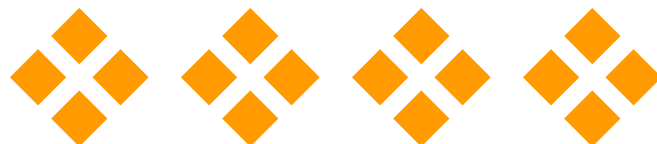


New York State Department of Health



Curriculum



Acknowledgments

Eat Well Play Hard in Child Care Settings Curriculum was developed with input from nutrition and physical activity professionals throughout New York state. Their expertise and advice were instrumental in the development of this publication.

Special appreciation goes to those who assisted this project by:

- writing the original curriculum
 - Diane E. Hepburn, MS, RD
 - Lynne Oudekerk, MA, RD, CDN
 - Connie Stephano, RD, CDN
 - Carla Wallin, RD, CDN
 - Elaine R. Zervos, MS, RD
- reviewing the curriculum
 - Lynn Brann, PhD, RD
 - Kay Stearns Bruening, PhD, RD
 - D. Bruce Carter, PhD
 - Diane H. Craft, PhD
 - Jeanne Culver, RD
 - L. Beth Dixon, PhD, MPH
 - John T. Foley, PhD
- revising the curriculum
 - Catherine Hoffman, RD, CDN
 - Patricia Kuhl, RD, CDN
 - Mary Anne Schutz, BS
 - Debra K. Silver, MS Ed
 - Jessica Yonally, MS, RD
- editing the curriculum
 - Patricia Carola
 - Sharon Hanson
 - Sunsook Kang

Copyright © 2008 by New York State Department of Health. All rights reserved.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-342-3009. This material was funded by U.S Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program. Food and Nutrition Service/USDA reserves a royalty-free non-exclusive license to reproduce, publish, use or authorize others to use all videos or literature including copyrighted items resulting from this project. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Dear Educator:

Thank you for your interest in *Eat Well Play Hard in Child Care Settings*, New York Child and Adult Care Food Program's obesity prevention curriculum. We are confident that you will find this nutrition and physical activity curriculum to be both comprehensive and easy to use.

This ten-module curriculum is intended for use by individuals with a background in nutrition education, preferably Registered Dietitians. Those without a nutrition background are encouraged to carefully review the references and work closely with a local nutrition professional in implementing the curriculum.

Each of the ten modules was designed for three- and four-year olds and their parents. And in addition to the ten lesson plans and related activities, the curriculum includes handouts, references, additional resources, and a handout disc.

We welcome your comments on the *Eat Well Play Hard in Child Care Settings* curriculum and would enjoy learning about the results of your teaching endeavors. Please contact us at cacfp@health.state.ny.us.

Sincerely,

Connie Stephano, Project Director
Eat Well Play Hard in Child Care Settings
Child and Adult Care Food Program
New York State Department of Health