



Classroom Food Experience

Overview

Purpose The purpose is to introduce cultural and ethnic foods to broaden each child’s food experiences.

Reference The policies and regulations referenced are:

- Head Start Performance Standards: §1302.44(a)(1), 1302.31(b)(2)(ii), 1302.31(c)
- Community Care Licensing: §101227(1)(a)

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

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

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Planning Classroom Food Experiences

Check the schedule

The mandatory classroom food experiences are those that are assigned and appear in the Nutrition Education Topics (see attached). Implement nutrition activities according to scheduled topics and cooking experiences.

There is a “Teachers Choice” month. Submit a completed requisition at least one month before the planned activity.

Home Base

Home Base visitors follow the same procedures.

Use of food

Food should not be used for art projects or games. All food is purchased so that the children may eat the food.



Food allergies

Keep in mind children’s food allergies or intolerances when cooking or tasting food.

One month before the activity

The following are items that begin one month before an activity.

- Plan the activity.
 - Inform parents of the activity and how they can prepare.
 - Complete the classroom food Experience Request form:
 - State what nutrition information the child will learn and how they will participate.
 - Have the Site Supervisor sign the form.
-

Site Supervisor responsibility

The Site Supervisor is responsible to:

- Get the prices of food.
 - Request amount and brand of food.
 - Complete the requisition.
 - Submit to the Nutritionist one month in advance the:
 - Classroom Food Experience Request form and the
 - Requisition form.
-

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Planning Classroom Food Experiences, Continued

Expenditures

Complete the Classroom Food Expenditure sheet with the amount of purchase after each classroom food experience. Do not send copies to the main administration office.

You are responsible for keeping track of your expenditures and are strongly encouraged to stay within the budgeted amount.

Attach the:

- Classroom Food Expenditure sheet
 - Nutrition Education Topic schedule
 - The grocery list chart
 - Sample invoice
-

Additional activities

Implementing more than one food experience a month is up to the teaching staff and the Site Supervisor.

Food should be donated for these extra experiences if you do not have enough money in your account.

Food donations

Food donations are encouraged, but the donors should not be teaching staff or parents and the donation should support Head Start requirements.

Submit a Classroom Food Experience Request to the Nutritionist at the Main Office for approval prior to the implementation of the activity.

Have the donating individual or institution complete a Report of Non-Federal Share Contributions form.

Implementing Classroom Food Experiences

Wash hands Have all children, staff, and parents wash hands before a nutrition activity where they are cooking or tasting foods.

If Staff and Parents are preparing food, they should wash their hands according to the Procedure for Hand Washing and may wear disposable gloves.



Food allergies Keep in mind children's food allergies or intolerances when cooking or tasting food.

Guidelines The following are guidelines for Classroom Food Experiences:

- Perform activities in small groups.
 - Make activity as hands-on as possible, allowing all children to participate.
 - Show children and let them help with washing, cutting, separating, spreading, and pouring food.
 - If food is to be tasted, have enough so that all children get a small taste.
 - Encourage each child's creativity in the activity.
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Conversations Talk with children about the foods in the activity using words that describe color, size, shape, texture, temperature, taste, and sound.

Have a 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 less healthful.

Activity book 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.

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Implementing Classroom Food Experiences, Continued

After the activity

Have children assist with the clean-up of activities to the best of their abilities.

Purchase Orders

Mandatory Food Experience Purchase all food items form Stater Brothers using the open purchase order number PO # 106742.

Teacher's choice Use a 003 for each individual activity.

- Do not use the same 003 for both teacher's choices.
- Submit the request and the 003 to the Administrative office one month in advance.

Completing the invoice While at the store, write:

- Name of your site in the Name of Organization box.
- Address of your site in the Billing Address box.
- Your name; print and sign.
- Phone number of your site.
- In the bottom area of the invoice: "Mandatory Classroom Food Experience".

Attach the white receipt to the yellow copy of the invoice and send it to the Administration office within 5 working days.

Make a copy and retain it at the site.

Form: Classroom Food Experience Request

Classroom Food Experience Request

Use the following form to request a classroom food experience.

**PRESCHOOL SERVICES DEPARTMENT
NUTRITION SERVICE
CLASSROOM FOOD EXPERIENCE REQUEST**

CENTER: _____ DATE: _____

SITE SUPERVISOR SIGNATURE: _____ DATE OF ACTIVITY: _____

TITLE OF ACTIVITY: _____

TEACHER (s) PARTICIPATING: _____

PART DAY AM/PM CD FD HOME BASE _____ NUMBER OF CHILDREN _____

BOOK/RESOURCE(S) USED: NAME OF BOOK: _____ PARENT RECIPE? YES / NO

ADDITIONAL RESOURCE _____

DONATED FOOD YES / NO REQUISITION ATTACHED? YES / NO

| | |
|--|---|
| <p>a) What nutrition concepts will the children learn?</p> | <p>b) How will the children participate in this activity?</p> |
|--|---|

INSTRUCTION: PLEASE ATTACH RECIPE OR WRITE IT ON THE BACK OF THE REQUEST. SUBMIT REQUEST TO MAIN OFFICE (NUTRITION SPECIALIST)

OFFICE USE ONLY

COMMENTS:

_____ APPROVED _____ DENIED

DATE NOTIFIED SITE _____

1/18/NUTRICFEXP

Form: Expenditure Sheet

**Expenditure
sheet**

Use the following form to track expenditures for a classroom food experience.

*County of San Bernardino
Preschool Services Department*

Classroom Food Experience Expenditure Sheet-Traditional

Beginning Balance: _____

| Month | Amount Spent | Ending Balance |
|----------------|--------------|----------------|
| September | | |
| October | | |
| November | | |
| December | | |
| January | | |
| February | | |
| March | | |
| April | | |
| May | | |
| June | | |
| Ending Balance | | |

Remember: *You must stay within your allocated budgeted amount for classroom food experience.*

Schedule

Schedule Below is a sample of a Nutrition Education Schedule.

| NUTRITION EDUCATION TOPICS 2017-2018 SCHOOL YEAR | | |
|--|--|--|
| Month | Topic | Cooking Experience |
| September | Hand-washing Family Style Using Plastic Utensils Fruits | Just-in-time Banana Split Friendship Fruit Salad French Toast with Tropical Fruit Salsa |
| October | Creative Month Bread/Grains | Teacher's Choice Al Dente Pasta Zucchini Muffins |
| November | Vegetables | Asian Stir-Fried Broccoli Stone Soup Carrot Cake Smoothies |
| December | None | |
| January | Multi-cultural Awareness Chinese New Year | Super-star Stir-Fry Egg Rolls Cucumber Salad |
| February | Creative Month Black History Month | Teacher's Choice Herbed Chicken Nuggets Southern Broccoli Salad Black-eyed Pea |
| March | Meat | Caboodle Noodle Soup Crunchy Veggie Deviled Eggs Tuna Pasta Salad |
| April | Dairy | Meltdown Quesadilla Cheese & Fruit Kabobs Fruit Smoothies |
| May | Cinco de Mayo | Que Pasa Pinwheels Nuked Nachos Vegetable Enchiladas |
| June | None | |
| <ul style="list-style-type: none"> ❖ Additional food experiences can be implemented if someone that is not a Head Start staff member donates the ingredients. A completed classroom food experience request must be submitted at least 2 weeks ahead of time to the Nutritionist. ❖ Parent help may be necessary to successfully implement certain recipes. ❖ For the creative months, please submit your request along with a completed requisition exactly one month prior to the creative month to the Nutritionist. | | |
