

E-206: Curriculum, Nutrition & Physical Activity

POLICY STATEMENT

Children need 60 minutes of play with moderate to vigorous activity every day, but it doesn't have to occur at once. It all adds up! Children experience lifelong benefits when provided adequate physical activity and good nutrition.

PURPOSE

Enhance the physical health and well-being of children enrolled in the ESD 105 ECEAP program.

STRATEGY & IMPLEMENTATION

ESD 105 ECEAP staff and subcontractor staff will engage children in enjoyable physical activity that is moderate to vigorous intensity in order to improve the health of children.

To promote physical activity, ECEAP teachers will;

- Provide at least one outdoor play time in the part-day program and two outdoor play times in the extended-day program for a minimum of 30 minutes each;
- Provide children toys that encourage physical activity like balls, trikes, and jump ropes.
- Encourage children to try new physical activities;
- Provide indoor physical activities at least two times per week. Activities may include dancing, yoga, balancing or other fitness building activities;
- Limit or avoid screen time. Televisions are not used during ECEAP hours unless specifically related to the curriculum. Videos that promote physical activity are allowed;
- Provide adequate training and support to teachers to implement physical activities as an important part of the curriculum;
- Provide resources to families about physical fitness and healthy nutrition for young children.

Physical Activity Definitions

Moderate physical activity: movement that increases heart rate and breathing like walking, playing on play equipment, swinging, or climbing.

Vigorous physical activity: movement that uses large muscle groups, causes rapid breathing and increases heart rate like running, hopping, galloping, jumping, dancing, or skipping.

Two Kinds of Physical Activity

1. Structured: Organized, quick, and intense activities led by adults.

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2. Unstructured: Free play to stimulate creativity and use the imagination; activities led by children.

Ways to Get Kids Moving!

- Add physical activity to your daily routine
- Have children act out a story as you read it
- Encourage kids to move like different animals during transitions from one activity or room to another. For example: "hop like grasshopper", "jump like a cat", "fly like a butterfly".
- Use props to help kids move and identify shapes, colors, and numbers
- Mix up the usual 'hokey pokey' and 'head, shoulders, knees and toes' with a dance party or obstacle course

Nutrition

To promote good nutrition and healthy eating, ECEAP staff will;

- Serve nutritious, well-balanced meals daily;
- Offer children three or four healthy choices, including fresh fruits or vegetables, at mealtimes.
- Avoid high sugar foods;
- When serving juice, limit children to 6 oz. and then offer water.
- Encourage families to bring healthy snacks for classroom celebrations as an alternative to sugary treats;
- Model healthy eating practices during meal times;
- Talk about good food choices and how food can fuel the body for optimum growth;
- Include cooking and nutrition activities in the classroom curriculum.

Other Strategies to Consider

- Seat children with different food preferences next to one another so they are exposed to peers enjoying a range of healthy choices.
- Create and maintain a mealtime routine—and allow children to help.
- Make a point of having at least one meaningful interaction with each child during every mealtime.
- Listen to children when they say they are full. Young kids will eat the amount they need. Toddlers have a strong sense of hunger, appetite, and fullness, so they are likely to stop eating when they are full rather than when the food is gone. And, children's appetites can vary - sometimes they won't eat much and other times they will want seconds.

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Printable Resources for Caregivers (English):

- http://www.fns.usda.gov/sites/default/files/Helping_kids_Learn.pdf
- http://www.fns.usda.gov/sites/default/files/Start_them_early_with_Whole_Grain.pdf
- http://www.fns.usda.gov/sites/default/files/how_to_tell_whole_grain.pdf
- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet13CutBackOnSweetTreats.pdf>
- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>
- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet12BeAHealthyRoleModel.pdf>
- https://www.cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/DGTipSheet24MyPlateSnackTipsforParents.pdf

Printable Resources for Caregivers (Spanish):

- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet11KidFriendlyVeggiesAndFruits-sp.pdf>
- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet13CutBackOnSweetTreats-sp.pdf>
- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet12BeAHealthyRoleModel-sp.pdf>
- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipSheet24SnackTipsforParents-sp.pdf>
- <http://www.fns.usda.gov/sites/default/files/CN-SP-Fruits-Vegetables-Messages-Tips.pdf>
- <http://www.fns.usda.gov/sites/default/files/CN-SP-Whole-Grains-Messages-Tips.pdf>
- <http://www.fns.usda.gov/sites/default/files/CN-SP-Child-Feeding-Messages-Tips.pdf>