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[www.four-c.org](http://www.four-c.org)

# CURRICULUM DEVELOPMENT

*CHILD AND ADULT CARE FOOD PROGRAM (CACFP)*

*FY2016 NUTRITION EDUCATION SELF STUDY – 3<sup>rd</sup> Trimester*

*RETURN THE QUIZ COMPLETED CORRECTLY AND  
RECEIVE 2 HOURS OF CONTINUING EDUCATION*

The best way to teach children of all ages is to have a curriculum – or a lesson plan.

## **Start with the 5 W's and a F:**

1. What is it you want to teach? What is the point you are trying to 'get across'?
2. Who are you trying to teach (what age group)? Lessons will naturally be directed toward the child's age.
3. Where is it best to teach these lessons?
4. When is the best time to teach?
5. Why is it important for the child to learn this lesson?
6. Finally, how will you teach the lesson? What is the most effective means to teach and motivate?

### **TIP:**

Ideas for curriculums can be found at websites such as:

[www.myplate.org](http://www.myplate.org)

[www.letsmove.gov](http://www.letsmove.gov)

[www.nfsmi.org](http://www.nfsmi.org) (see Care Connection – Happy Mealtimes)

## **The 3 E's of Amazing Teaching are:**

Make it easy, effective and entertaining!

Making a lesson easy means giving easy directions in order to understand information and make sure it's easy to implement or put into use.

Effective teaching means using the most effective method for the person you're trying to teach. For example, some people are visual learners, some learn best by listening, and some are kinesthetic (or tactile) learners, meaning they need to try things 'hands on'. For visual learners you might use charts or show models – or use more pictures than words. For auditory learners, you might use music or rhyming words – more verbal explanation is useful here. Kinesthetic (or tactile) learners learn best by doing, by trying things, or by active participation.

For example, if you're trying to teach children proper hand washing, you could explain that hand washing before meals is important to help prevent the spread of germs that make people sick. You could teach them to wash their hands to the tune of "Happy Birthday" two times – or the ABC song - which each takes about 20-30 seconds, or long enough to get rid of the germs on their hands. You could coat their hands with petroleum jelly and sprinkle cinnamon on them and have them wash their hands with just water, and then wash with soap and water to show them that washing using just water isn't enough to get rid of germs.

Don't forget books! There's surely a huge variety of books and resources you can choose from to develop a curriculum from gardening (go to [fns.usda.gov](http://fns.usda.gov) and click on Grow It, Try It, Like It! which is a nutrition education kit) - to Spring - to eat a food rainbow - to other limitless choices! You certainly do not need to just use the internet as a resource – your local library will have other resources to focus on as well.

Topics might include:

- Feeding picky eaters
- "Everyday foods" vs. "Sometimes" foods
- Whole grain foods
- Healthy fruits and vegetables
- Cooking with children
- Cultural foods
- Foods for healthy teeth
- Any other topic around nutrition you find helpful!

These lessons will be effective for visual, auditory, kinesthetic (or tactile) learners and are easy, effective, and entertaining.

Resources: 4-C, Madison, WI

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## CURRICULUM DEVELOPMENT SELF STUDY

Provider Name: \_\_\_\_\_ Assistant Name \_\_\_\_\_

Please Print

### YOUR ASSIGNMENT:

Develop or find an activity or group of activities focusing on good nutrition for children. Record what you're trying to teach, who, why, etc., how you taught it, and how effective it was. Use additional paper if necessary.

What are you trying to teach? \_\_\_\_\_

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Who are you trying to teach? \_\_\_\_\_

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How did you teach your curriculum? \_\_\_\_\_

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How effective was the curriculum? \_\_\_\_\_

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Other comments:

Mail in your completed activity page(s) to: CACFP

4-C Community Coordinated Child Care  
155 N 3<sup>rd</sup> St., Suite 300  
DeKalb IL 60115

Or you can email a scanned copy to: [suew@four-c.org](mailto:suew@four-c.org) or FAX a copy to 815.758.5652

Please note that this self study is for continuing education credit and does not fulfill the CACFP's annual training requirement. **The annual required training is still required for all providers – as well as their assistants.** Upon adequate completion of this self study you will receive a Training Certificate. This certificate can be applied towards 2 licensing continuing education hours,