

Introducing Staff Pages

Each week you will receive a handout called “Staff Pages.”

Each of the Staff Pages includes the following:

- Ways to reinforce the concepts from this week’s Eat Well Play Hard in Child Care Settings (EWPCCS) lesson.
- A companion lesson for you to offer the children.
- A parent letter that explains what the children learned in class and provides parents with a fun activity to complete at home.

Important Safety Notes for Lessons

Keep it safe! Take the following steps for each lesson:

1. **Wash all fruits and vegetables** regardless of whether the produce will be served whole, peeled or cooked.
2. **Clean and sanitize all work surfaces** before and after class.
3. **Wash your hands before and after class.**
4. **Ask children to wash their hands** before and after class.
5. **Provide tasting equipment for each lesson** such as napkins, plates, cups etc.
6. **Supervise children carefully at all times.** Use volunteers, such as grandparents and parents, to help supervise cooking activities.



For more EWPCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

The Supplemental Nutrition Assistance Program (SNAP) 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 USDA’s SNAP. FNS/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.

General Guidelines for Each Week's Lesson

- **Follow the important safety notes** on the previous page.
- **Plan ahead** to assure that you have all the necessary ingredients and supplies for your class. In some cases perhaps other staff, such as the cook, may be able to help prep for the lesson.
- **Be aware that the activity time may vary** depending on the size of the class, age of the children, etc.
- **Children like to try foods they help make. Involve all children in the lesson.** Divide them into small groups at separate tables with needed ingredients and supplies at each table. Help them learn to follow instructions, count and more!
- **Children feel good about doing something “grown-up.” Give them small jobs to do** such as passing out plates and napkins. Praise them and thank them for helping.
- **Please make copies of parent letters** and send home following each lesson.

Tasting New Foods Guidelines for Each Week's Lesson

- **Many preschoolers are hesitant to try new foods.** It is completely normal for young children to reject foods they have never tried before.
- **Here are some tips on how to get preschoolers to try new foods:**
 - They learn from watching you. Be a good role model by trying new foods yourself.
 - Sometimes new foods take time. Offer new foods many times. It may take many tries for a child to accept a new food.
 - Patience works better than pressure. Offer new foods. Then let them choose if they wish to taste them. Teach them to say “No, thank you” if they prefer not to try a new food.
 - Let children learn by serving themselves. Teach them to take small amounts at first. Tell them they can get more if they are still hungry.
 - What you say to preschoolers affects their eating behavior. Always use positive phrases like:
“This is kiwi fruit; it’s sweet like a strawberry.”
“Which one is your favorite?”
“Everybody likes different foods, don’t they?”

For more “Phrases that Help and Hinder” go to:

<http://www.choosemyplate.gov/preschoolers/HealthyHabits/phrasesthathelp.pdf>

Adapted from “What You Say Really Matters?” in Feeding Young Children in Group Settings, Dr. Janice Fletcher and Dr. Laurel Branen, University of Idaho

- **Resources:**
 - MyPlate: <http://www.choosemyplate.gov/preschoolers/index.html>
 - Grow It! Try It! Like It! Preschool Fun with Fruits and Vegetables from USDA’s Team Nutrition resource library at <http://teammnutrition.usda.gov/library.html>.
 - More Than Mud Pies: <http://nfsmi.org/documentlibraryfiles/PDF/20090120023846.pdf>