

Nutrition Education Resources

- *Lessons From Lunch – Eat’um! Fruits and Vegetables for a Healthy Diet*

Based on the curriculum from Learn from Lunch and Eat’um! Fruits & Vegetables for a Healthy Diet. It was created by the University of Hawaii’s Cooperative Extension Service, Nutrition Education for Wellness Program and its Supplemental Nutrition Assistance Program – Education (SNAP-Ed), 2006.

Available at: <http://www.ctahr.hawaii.edu/new/Snap-Ed/index.htm> under the “Head Start Training Manual” under the “Head Start” User Zone.

- *More than Mud Pies: A Nutrition Curriculum Guide for Preschool Children (5th Edition)*

A curriculum designed to provide enjoyable activities that encourage positive ideas about nutrition and foods. The fifth edition (2009) was prepared by the National Food Service Management Institute – The University of Mississippi.

Available at: <http://www.nfsmi.org/ResourceOverview.aspx?ID=247>

- *Nutrition Guidance for Child Care Homes: Making Nutrition Count for Children*

A booklet that provides general information on the nutritional needs of children in addition to tips on helping children learn about food and eating. Food related activities for children are also included.

Created (April 2002) by the United States Department of Agriculture – Food and Nutrition Service, Child and Adult Care Food Program

Available at: www.fns.usda.gov/tn/resources/nutritioncount.html

- *The Sesame Street Healthy Habits for Life Child Care Resource Kit*

A toolkit that provides resources to promote healthy eating and physical activity with preschoolers. It was created by the Nemours Health and Prevention Service in collaboration with Sesame Street and KidsHealth.

Available at:

<http://kidshealth.org/classroom/index.jsp?Grade=cc&Section=hhfl>

- *Michigan Team Nutrition Preschool Booklist*

An annotated compilation of books with positive food, nutrition and physical activity messages for young children. Created (2006) by the Michigan State University Board of Trustees.

Available at: www.michigan.gov/mde/0,1607,7-140-43092_53882_53885---.00.html under the “Healthy Reading Resources” section

References

- Berman, C., & Fromer, J. (2006). *Meals without Squeals: Child Care Feeding Guide & Cookbook*. Boulder, CO: Bull Publishing Company.
- Goodwin, M.T. & Pollen, G. (1980). *Creative Food Experiences for Children*. Washington, DC: Center for Science in the Public Interest.
- Hertzler, A., (1995). *Preschoolers' Food Handling Skills – Motor Development* (Virginia Cooperative Extension Publication No. 348-011). Blacksburg, VA: Virginia Polytechnic Institute and State University.
- Holland, M. (2009). "That Food Makes Me SICK!" Managing Food Allergies and Intolerances in Early Childhood Settings. *Teaching Young Children*, 2 (4). Retrieved from: <http://www.naeyc.org/tyc/pastissues>
- Matheson, D., Spranger, K., Saxe, A. (2002). Preschool Children's Perceptions of Food and Their Food Experiences. *Journal of Nutrition Education and Behavior*, 34, 85-92.
- Office of Instructional Services, General Education Branch, Department of Education (State of Hawaii). *Nutrition Education Instructional Guide: Preschool*. Retrieved from http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=ED237245&ERICExtSearch_SearchType_0=no&accno=ED237245
- Randell, J., & Olson, C. *Educator's Guide: Food Experiences for Young Children*. Retrieved from http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=ED184686&ERICExtSearch_SearchType_0=no&accno=ED184686
- Satter, E. (1991). *Child of Mine: Feeding with Love and Good Sense*. Palo Alto, Ca: Bull Publishing Company.
- Stein, K. (2007). Playing with Food: Promoting Food Play to Teach Healthful Eating Habits. *Journal of the American Dietetic Association*, 107 (8): 1284-1285. doi: 10.1016/j.jada.2007.06.020
- Taylor, S. I. and Dodd, A.T. (1999). We Can Cook! Snack Preparation with Toddlers and Twos. *Early Childhood Education Journal*, 27(1), 29-33.
- United States Department of Agriculture. (2009). *MyPyramid for Preschoolers – Kitchen Activities*. Retrieved from

www.mypyramid.gov/preschoolers/HealthyHabits/PickyEaters/kitchenactivities.html

United States Department of Agriculture. (2009). *MyPyramid for Preschoolers – Behavioral Milestones*. Retrieved from www.mypyramid.gov/preschoolers/HealthyHabits/Milestones.pdf

United States Department of Agriculture Food and Nutrition Service Team Nutrition. (2009). *Resources A to Z*. Retrieved from <http://teamnutrition.usda.gov/library.html>

Young, L., Anderson, J., Beckstrom, L., Bellows, L., & Jonson, S. (2003). Making New Foods Fun for Kids. *Journal of Nutrition Education and Behavior*. 35, 337-338.