

Nutrition for Preschoolers

GOAL

Using a variety of educational methodologies, expand and build the nutrition knowledge/skills of Early Childhood Education Providers to improve the nutrition status and quality of life of children 3-5 years of age.

Trainer Preparation

Module I has three Units.

Unit 1: From the Bottom Up

Unit 2: Fats & Sugar

Unit 3: Roots, Stems and Leaves

OBJECTIVES

Providers will...

- ☆ Learn how to improve the nutritional quality of children's meals
- ☆ Enjoy learning how to integrate nutrition into regular classroom activities
- ☆ Prepare and enjoy simple snacks

Children will...

- ☆ Learn the relationship between food and health
- ☆ Prepare and eat simple snacks in the classroom
- ☆ Enjoy learning about nutrition

Administrators will...

- ☆ Learn how to facilitate the integration of nutrition into regular classroom activities
- ☆ Better understand the importance of improving the school environment to support better eating habits



For more information about this workshop please contact MaryAnn Aquino Lagura, NETA Program Representative at 510-639-1276 or by e-mail malagura@ucdavis.edu