

Recommended Materials for Teaching Healthy Eating and Food Safety to Preschool Children May 2008

Curricula or lessons

Color Me Healthy

Year: 2002

Age group: 4 and 5 years old

Ordering information: <http://www.colormehealthy.com/professional/index.html>

Cost: \$80 per kit

Brief description: This curriculum is designed to stimulate the senses of children 4 and 5 years of age while encouraging healthy eating and physical activity choices. It includes 12 short lessons, colorful pictures, a music CD, 3 posters and reproducible newsletters for parents.

Handwashing lesson for preschoolers

Year: 2007

Age group: 3 to 5 years old

To download: Go to the WNEP resources database

Brief description: This lesson includes a story and flannel board graphics to teach children when to wash their hands.

More Than Mudpies

Year: 1998, revised 2004 and being revised 2008

Age group: 3 to 5 years old

Ordering information: National Food Service management Institute, University of Mississippi, <http://www.nfsmi.org/Information/mudpies.html>

Cost: Currently (February 2008) no cost listed; may be able to download at no charge

Brief description: This resource includes 59 short lesson suggestions organized by seasons of the year. Includes how foods grow, food preparation, books to read, and songs.

Tips for teaching preschool children

- Be sure lessons are age-appropriate and fun.
- Keep activities short and change activities every few minutes. Young children have short attention spans.
- Include a parent component. Parents usually control what foods are available and offered to young children.

The Foods I Eat, The Foods You Eat

Author: R. Duyff, MS, RD

Year: 1996

Age group: 3 to 7 years old

Ordering information: Many Hands Media, C/O Duyff Associates, 711 Shallowford Dr., #100, St. Louis, MO 63021, phone (636) 386-2400, fax (314) 434-6484

Cost: \$59.95 each plus shipping and handling (quantity discounts are offered)

Brief description: This kit is a multicultural nutrition program for young children. Includes: The Foods I Eat 20-page Big book, It's a Sandwich 32-page little book, All Our Fruits and Vegetables a 32-page little book, 4 step-by-step recipe wall posters, audio cassette and songs, a handwashing poster, and a multicultural nutrition Teaching guide – 80 pages of suggestions and ideas for teachers

Tickle Your Appetite

Year: 1998 (No longer available from USDA but might have copy in UWEX county office)

Age group: 3 to 5 years old

Brief description: This resource is a nutrition education kit directed at young children to teach the importance of healthy eating. It contains materials and ideas designed to communicate the messages of eating a variety of foods and the origins of food (milk comes from a cow) in ways that children will understand and remember. Includes a videotape with three vignettes, activities for each vignette, and audio tape, and reproducible materials

Supplemental materials for parents of young children

Nibbles for Health

Year: 2003

Target audience: Parents of children 3 to 5 year olds

To download education kit or newsletters, see
<http://www.fns.usda.gov/tn/Resources/nibbles.html>

Brief description: This nutrition education kit offers guidance on conducting discussions with parents in three "sharing sessions" about nutrition for themselves and their young children. Kit includes posters that can be used in teaching, as well as 41 reproducible newsletters for parents. NOTE: Several newsletters are out of date because they use the old Food Guide Pyramid.

Kids Meals Times

Year: 1996

Target audience: Parents of children 3 to 5 years old

To download, see <http://www.oznet.ksu.edu/library/fntr2/samplers/ncr598sb.asp>

Brief description: This resource is a set of 12 newsletters for parents and caregivers of preschoolers. Newsletters contain information about nutrition and feeding for preschoolers, as well as recipes and tips for sharing in food preparation. Available in English or Spanish.

Resources for Educators

Early Childhood Nutrition Resource Guide

Author: National Center for Education in Maternal and Child Health

Date: 1998

To download, see www.mchlibrary.info/pubs/PDFs/earlchildnutresguide.pdf

Brief description: The first section contains materials developed since 1995 and organized into categories: activities for children, bibliographies, catalogs; books, curricula, manuals and modules; guidelines; pamphlets and brochures; reports ;resource packets; and videotapes. The second section lists federal agencies, federally-supported projects, professional organizations, and organizations that may serve as resources.

Michigan Team Nutrition Preschool Booklist

Year: 2006

Ordering information: to print this 67-page resource go to <http://www.tn.fcs.msue.msu.edu/resources.html> and click on link

Brief description: This booklist is an annotated list of 250 children's books with positive food and physical activity messages. Books were screened to see if they met specified criteria before they were added to the list. Books were given 1 of 3 ratings to make it easy for educators to identify those with the strongest nutrition and physical activity messages. The packet also includes suggestions for using the books in nutrition education.

Nourishing Children with Books

Date: 2006

Ordering information: Virginia Cooperative Extension, Pub. No. 348-950; available to print from: <http://www.ext.vt.edu/pubs/preschoolnutr/348-950/348-950.html>

Brief description: This fact sheet for educators of young children provides guidelines for selecting books and incorporating their messages into an educational program.

Storybook Stew: Cooking with Books Kids Love

Author: S.I. Barchers & P.J. Rauhen

Date: 1996

Ordering information: Fulcrum Resources, paperback ISBN 1-55591-944-8, available in bookstores or see <http://www.fulcrum-books.com/productdetails.cfm?sku=944-8>

Cost: \$19.95

Brief description: Cooking with Books – a recipe for success! Start with one of 45 favorite books that feature food. Mix in a science, art, or language activity. Cook up a chef-created recipe. Serve up a motivated reader and budding cook.

Teaching Children about Food

Authors: C. Berman and J. Fromer

Date: 1991

Ordering information: Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302, phone 800-676-2855.

Cost: \$10.95 plus shipping

Brief description: An 85-page teaching and activities guide that includes the basics of nutrition education for children, ideas to teach about the social aspects of food, and a variety of food and nutrition related activities for children.

Other educational materials

Food groupie plush toy set

Ordering information: contact Food Groupie, Inc. Box 907, Mount Prospect, IL 60056; Phone: (847) 545-8200, or see <http://www.foodgroupie.com>

Brief description: This resource includes 5 stuffed toys – one for each of the five food groups – and is designed to introduce children to different kinds of foods.