



Color Me Healthy Nutrition Curriculum

Overview

Purpose The purpose of this policy is to establish a procedure for tracking and reporting nutrition education activities in the classrooms by all Site Supervisors.

Reference The policies and regulations referenced are:

- Head Start Performance Standards: §1302.44(a)(1), 1302.46(a)
- Community Care Licensing: §101227(1)(a)

Policy overview Use the Nutrition Network Weekly Time Log form to track nutrition education activities for each site to fulfil the countywide obesity prevention goal.

Contents The following is a table of contents.

Topic	See Page
Color Me Healthy	2
Nutrition Network Weekly Time Log	3

Color Me Healthy

Policy

Use the Nutrition Network Weekly Time Log form to track nutrition education activities for each site to fulfill the countywide obesity prevention goal.

Time spent

The average time for nutrition education is 20-30 minutes daily.

Educational Activities

Acceptable educational activities are:

- Reading books with nutrition theme
 - Classroom Food Experience
 - Garden based nutrition education
 - Taking nutrition education field trips
 - Nutrition classes
 - Providing nutrition newsletters for parents
 - Talking about nutrition during meal times
-

Documentation

The Nutrition Network Weekly time Log form is the required documentation for time spent on teaching the *Color Me Healthy* curriculum.

Who	Does What
Teacher/Home Base Teacher	<ul style="list-style-type: none">• Documents weekly.• Submits the form to the Site Supervisor by the end of the month.
Site Supervisor	Submits the completed forms to administrative office by the 5 th day of each month.



Nutrition Network Weekly Time Log

Purpose

The purpose of the Nutrition Network Weekly Time Log is to track nutrition education hours.

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

Month: _____
 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:

<p><u>Children/Student Nutrition Education in a Classroom Setting:</u></p> <ul style="list-style-type: none"> • 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. • <i>National Nutrition Month</i> (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. <p><u>Children/Student Nutrition Education outside a Classroom Setting (as a component of a structured curriculum):</u></p> <ul style="list-style-type: none"> • 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. 	<p><u>Adult Nutrition Education in Classroom, Group or Individual Settings:</u></p> <ul style="list-style-type: none"> • 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. <p><u>Nutrition Education at Special Events:</u></p> <ul style="list-style-type: none"> • Nutrition Education at special events- Health Fairs, Open House, Back to School Night, carnivals and other school activities. <p><u>Physical Activity Promotion (as a component of a broader Nutrition Education intervention):</u></p> <ul style="list-style-type: none"> • 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. <p><u>Staff Training/Professional Development:</u></p> <ul style="list-style-type: none"> • Nutrition Education Training- attending workshops, seminars and other training events that support nutrition education and physical activity promotion.
---	--

Approved by USDA for San Bernardino County DPH use--3/3/2008 (Rev 3/25/08, Rev 3/1/11)