Welcome to CCEI530A
In this course, you will gain a greater understanding of the requirements of the USDA Food Program and meal planning in an early childhood education setting.

Course Objectives:
By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify the reasons that nutrition is important in an early childhood education setting
- Identify the purpose of the Child and Adult Care Food Program (CACFP)
- List the effects of improper nutrition on children’s growth and development
- Identify creditable and non-creditable foods in each food group
- Define meal patterns, proper meal components, and serving sizes in the CACFP
- Identify important strategies for planning nutritional meals

References:


Reaching & Relating. (2009). Sciarrino, C. and Siegfried, J. HighRead Learning


http://www.choosemyplate.gov/ (2014)


Important Fact

Good nutrition is:

Important Fact

Currently, over 13 million children participate in

Important Fact

Unfortunately, current research has documented:
USDA Food Plan
Define CACFP -

Important Fact
Define *creditable*:

Define *non-creditable*:

Food Groups of the CACFP
The CACFP food plan includes the following food groups:
1. 
2. 
3. 
4. 

Grains/Breads Group
Food items from the grains/bread group provide these nutrients:

*Simple carbohydrates* -

*Complex carbohydrates* -

*Fiber* -

*Folate* -

*Iron* -

Creditable Grain/Bread Items
Children should be given at least one serving of creditable grains or breads at:

Grains, breads, and pasta are considered *creditable* as long as:

Creditable grains or breads include:
**Fruit and Vegetable Group**
Fruits and vegetables provide nutrients such as:

- **Vitamin A** -
- **Vitamin C** -
- **Vitamin E** -
- **Calcium** -

Fresh, canned, and frozen fruits and vegetables are creditable if they are:

Home canned items are _________________

Full-strength fruit or vegetable juices are _________________

**Creditable Fruits and Vegetables**
List some of the creditable fruits and vegetables:

**Non-creditable Fruits and Vegetables**
List some of the non-creditable fruits and vegetables:

**Meat/Meat Alternate Group**
Protein and iron are:

**Important Fact**
Why is it best to avoid consuming too much saturated fat?

- **Cholesterol** -

**Creditable Meats or Meat Alternates**
List some of the creditable food from the meats/meat alternates group:

**Non-creditable Meat or Meat Alternates**
Non-creditable meat or meat alternates include:

All lunches and suppers should contain a serving of:

**Milk Group**

Food items in the milk group provide:

**Creditable Milk Group Food Items**

List some of the creditable food items in the milk group:

**Non-creditable Milk Group Food Items**

These items are some of the non-creditable milk group food items:

When should milk be served?

**Meal Patterns of the Child and Adult Care Food Program**

Here are the age groups for older children:

1.
2.
3.

This is the serving size chart according to CACFP.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Bread/Grain</th>
<th>Fruit/Vegetable</th>
<th>Meat/Meat Alternative</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1 serving</td>
<td>1 serving</td>
<td></td>
<td>1 serving</td>
</tr>
<tr>
<td>Lunch</td>
<td>1 serving</td>
<td>2 servings</td>
<td>1 serving</td>
<td>1 serving</td>
</tr>
<tr>
<td>Supper</td>
<td>1 serving</td>
<td>2 servings</td>
<td>1 serving</td>
<td>1 serving</td>
</tr>
<tr>
<td>Snack - AM</td>
<td>1 serving</td>
<td>1 serving from any 2 of the 4 groups</td>
<td>1 serving</td>
<td></td>
</tr>
<tr>
<td>Snack - PM</td>
<td>1 serving</td>
<td>2 serving from any 2 of the 4 groups</td>
<td>1 serving</td>
<td></td>
</tr>
</tbody>
</table>

**Important Fact**

*While the servings are the same for the age groups, portion sizes:
The breakfast meal should include a serving from:

At breakfast, children aged 1 through 2 should be served:

- 
- 
- 
- 
- 
- 
AND
- 
AND
- 
At breakfast, children aged 3 through 5 should be served:

- 
- 
- 
- 
- 
- 
AND
- 
AND
- 
At breakfast, children aged 6 through 12 should be served:

- 
- 
- 
- 
- 
- 
AND
- 
AND
- 

**Snacks**

Requirements for *snacks* are:

A *snack* is made up of:

For snacks, from the meat/meat alternate group, 1 to 2–year olds may be given:

-
One to two year-olds may be given:

From the grains/breads group, one to two-year olds may be given one of the following as part of a *snack*:

- 
- 
- 
- 

Three to five-year olds may be given:

The serving sizes for a *snack* from the meat/meat alternate group for three to five-year olds are:

- 
- 
- 
- 
- 

Three to five-year olds may be given:

From the grains/breads group, three to five-year olds may have one of these as part of a *snack*:

- 
- 
- 
- 

Six to twelve-year olds may have:

From the meat/meat alternate group, six to twelve-year olds may give one of the following as part of a *snack*:
Children between the ages of six and twelve may be given:

From the grains/breads group, 6 to 12 year olds may have one of the following as part of a snack:

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

**Lunch or Supper**

The serving's sizes for the three different age groups are:

Both these meals require:

One to two-year olds should be given:

From the **meat/meat alternate group**, one to two-year olds should be given one of the following:

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

For lunch or supper, one to two-year olds should be given:

One to two-year olds should also be given a serving from the grains/breads group:

- 
- 
- 
- 

Three to five-year olds should be given:

From the meat/meat alternate group, three to five-year olds should be given one of the following for lunch or supper:

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

Three to five-year olds should also be served:

Children between the ages of three and five should also be given a serving from the grains/breads group:

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

Six to twelve-year olds should be given:

Children between the ages of six and twelve should also be given one of these items from the meat/meat alternate group:

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

Six to twelve-year olds should also be given:

Children between the ages of six and twelve should also be given a serving from the grains/breads group:

- 
-
Important Fact

Serving sizes for some foods:

Other foods that may be choking hazards for young children include:

The potential for choking can be reduced by:

Meal Planning

In addition to remembering the required food group components and serving sizes when planning meals, you also need to consider:

Nutrients

Variety

Consider the following:
Children’s Preferences

Children prefer food with:

Meal Planning

Now that you know what a correct meal according to CACFP guidelines looks like, try to plan a whole day’s meals using the following food items. Note: Milk is the only item that may be used more than once, and you may have some extra food items. Use the space provided below or a separate sheet of paper to plan your menu for the day.

<table>
<thead>
<tr>
<th>Apple slices</th>
<th>Chicken fillets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked potatoes</td>
<td>Cookies</td>
</tr>
<tr>
<td>Banana slices</td>
<td>Grape juice</td>
</tr>
<tr>
<td>Bran muffin</td>
<td>Green beans</td>
</tr>
<tr>
<td>Blueberry pancakes</td>
<td>Milk</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Roll</td>
</tr>
<tr>
<td>Cheese crackers</td>
<td>Sausage</td>
</tr>
</tbody>
</table>

Breakfast:

A.M. Snack:

Lunch:

P.M. Snack:

For additional information, visit USDA website at http://www.fns.usda.gov/cnd/Care/ or search Internet using search term CACFP or USDA Food Program.

You have completed the coursework for CCEIS30A. Please proceed to the Final Exam to complete the course and receive a Certificate of Completion.