

## NUTRITION FOR CHILDREN ASSIGNMENT

Select one of the food groups and prepare a report and class presentation geared to teach children. Did you know the MyPyramid website has a link just for kids. See if there's any helpful information there. The following should be included:

1. Identification of children's characteristics that pose problems for them getting adequate nutrition.
2. Since many children are being cared for outside the home, call and make arrangements to visit a day care center. Be aware that the U.S. government now has guidelines for food served in day care centers.
  - \* Observe and report on the eating facilities for children.
  - \* Inquire how the center arranges to meet children's nutritional needs.
  - \* Ask to obtain a daily or weekly plan of the center's meals.
  - \* Evaluate the plan to see if it meets RDA standards for your food group.
3. Talk to at least two stay-at-home mothers of preschool children. Find out how they see that their children's nutritional needs are met.
4. Develop a plan to introduce and teach children about your food group. The plan should include:
  - \* A discussion on why the food group is important to the diet.
  - \* The main nutrients the food group supplies and what they do.
  - \* How many servings are needed daily for children's age groups.
  - \* Ways to include the food group in children's diet.
5. Share ideas for getting children to develop good eating habits.
6. Prepare visual aids, charts, posters, word strips, flip charts, etc., to use in your presentation about your food group.
7. Prepare a recipe from the children's recipes supplied by the teacher that best represents your food group. Identify the group in MyPyramid in which this food belongs. Would one serving of your recipe provide one full pyramid serving?