Healthy Menu Makeover
On-Line Module

Course Objectives
• Identify the recommendations for a healthy diet based on the current Dietary Guidelines for Americans

• Use the ChooseMyPlate.gov web site to correctly identify recommended foods from each food group to meet the Dietary Guidelines

• Correctly evaluate and select recommended changes to make sample menus meet the Dietary Guidelines

• Share at least two changes you plan to make in the meals you serve to the children in your care to meet the Dietary Guidelines

Adding 5 more!
CACFP Healthy Menu Makeovers

Course Objectives & Overview

Healthy Menu Makeovers
Course Objectives & Overview | Navigation Tips & Technical Requirements | Instructor Information

Course Objectives & Overview

Welcome to Healthy Menu Makeovers! This training is designed to help you make healthy choices that children will enjoy as you plan menus for the children in your care.

Course Objectives

When you finish the Healthy Menu Makeovers training, you should be able to:

- Identify the recommendations for a healthy diet based on the current Dietary Guidelines for Americans.
- Use the ChooseMyPlate.gov web site to correctly identify recommended foods from each food group to meet the Dietary Guidelines.
- Correctly evaluate and select recommended changes to make sample menus meet the Dietary Guidelines.
- Share at least two changes you plan to make in the meals you serve to the children in your care to meet the Dietary Guidelines.

The nine lessons in this course are organized around the following sections:

- **Overview:** Each lesson begins with background information on the dietary guidelines or one of the main food groups.
- **How this applies to my work in CACFP:** The Overview is followed by an explanation of how each lesson applies to your work in the Child and Adult Care Food Program (CACFP).
- **Starting the Menu Makeover:** The lesson follows a fictitious child care center menu planner as she makes decisions about meals and snacks.
- **Printable Resources:** Printable handouts, guidelines and recipes are provided for you to download, save and share. You will need the free Adobe Acrobat Reader plug-in to view and print these "pdf" documents.
Healthier CACFP Award

- Recognition system that supports the wellness efforts of child care

We are a Leader in Childcare Wellness!

Healthier CACFP Award for excellence in nutrition, physical activity, nutrition education, and/or healthy environment

TEAM NUTRITION IOWA™
$250 Sub-Grants

- Four Categories
  - Nutrition
  - Physical Activity
  - Nutrition Education
  - Environment

- Application Due: Tues. May 19
- Report Due: Friday, July 31
Award Winning Centers

★ Early Childhood Center
Sioux Center

★ Faith Lutheran Preschool/Childcare
Shell Rock

★ Five Seasons Learning Center
Cedar Rapids

★ Kid Zone
West Burlington
Food Tasting Instructions

Trying a new food can be fun!

- When offered food, be polite and say, “Yes, thank you” or “No, thank you.”
- Try it! At least one small bite.
- If you like it, think of other ways you could eat the food at home and school.
- If you don’t like it, you may politely remove the food with a napkin.
- It is OK not to like something, but please be kind. No yucky faces or mean words.
- Be willing to try the food again! Sometimes it takes a while to like a new food.

Fruit & Vegetable Resources

https://www.educateiowa.gov/fruit-and-vegetable-resource
Emergent Reader Mini Books
Food Group Friends Profile Cards
Food Cards
Parent Handouts

http://tn.ntis.gov/
Posters

http://tn.ntis.gov/
Stickers

http://tn.ntis.gov/
Two Bite Club Book
The Basics: Introduction and Resource Materials
Nutrition and Wellness Tips for Young Children
Provider Handbook for the Child and Adult Care Food Program

- Build a Healthy Plate With:
  - Fruits and Vegetables
  - Dry Beans and Peas
  - Meat and Meat Alternates
  - Whole Grains
  - Milk
  - Options Low in Solid Fats
  - Fewer Added Sugars
  - Less Salt and Sodium

- Make Water Available Throughout the Day

- Basics of Food Safety To Prevent Foodborne Illness

- Opportunities for Active Play Every Day

- Encourage Active Play

- Limit Screen Time

- Choking Prevention

- Care for Children With Food Allergies
USDA Mixing Bowl
http://www.whatscooking.fns.usda.gov/
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THANK YOU!