



**COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY**

NO. 01 ISSUE 1
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Updated

SUBJECT:
Procedure for Classroom Food Experience

APPROVED: 10-20-10


BY: Ron Griffin, Director

PURPOSE

To introduce cultural/ethnic foods to broaden each child's food experiences

POLICY

As developmentally appropriate, children are involved in food related activities as part of nutrition education in the classroom.

REFERENCE

Head Start Performance Standards 1304.21(c)(1), 1304. 23(c)(7)

PROCEDURE

Teaching staff is required to conduct one Classroom Experience per month.

- Plan activity at least one month in advance.
- Implement nutrition activities according to scheduled topics and cooking experiences.
- Inform parents of activity and how they can participate or help.
- Complete Classroom Food Experience Request form. Site Supervisors should sign the request. State what nutrition information the child will learn. State how children will participate. For example, children will help cutting, mixing, etc.
- Site Supervisors are responsible for: Getting the prices of food they need to order, requesting size and brand of food, completing the requisition, submitting the Classroom Food Experience request form and the Requisition form ONE month ahead of the activity.
- Refer to attached Classroom Food expenditure sheet, Nutrition education Topic schedule, the grocery list chart and a sample invoice.
- Complete the Classroom Food Experience Expenditure Sheet (attached) with the amount of purchase after each classroom food experience.
- You are responsible for keeping track of your expenditures. **YOU ARE STRONGLY ENCOURAGED TO STAY WITHIN THE BUDGETED AMOUNT.** Please **DO NOT** send copies of this form to the Main office.
- Mandatory classroom food experiences are those food experiences that are assigned and appear in the Nutrition Education Topics (see attached).
- For the month when there is "Teacher's Choice", you must submit a completed requisition at least one month before the planned activity.
- Implementing more than one food experience: It is up to the teaching staff and the site supervisor if more than one food experience is implemented during a month. However, food should be donated if you do not have enough money in your account.
- Food Donations: Food donations are encouraged, but the donors should not be the teaching staff or parents, and the food donation should support Head Start

requirements. The teaching staff should submit a Classroom Food Experience Request to the Main Office for approval prior to the implementation of the activity. Remember to have the individual or the institution that is donating the food complete a Report of In-Kind Contributions form.

Carrying-out Nutrition Activities

- Have all children wash hands before a nutrition activity where they will be cooking or tasting foods.
- Staff and parents should wash their hands according to the Procedure for Hand Washing and may wear disposable gloves if they are going to be preparing or touching food that the children will be eating.
- Food is not to be used for art projects or games. All food must be purchased with the intent of it being eaten by the children.
- Perform nutrition activities in small groups.
- Make activity as hands-on as possible, allowing all children to participate.
- Show children and then let them help with washing, cutting, separating, spreading and pouring food.
- If food is to be tasted have enough so that all of the children get a small taste.
- Keep in mind individual children's food allergies and intolerance's when cooking or tasting foods.
- Encourage each child's creativity in the activity.
- Talk with children about the foods in the activity using words that describe color, size, shape, texture, temperature, taste and sound.
- Have conversation with children about healthful foods during the activity, but do not quiz the children with repeated questions.
- Be accepting of children's enthusiasm about foods that are considered to be less healthful.

Following-up on Nutrition Activities

- Have children assist with the clean up of activities to the best of their abilities.
- Make a classroom nutrition activity book by taking pictures or examples of the activity and putting them in a book with instructions. This provides parents a resource book for activities to try at home.