

Preschool Healthy Eating from Head to Toe

CLASS OUTLINE



Goal: To discuss nutrients, what foods they are found in, and how those foods benefit certain parts of our bodies. This class also reviews additional information on important nutrients for children and tips for getting children to try new foods.

Objectives: At the end of the class, participants will be able to:

1. State two nutrients and their functions.
2. State two foods and what body part they benefit.

Time: 20 minutes

Materials:

- Class script
- Handout: Preschool Healthy Eating from Head to Toe (available from Learning ZoneXpress, item number 470238)
- Printed images of the following foods:
 - » Carrot slice
 - » Tomato
 - » Walnut
 - » Celery stick
 - » Mushroom slice

Lesson based on content developed by Brittany Ryan, RD, CLEC, WIC Nutrition Education Coordinator, Community Medical Centers WIC, Stockton, CA.

Preschool Healthy Eating from Head to Toe CLASS OUTLINE



Introduction:

Good morning/afternoon. My name is _____ and I will be teaching your class today on "Healthy Eating from Head to Toe." This class will be about 20 minutes long and focuses on the essentials of good nutrition for our entire body.

Discussion:

Parents often have questions about what foods they should be feeding their children and how to tell if their children are getting all the nutrients they need. Our goal today is to address these concerns. But first, let's discuss the essentials. It is essential that we as parents teach our children the importance of eating well. One way we can do this is by modeling healthy eating. Children watch and mimic everything we do, including what we put in our mouths. Do you notice this at home with your children?

(Allow several parents to share their responses. Affirm sharing.)

Aside from role modeling, it is important for parents and caregivers to provide nutrient-rich food options to their children. Did you know that our bodies are unable to make certain nutrients? That means they must be consumed in the foods we eat, making them "essential." Vitamins are a type of nutrient. The word "vitamin" means "vital for life." We need vitamins to help us grow, see properly, build strong bones, muscles, skin and organs, as well as to fight off infections. Deficiencies in certain vitamins can lead to serious health problems such as:

- *Vitamin D: Rickets, dementia, cardiovascular disease*
- *Vitamin A: Night blindness*
- *B Vitamins: Anemia, skin rashes, digestive issues*
- *Vitamin C: Scurvy, poor immune system, bleeding gums, dry skin, hair and nails*
- *Vitamin E: Nerve problems*
- *Vitamin K: Uncontrolled bleeding*

Now let's learn about these nutrients, what they do, and what foods they can be found in.

Activity #1:

I am going to pass around a handout with additional information on healthy eating “from head to toe” for your children. This handout shows several of the vitamins just reviewed along with other important nutrients that are good for the different parts of your child’s body.

(Read through the front of the handout briefly with the participants, pointing out the vitamins that were just reviewed.)

Turn to the back of the handout.

(Read highlighted portions of the green box and ask for volunteers to read bottom paragraphs in the “Know Your Nutrients” section.)

Thank you for reading! Any questions about this information?

(Wait 8 seconds for responses. Affirm responses)

This handout is for you to take home!



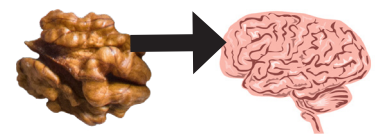
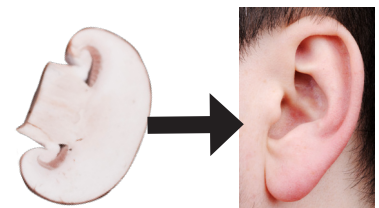
Activity #2:

Now let’s have a little fun with our food. Through research, we have found that certain foods resemble the body parts that they are benefit. Isn’t that awesome? I am going to show you a food item and I want you to raise your hand if you can guess the body part that it is good for.

- Carrots - eyes (high in vitamin A)
- Tomato - heart (high in vitamin C & K)
- Walnuts - brain (high in vitamin E)
- Celery - bones (high in vitamin K)
- Mushroom - ears (high in vitamin D)

Great job everyone—that was fun! This is another way to remember what to eat for good nutrition from head to toe. Kids love this too!

Example:



Closing:

I’d like to thank you for coming to class today. I hope you have a better understanding of some foods that benefit the different parts of your body. What is one food we talked about today that you would like to offer your child more?

(Count to 8 and wait for any responses. Affirm and reflect on responses.)

Thank you for sharing and for participating. Have a great day!