



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

**NO. 01      ISSUE 1**  
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**EFFECTIVE: 10-08-13**

**SUBJECT:**  
**Implementation and Tracking of “Color-Me-Healthy”  
Nutrition Curriculum**

**APPROVED: 10-08-13**

*Diana Alexander*  
**BY: Diana Alexander, Director**

**PURPOSE**

Establish a procedure for tracking and reporting nutrition education activities in the classrooms by all Site Supervisors.

**POLICY**

Preschool services Department will utilize the “**Nutrition Network Weekly Time Log**” form to track nutrition education activities for each site to fulfill the county wide obesity prevention goal.

**REFERENCE**

Head Start Performance Standards 1304.21(c)(1)(iii) Integrate all educational aspects of the health, nutrition, and mental health services into program activities

**PROCEDURE**

- Teaching staff will use the ” **NUTRITION NETWORK WEEKLY TIME LOG**” form to document the time spent on teaching **Color-Me-Healthy** curriculum. This curriculum must be used by all sites.
- The average time for nutrition education will be 20-30 minutes daily.
- Other acceptable educational activities are reading books with nutrition theme, Classroom Food Experience, garden based nutrition education, taking nutrition education field trips, nutrition classes and providing nutrition newsletters for parents.
- Teachers will document the time weekly for 4 weeks in a month and then submit the form to the Site Supervisor by the end of each month.
- Site supervisors will submit the completed forms to administrative office by the 5<sup>th</sup> day of each month starting November 5<sup>th</sup>.

**San Bernardino County Superintendent of Schools**  
**NUTRITION NETWORK WEEKLY TIME LOG**

Contract # 10-10065

Please check one box only:

State Share (Non-*Network* funds)

Federal Share (*Network* sponsored activities) and other special projects (Regional Contracts)

Name: \_\_\_\_\_ Position: \_\_\_\_\_

Phone # \_\_\_\_\_ Location: \_\_\_\_\_

School District: SBCSS State Preschool

<b>Month:</b> _____ Number of hours for the week				
Wk 1	Wk 2	Wk 3	Wk 4	Wk 5

**Total Logged Hours for Month** \_\_\_\_\_

\* I certify that documented time is from Allowable Activities listed on this page.

Signature (required)\*: \_\_\_\_\_ Date: \_\_\_\_\_

Supervisor (required)\*: \_\_\_\_\_ Date: \_\_\_\_\_

*Examples of Allowable Activities to log above:*

**Children/Student Nutrition Education in a Classroom Setting:**

- Conduct cooking classes and/or taste tests with healthy foods as part of a nutrition education lesson/activity.
- Teaching lessons in the area of Nutrition, Food Safety, Health Benefits of Physical Activity.
- Teach nutrition via CD ROM/Internet/Computer programs. Harvest of the Season/Month activities.
- Reading books with a nutrition theme.
- Bulletin boards/door murals that support good nutrition and increase physical activity.
- *National Nutrition Month* (March) or other nutrition education promotion participation
- Discussing breakfast and lunch menu choices in relation to the components of a healthy nutritious meal.
- Discuss snack menu choices as part of a healthy, balanced food pattern.

**Children/Student Nutrition Education outside a Classroom Setting (as a component of a structured curriculum:**

- Taking nutrition education field trips (do not include travel time or costs) and/or having guest speakers in the areas of nutrition education and physical activity promotion.
- Garden based nutrition education.

**Adult Nutrition Education in Classroom, Group or Individual Settings:**

- Talking with parents or passing out information about nutrition/physical activity promotion. (i.e. Back to School Night or during a conference)
- Connecting students and their families with community resources that promote healthy eating and physical activity.

**Nutrition Education at Special Events:**

- Nutrition Education at special events- Health Fairs, Open House, Back to School Night, carnivals and other school activities.

**Physical Activity Promotion (as a component of a broader Nutrition Education intervention):**

- Present a one-time physical activity demonstration that educates and promotes physical activity as a component of a broader nutrition education intervention.
- Promote increased physical activity as a component of a nutrition education intervention.

**Staff Training/Professional Development:**

- Nutrition Education Training- attending workshops, seminars and other training events that support nutrition education and physical activity promotion.