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 ChildrenBriefly 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 TitleTitle of Your Learning CenterHealthy Choices for Young Children Age \_\_\_ |
|  |  | 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 InformationServing size: 3 piecesBased on snacks made with low fat cream cheese:Calories: 80Fruits and Vegetables: 1/2 cupFat: 3 gFiber: 1 gSodium: 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. InstructionsInclude brief instructions that would be easy for young children and/or their caregiver to understand and follow.Nutritional InformationInsert 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 TitleBriefly 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. InstructionsInclude brief instructions that would be easy for young children and/or their caregiver to understand and follow.Nutritional InformationInsert 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. |