lesson the correct portion size for preschool to School Age children and why it is important to control the number of calories a child consumes daily. |
| **Direct Instruction \*** | Introduce lesson objectives, terms, and definitions.  Introduce slide presentation Nutritional Needs: Preschool to School Age.  Distribute the graphic organizer Note-taking Nutritional Needs: Preschool to School Age. Inform students that they will be expected to take notes and participate in discussions while viewing the slide presentation. (Key) Note-taking NutritionalNeeds: Preschool to School Age has been provided for you to check students’ notes.  Allow time for classroom discussion.  Distribute the handout A – Z Essential Nutrients for Preschool to School Age Children. Students will complete the handout as they view the slideshow. (Key) A – Z Essential Nutrients for Preschool to School Age Children has been provided for you to check students’ answers.  Allow time for classroom discussion.  Video included in the slide presentation:   * Kids Rock Nutrition in The Kitchen  Are you ready to have some fun in the kitchen? Teaching kids to cook is a great way for everyone to learn about different foods and how nutritious they are. Watch a chef and registered dietitian show children how easy it is to make chicken or fish veggie packets and yogurt parfaits.<https://youtu.be/YRylRNVxPj4>   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * checking for understanding * providing a copy of the slide presentation provided * allowing students to make illustrations instead of writing out information |
| **Guided Practice \*** | Students will play and interactive game “Build a Meal Game for Kids” to determine the portion size and caloric needs of preschool and School Age children by visiting:<http://www.nourishinteractive.com/kids/healthy-games/6-kevins-build-a-meal-game-balanced-meals>  Students will be able to select the age, gender and activity level of a preschool or School Age child. They will be given an empty calorie bar with a goal number of calories, and an empty plate for breakfast, lunch, and dinner.  Students will be able to print the results of their meal planning for the preschool or School Age child.  Why is it important to keep the child’s age and activity level in mind when planning their food intake?  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * highlighting materials for emphasis * participating in a small group/classroom |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | Scenario: You will be working at a day care center and one of your job duties includes planning nutritious meals and snacks for the children.  Distribute Nutritional Foods for Preschool and School Age Children Project and inform students of upcoming project.  Distribute Rubric for Nutritional Foods for Preschool and School Age Children Project so that students are aware of the assessment procedures.  Review sanitation and food safety rules with the students. Distribute Sanitation and Food Safety Rules handout.  Allow time for classroom discussion.  Students will:   * Prepare a shopping list * Prepare snacks that meet the nutritional guidelines for preschool and school age children following kitchen safety and sanitation rules * Research recipes using recipe finder cookbook at [http://cte.sfasu.edu/wp-content/uploads/2012/07/nutritious-recipes-for-children.pdf](http://cte.sfasu.edu/wp-content/uploads/2012/07/Nutritious-Recipes-for-Children.pdf) * Select a recipe for a nutritious snack that includes five essential nutrients * Use [www.choosemyplate.gov](http://www.choosemyplate.gov) website as a planning tool for the lab   After the lab:  students will write a report that includes:   * Nutritional value of each item used in preparing the snack as proof that caloric requirements met the needs of the specified age of child * Provide four tips for healthy snacks or foods for preschool and school age children * Recipe used in project and rationale for its selection * Shopping list * Verification that the portion size was in accordance to the guidelines for the specified age of child   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * providing a peer to read materials * providing study aids/manipulative * providing frequent feedback |
| **Lesson Closure** | Review terms, definitions, and objectives.  Each group will present their snack or meal. They will discuss the nutritional value of the food item, food source, caloric value, portion size and provide four tips for healthy snacks or foods for preschool and School Age children.  All food items will be set up on a table and everyone will have an opportunity to sample each other’s food creations.  Note to teacher: Students may compile all their recipes for a Children’s Cookbook along with nutritional facts, tips for getting children to eat well and the importance of portion control. |
| **Summative/End of Lesson Assessment \*** | Students will be assessed by Rubric for Nutritional Foods for Preschool and School Age Children Project.  Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:   * allowing extended time for writing assignments * providing more time for practice of certain tasks |
| **References/Resources/**  **Teacher Preparation** | **Images:**   * Microsoft® Clip Art: Used with permission from Microsoft®. * Photos obtained through a license with Shutterstock®. * United States Department of Agriculture.   **Textbook:**   * Decker, C. (2011). *Child development early stages through age 12*. (7th ed.). Tinley Park: Goodheart-Willcox Company, Inc.   **Websites:**   * Choosemyplate.gov  Health and Nutrition Information for Children Over Five<http://www.choosemyplate.gov/children-over-five.html> * Health and Nutrition Information for Preschoolers  Help your preschoolers eat well, be active, and be healthy.<http://www.choosemyplate.gov/preschoolers.html> * Love Our Children USA  Childhood Obesity and Malnutrition … The Newest Forms of Child Abuse<http://loveourchildrenusa.org/childobesity_malnutrition.php> * Nutrition Education of Texas  Teaching Nutrition: Background information about nutrition, nutrients, and healthy eating habits. Topics include nutrients, food safety, selecting a balanced diet, nutritional needs during the lifecycle, nutrition, and health. For additional information, visit:<http://netx.squaremeals.org/teaching_nutrition.html> * United States Department of Agriculture  Here are some food safety recommendations from the U.S. Department of Agriculture (USDA) to help keep kids safe after school.<http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/food-safety-after-school/CT_Index>   **YouTube:**   * Kids Rock Nutrition in The Kitchen  Are you ready to have some fun in the kitchen? Teaching kids to cook is a great way for everyone to learn about different foods and how nutritious they are. Watch a chef and registered dietitian show children how easy it is to make chicken or fish veggie packets and yogurt parfaits.<https://youtu.be/YRylRNVxPj4> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | Make sure students understand the vocabulary (word wall) before moving forward with this lesson. They are to make flash cards using an index card with the word on one side of the card and the definition on the other side. It is important for all students; especially ELL’s to have a firm foundation before moving forward. This is key to them following the entire lesson. The use of a personal dictionary would be helpful. |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Current Events:  Assign students to read about meeting the nutritional needs of children. Information can be found in newspaper articles, magazines, journals, and online print.  Suggestions:   * United States Department of Agriculture  Ten Tips Nutrition Education Series<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>   Word Attack Strategies. Prior to reading, allow students to skim the passage or text, circling words that are unfamiliar to them. Once these words are decoded (glossary, dictionary, dictionary.com, classroom discussion) the student will have a better understanding of the pronunciation and meaning of the unfamiliar word(s) facilitating comprehension. |
| **Quotes** | Childhood is a short season. **-Helen Hayes**  Childhood is frequently a solemn business for those inside it. **-George F. Will**  Childhood is measured out by sounds and smells and sights, before the dark hour of reason grows. **-John Betjeman**  Childhood is short, maturity is forever. **-Unknown** |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** | **Journal Entries:**   * My earliest memory of eating nutritious food was\_\_\_\_\_\_\_\_\_ * Children need the correct amount of nutrients in their daily diet because\_\_\_\_\_\_\_\_\_\_. * Two ways I can make eating fun for children is by\_\_\_\_\_\_\_\_ * As a parent, you can instill good eating habits for your children by\_\_\_\_\_\_\_\_\_\_   **Writing Strategy:**  Think about the role of the school environment on the growth and development of the School Age child. Write an essay in which you explain that role. (9th and 10th grade expository writing). |
| **Communication**  **90 Second Speech Topics** | * My favorite childhood meal was \_\_\_\_\_\_\_\_\_\_\_\_\_. * The reason parents should provide healthy meals for their children is \_\_\_\_\_\_\_\_\_\_\_\_\_\_. * Children should eat fast food \_\_\_\_\_\_\_ days of the week. |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | * Students will solve puzzle using Jigsaw Planet<http://www.jigsawplanet.com/?rc=play&pid=05ada4da69b9> * Students will create a three-day menu for a preschool child and a School Age child using the information from MyPlate.gov   **TEDx Talk:**  TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or fewer).  TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TED Talks videos and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event.  TED-Ed’s commitment to creating lessons worth sharing is an extension of TED’s mission of spreading great ideas. This allows users to take any useful educational video, not just TED’s, and easily create a customized lesson around the video.  The video below is related to the lesson. Allow students to view the video, and lead a discussion concerning the TED Talk.  Jamie Oliver: Teach every child about food  Sharing powerful stories from his anti-obesity project in Huntington, W. Va., TED Prize winner Jamie Oliver makes the case for an all-out assault on our ignorance of food.<http://www.ted.com/talks/jamie_oliver> |
| **Family/Community Connection** | Contact possible guest speaker related to the role of the school environment on growth and development in addition to the area of care and protection of the School Age child. |
| **CTSO connection(s)** | **Family, Career, Community Leaders of America (FCCLA)**  <http://www.texasfccla.org/>  FCCLA Family First Project – <http://www.fcclainc.org/content/families-first/>  The FCCLA Families First national peer education program through which youth gain a better understanding of how families work and learn skills to become strong family members. Its goals are to: help youth become strong family members and leaders for today and tomorrow and strengthen the family as the basic unit of society. To help members focus their projects, Families First offers five units. Members may complete projects in one or several units. There is no particular order to them; although, “Families Today” might be a good place to start. It covers topics that provide a general overview of families and related issues:  Families Today: Understand and celebrate families  You-Me-Us: Strengthen family relationships  Meet the Challenge: Overcome obstacles together  Balancing Family and Career: Manage multiple responsibilities  Parent Practice: Learn to nurture children. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to lesson. For additional information on service learning see<http://www.nylc.org/>  Volunteer in your community at a Women, Infants, and Children Center. Locate one in your community at <http://txhealth.ziplocator.com/>  For more than 30 years, the Women, Infants, and Children (WIC) nutrition program has helped pregnant women, new mothers and young children eat well, learn about nutrition, and stay healthy. WIC provides services to pregnant, postpartum, and breastfeeding women, as well as children under the age of 5. Distribute information about children and nutrition. Demonstrate preparing healthy foods and snacks for children. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)