Creating Healthy Choices for Young Children

Unit 3

CE220-01 Child Safety, Nutrition, and Health

Name of Student

Date of Submission

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| Healthy Nutrition  for Young Children Briefly explain key concepts related to health and nutrition / food safety guidelines specifically for your chosen age group (e.g., choking hazards, allergies, etc.).  Explain how ‘advertising’ affects children’s / families’ choices and how to identify healthy / fun snack options.  Use information found in the Unit 2 and Unit 3 Readings, shared in the Unit 3 Seminar, and in your textbook (Marotz, 2014) as well as other course materials as needed to support your statements.  [It is easy to add pictures to this brochure. Click where you want to add the picture, and then click Insert Picture. Select a new picture, and then click Insert.] |  | Creative Title  Title of Your Learning Center Healthy Choices for Young ChildrenAge \_\_\_ |
|  |  | Student Name |

#### References

Common Sense Media. (2017). *Is advertising harmful to kids?* Retrieved from https://www.commonsensemedia.org/marketing-to-kids/is-advertising-harmful-to-kids#

Example, J. (2014). *Title of website article*. Retrieved from http://thisiswhereIfoundit.edu/paodgnjaeptoihaewr

Marotz, L. (2014). *Health, safety, and nutrition for the young child* (9th ed). Stamford, CT: Cengage Learning.

Sample Organization. (2015). *Title of website article*. Retrieved from http://Igotithere.org/poiczxgnapetoihaw

UMass Extension Nutrition Education Program. (2018). *Ants on a log*. Retrieved from https://extension.umass.edu/nutrition/recipes/ants-log

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| Do you like insects? How about peanut butter or cream cheese? Here is a FUN, NEW way to eat peanut butter or cream cheese AND pretend that you’re eating some of your favorite insects – ANTS!! Best of all – you can even make it yourself! All you need is some celery, peanut butter (Sun Butter) or cream cheese, and some raisins. Put them all together and VOILA – you have created Ants on a Log!  **NOTE: Not appropriate for children under age 5 or those with specific food allergies.** Instructions Fill the celery log with cream cheese or peanut butter (Sun Butter). Place raisins on top so that it looks like ants are crawling along the log. Nutritional Information Serving size: 3 pieces  Based on snacks made with low fat cream cheese:  Calories: 80  Fruits and Vegetables: 1/2 cup  Fat: 3 g  Fiber: 1 g  Sodium: 120 mg    (UMass Extension Nutrition Education Program, 2018) Snack #1  Ants on a Log | Briefly describe the snack using exciting and engaging language. Remember to be creative yet demonstrate a full understanding of the principles of health, nutrition, and safety for young children. Instructions Include brief instructions that would be easy for young children and/or their caregiver to understand and follow. Nutritional Information Insert the nutritional information here.   Don’t forget to include a picture of the prepared snack for children and their families to “see” the finished product.   Use information from the textbook, course materials, and/or your own research to support your statements.  Don’t forget to cite the source(s) for your snacks, images, and supporting information. Snack #2  Creative Title | Snack #3  Creative Title Briefly describe the snack using exciting and engaging language. Remember to be creative yet demonstrate a full understanding of the principles of health, nutrition, and safety for young children. Instructions Include brief instructions that would be easy for young children and/or their caregiver to understand and follow. Nutritional Information Insert the nutritional information here.   Don’t forget to include a picture of the prepared snack for children and their families to “see” the finished product.   Use information from the textbook, course materials, and/or your own research to support your statements.  Don’t forget to cite the source(s) for your snacks, images, and supporting information. |