

# 10 Developmental Areas



## What Skills are the Children Developing?

<b>Language Development</b>	Listening • Speaking (verbal) • Nonverbal Communication <i>Describe flavors (spicy, sweet, salty) and texture (soft, crunchy, chewy) of foods</i>
<b>Literacy Knowledge</b>	What children know about: Books • Print • Writing <i>Show the menu or a book so children can see words/pictures. What letter does [kiwi] start with?</i>
<b>Math Knowledge</b>	Number Concepts & Operations • Geometry and Spatial Concepts • Patterns • Measurement (includes graphing) <i>Compare shapes/sizes of foods. Put 2 [blueberries] and 3 [pretzels] into a pattern. Graph favorite foods.</i>
<b>Science Knowledge</b>	Exploring and Thinking Like a Scientist • Observation Skills • Knowledge about the World (Natural/ Physical) <i>Where do [apples] come from? What are the 5 senses? How do foods grow? Why are [peas] healthy?</i>
<b>Approaches to Learning</b>	Curiosity and Desire to Learn • Persistence • Cooperation <i>Children's willingness to try new foods. Provide opportunities to learn new things in fun &amp; engaging ways.</i>
<b>Logic &amp; Reasoning</b>	Problem-Solving • Reasoning • Using Symbols to Represent <i>How would you pass the plate so the [bananas] don't fall off? What do you do with a fork?</i>
<b>Creative Arts</b>	Music & Dance • Fine Arts • Dramatic Play <i>Describe colors/patterns of foods. Art project with noodles. Songs about food. Food models in play area.</i>
<b>Social Studies Knowledge</b>	Knowledge of Family & Community • Cultural Difference (People & Places) • Caring for the Environment <i>Where do you buy foods? Discuss cultural events and celebrations specific to children's families.</i>
<b>Social &amp; Emotional Development</b>	Social Interactions & Relationships • Self-Concept • Emotions & Self-Regulation • Character Education <i>Sharing and taking turns, manners, self-regulation, acceptance of others' ideas/preferences</i>
<b>Physical Development &amp; Health</b>	Gross and Fine Motor Skills • Knowledge and Practice of Healthy Habits <i>Do you need fruits to make you healthy? Fine motor skills for picking up/cutting foods. How to hold a fork.</i>

# Ask Open-Ended Questions to Enhance Conversations

- Which food do you like best? Why do you like that one?
- Which food tastes sweet? Salty? Bitter? Tangy?
- If you were going to cook lunch for us, what would you prepare?
- What types of foods do you eat for dinner at your house?
- What is your favorite meal/food?
- I like the taste of \_\_\_\_\_ more than \_\_\_\_\_. What about you?
- Last night for dinner/this morning for breakfast I had \_\_\_\_\_. What did you have?
- Did you have enough to eat?
- \_\_\_\_\_
- \_\_\_\_\_

## Healthy Celebrations

Provide consistent messaging around healthy eating to avoid sending children conflicting messages. While celebrations can include healthy foods, they can also provide opportunities for kids to play and enjoy music, dance, games, sports and other activities.

1. Survey staff, children and families to identify successful healthy celebration options
2. Write or update your wellness policy to include language about healthy celebrations
3. Promote the policy on your website, social media accounts, newsletters and/or bulletin boards
4. Send letters/emails to parents explaining the policy and why it is important. Include a healthy snack list for food parents send to the center



 <p><b>CHOOSE A PRIZE</b></p> <p>Pencils or erasers Stickers Books Enter a drawing or raffle for a bigger prize Earn tokens or points toward a prize</p>	 <p><b>GET MOVING</b></p> <p>Lead a special physical activity break Host a special event such as a dance or kite-flying party Provide extra recess or PE time Turn on the music and let students dance for a few minutes Have a themed parade around your school</p>	 <p><b>SHAKE UP YOUR ROUTINE</b></p> <p>Let student choose a special activity or be a teacher's helper Allow student to select a special book or invite a guest to read aloud Go on a scavenger hunt Host a special dress day where students can wear hats or pajamas</p>	 <p><b>SHOW RECOGNITION</b></p> <p>Give a certificate or ribbon Post a sign in the classroom or on a prominent bulletin board Give a shout-out in the morning announcements For birthdays, allow child to wear a crown or special sash</p>
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 <p><b>BEVERAGES</b></p> <p>Water 100% fruit juice with no added sugar Fat-free or low fat milk Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt) 100% fruit juice slushes with no added sugar Silly Water—add fruit and herbs to plain water for fruit-infused blend</p>	 <p><b>FRUITS &amp; VEGGIES</b></p> <p>Fresh fruit—trays, salads or kabobs Fresh vegetables—trays, salads or kabobs Canned fruit or fruit cups (in water, 100% fruit juice or light syrup) Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup) Frosty fruits—freeze your own fruit (frozen grapes make a great summer treat!) Dried fruit with no added sugar</p>	 <p><b>WHOLE GRAINS</b></p> <p>Whole grain crackers, pretzels or cereal bars Small whole grain bagels or waffles or pancakes topped with fruit or nut or seed butter Low-fat or air-popped popcorn (no added butter or salt) Graham crackers Baked whole grain tortilla chips with salsa or bean dip</p>	 <p><b>PROTEINS</b></p> <p>Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies) Nut or seed butter (serve with fruit or whole grain crackers) Nuts or seeds Trail mix made of nuts or seeds and dried fruit with no added sugar Low-fat cheese (serve with fruit or whole grain crackers) Hummus (serve with vegetables or whole grain crackers)</p>
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