



TEAM
NUTRITION
 **IOWA**

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Healthy Menu Makeover On-Line Module

Adding 5 more!



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

CACFP Healthy Menu Makeovers

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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™

Where Healthy Eating Becomes a Habit
Child & Adult Care Food Program
Iowa Department of Education



\$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.



USDA is an equal opportunity provider and employer.

Fruit & Vegetable Resources

<https://www.educateiowa.gov/fruit-and-vegetable-resource>

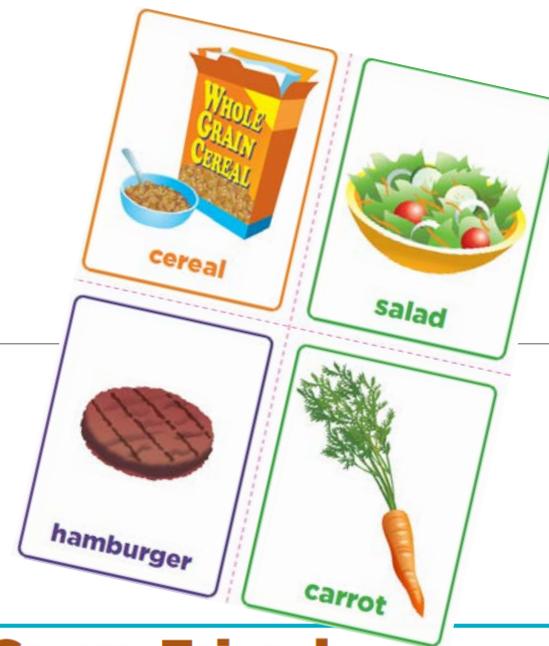


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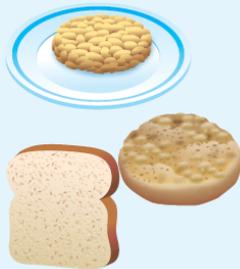


- Emergent Reader Mini Books
- Food Group Friends Profile Cards
- Food Cards
- Parent Handouts



Food Group Friend

1 Get a Head



Put a grain on your plate.

2 Make a Face



Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

3 Hair or Hat?



Choose a dairy food and cover the head.

4 Name Your Friend



Have you used a food from each food group? If so, enjoy!

Ingredients

Choose your favorite ingredients from every group

Grain

English muffin, brown rice cake, or bread



Protein Food

beans or egg



Vegetable

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



Dairy

low-fat cheese



Fruit

blueberries, bananas, raisins, apples, or grapes

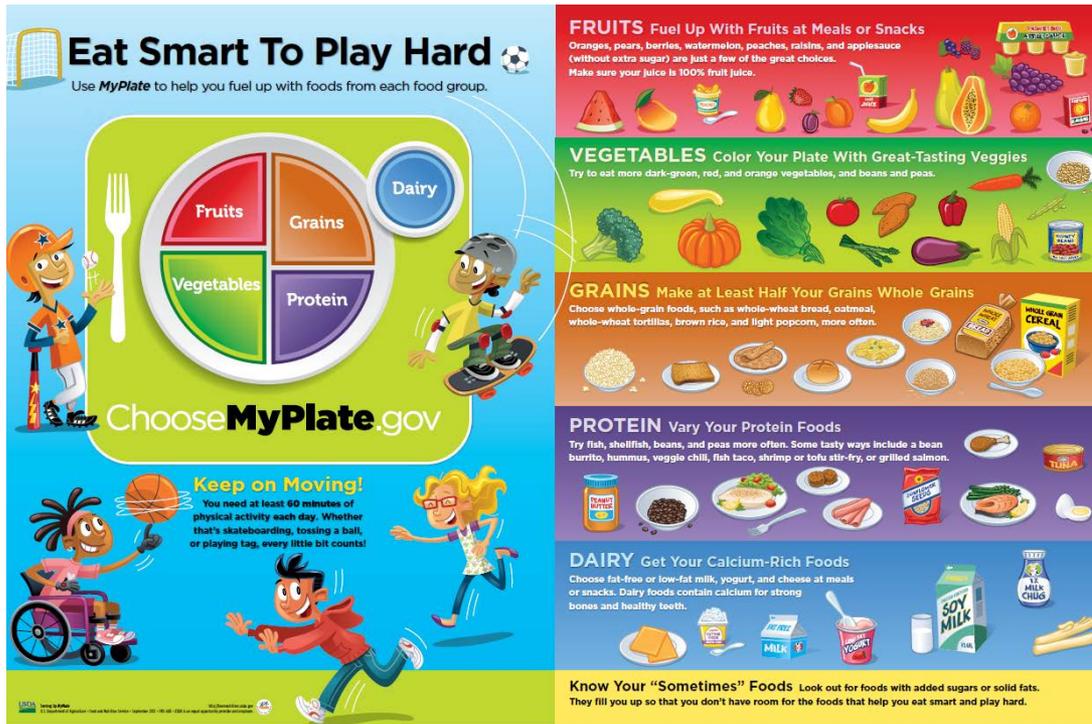


<http://tn.ntis.gov/>



Posters

<http://tn.ntis.gov/>



Eat Smart To Play Hard 

Use **MyPlate** to help you fuel up with foods from each food group.

ChooseMyPlate.gov

Keep on Moving!
You need at least 60 minutes of physical activity each day. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!

FRUITS Fuel Up With Fruits at Meals or Snacks
Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.

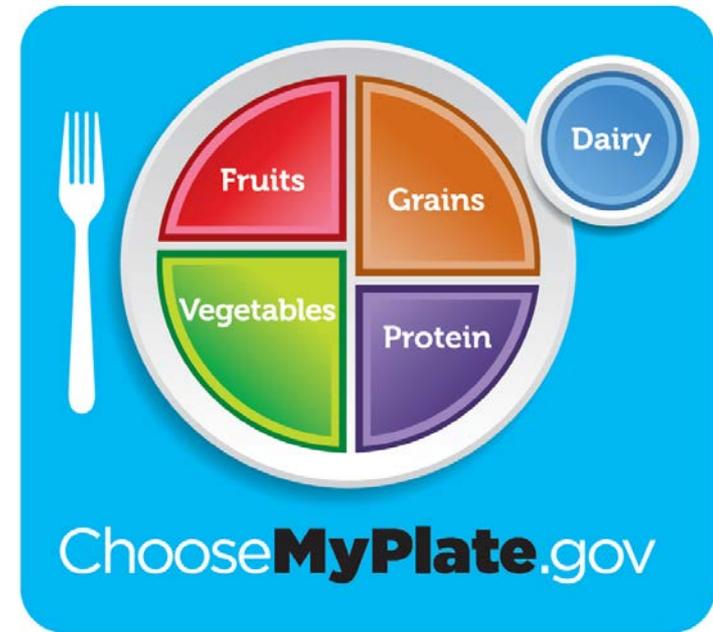
VEGETABLES Color Your Plate With Great-Tasting Veggies
Try to eat more dark-green, red, and orange vegetables, and beans and peas.

GRAINS Make at Least Half Your Grains Whole Grains
Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.

PROTEIN Vary Your Protein Foods
Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.

DAIRY Get Your Calcium-Rich Foods
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.

Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.



ChooseMyPlate.gov

The graphic features a white plate divided into four colored sections: red for Fruits, orange for Grains, green for Vegetables, and purple for Protein. A blue circle labeled Dairy is positioned to the right of the plate. A white fork is on the left side of the plate. The background is blue.

Stickers



<http://tn.ntis.gov/>

Two Bite Club Book

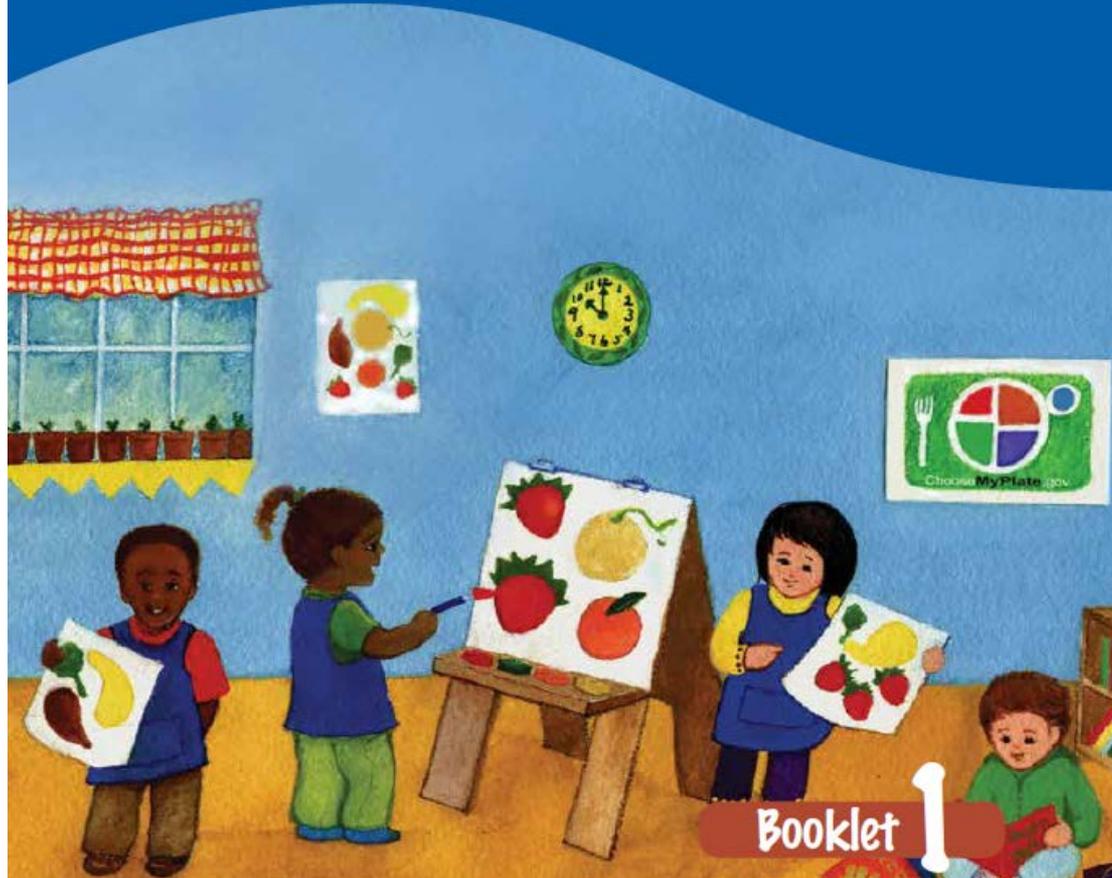




Grow It, Try It, Like It!
Preschool Fun With Fruits and Vegetables

The Basics:

Introduction and Resource Materials



Booklet 1



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/>

The screenshot shows the USDA Mixing Bowl website in a browser window. The browser's address bar displays the URL <http://www.whatscooking.fns.usda.gov/>. The website header includes the USDA logo, the text "United States Department of Agriculture" and "What's Cooking? USDA Mixing Bowl", and navigation links for "About FNCS", "Ask the Expert", "Contact Us", and "En Español". A search bar labeled "Search FNCS" is also present. Below the header, a main navigation menu offers "Home", "Recipes", "Cookbooks", and "USDA Foods Fact Sheets".

The main content area features a large banner for "What's Cooking? USDA MIXING BOWL" with a sub-header "Roasted Root Vegetables" and a description: "A variety of root vegetables like sweet potatoes, beets, and turnips make this colorful dish festive and nutritious." To the left of the banner are links for "Household Recipes", "Large Quantity Recipes", and "Recetas en Español".

Below the banner is a "Search Recipes" section with a search input field and a "Go" button. To the right, a "Stay Connected" section includes social media icons for Facebook, Twitter, YouTube, Email, Pinterest, and RSS.

The bottom section is divided into three columns: "Cookbooks" (featuring "A Harvest of Recipes with USDA Foods" and "Recipes for Healthy Kids: Cookbook for Homes"), "Recipe Tools" (featuring "MY COOKBOOK" and "MENU BUILDER COMING SOON!"), and "Spotlights" (featuring "Let's Move!" and "ChooseMyPlate").

The browser's taskbar at the bottom shows the Windows Start button and several application icons, including Internet Explorer, Google Chrome, and SuperTracker. The system tray in the bottom right corner displays the time as 3:58 PM on 4/30/2015.

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THANK YOU!

