

**Nutrition Works FY12 Training: 2 hours credit**  
***That's Menu-tainment! A Nutrition Production***

Name \_\_\_\_\_ Due Date \_\_\_\_\_

**I. Read the “That’s Menu-tainment! A Nutrition Production” booklet and answer the following questions.**

1. Name two ways you set the stage to make meal times pleasant and comfortable for the children:
  - a.
  - b.
  
2. The booklet gave examples of introducing lima beans to the children. List two of your own ideas for introducing lima beans to the children:
  - a.
  - b.
  
3. By following the CACFP Meal Pattern, create a week’s worth of breakfasts, lunches and snacks featuring VARIETY and using the suggestions from Act III in the booklet (**use a separate piece of paper**).
  
4. True or False? Children are not naturally cautious about new foods.
  
5. It may take up to \_\_\_\_\_ neutral exposures before a child will try a new food.
  
6. List 3 ways to communicate to parents as suggested in the booklet:
  - A.
  - B.
  - C.
  
7. Create a lunch menu of your own with funny food names below:

**II. Fill out the “Self-Assessment Questionnaire”.** This will help you be aware of your current practices relating to feeding children, food served, physical activity and staff/parent training.

**III. Develop a \*\*\*“Nutrition Policy” that will inform parents about your child care feeding guidelines.** Use the information from the self-assessment and the two sample nutrition policies as references to assist you in developing your own feeding policy. *You will use a separate piece of paper to write/type out your nutrition policy.*

The following are suggestions for guidelines to include in your policy. You do not need to use them and you can include others not listed. You can also use ideas from the sample nutrition policies that are applicable to your child care program.

Milk: type of milk used (non-fat, low-fat, whole)

Fruit Juice: type/frequency

Hand washing: when/where

Meal time schedule

Choking Hazards: foods not served due to choking hazards

Type of Mealtime service (family style or pre-plated)

Mealtime environment: sitting/eating with children, size appropriate chairs, tables, utensils and dishes

Special Occasions: allowed to bring food/restrict types of food/notify in advance

Nutrition Standards: whole grains, restrict/limit processed foods, lean protein, low sugar, low sodium, no trans-fats, water available, low/non-fat dairy.

Infant: iron fortified formula, breast milk, introducing solid foods, held when fed bottle

**\*\* When the CACFP or USDA is mentioned or implied on materials directed to parents, potential participants, or public groups, the non-discrimination statement must be included on the materials. The authorized statements read as follows:**

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.”

If the material is 1 ½ pages or less in length, the following statement may be used in a print size no smaller than the text used in the material. “This institution is an equal opportunity provider.”

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*Signature*

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*Date Completed*

*Return completed worksheet to Nutrition Works by due date.*

**\* Remember to include your week’s menu (see # 3), your Self-Assessment Questionnaire and your Nutrition Policy.**