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**UNIT:** Maintaining a Healthy Environment

**LESSON:** Nutrition

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**COMPETENCIES:**

1. Review the food pyramid.
  2. Identify state and federal food programs.
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**OVERVIEW/SUMMARY:**

Young children are not responsible for eating a balanced nutritional diet. They rely on their caregivers to give them the food they need to maintain health. It is important that a caregiver knows the basic nutritional requirements needed by children.

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**MOTIVATOR:**

Have students complete the pre-test "Pyramid Power". Review the answers with the class and gauge your lesson plan upon their responses.

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**LESSON OPTIONS/SUPPLIES:**

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**OPTION 1--CDA I**

**NUTRIENTS/FUNCTION/SOURCES:** Have students use a textbook or have a class discussion using the "Nutrition Know-How" information sheet.

**OPTION 2--CDA I**

**NUTRITIONAL VALUE COMPARISON CHART:** Have students complete the chart, comparing four different brand names of the same product.

**OPTION 3--CDA VI**

**THE USDA AND FAMILY HOME CARE CENTERS:** Review this information with students, using the transparency. Have students complete the "Sample Menu" worksheet.

**OPTION 4**

**PYRAMID REVIEW:** Draw two large blank food pyramids on the board. Divide the class into two teams. See which team can complete the information on the pyramid with the most accuracy. Review the pyramid with the students, supplying the correct information.