Nutritional Foods for Preschool to School-Age Children Project

Scenario: You will be working at a day care center and one of your job duties includes planning nutritious meals and snacks for the children.

You will work in groups of three or four to research and prepare nutritious foods for preschool/school-age children by:

- analyzing the correlation between proper nutrition and the growth and development of children
- creating a nutritious snack or main entrée appropriate for preschool/school-age children
- determining the portion size for the appropriate age group
- recognizing the nutritional guidelines for preschool/school-age children

You will create a snack or main entrée keeping in mind the time allotment of the class.

You will research recipes using http://cte.sfasu.edu/wp-content/uploads/2012/07/Nutritious-Recipes-for-Children.pdf Recipe Finder Cookbook. Compile a shopping list and prepare the food items.

You may use www.choosemyplate.gov website as a planning tool for the labs.

Your group will present your snack or main entrée. You will discuss the essential nutrients, the nutritional value of the food item, food source and provide four tips for healthy snacks or foods for preschool/school-age children.

All food items will be set up on a table and everyone will have an opportunity to sample each other's food creations.
Your project written report must include the following:

- A grocery shopping list and recipe.
- The caloric requirements to meet the needs of the specified age of child.
- The nutritional value of each item used in preparing the food item. Your dish must include five essential nutrients. For example, if you use cheese in preparing your snack or main entrée:

<table>
<thead>
<tr>
<th>Essential Nutrient</th>
<th>Nutritional Value</th>
<th>Food Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Builds strong bones and teeth</td>
<td>Cheese, milk, yogurt</td>
</tr>
</tbody>
</table>

- Portion size is correct according to the guidelines specified in the PowerPoint™ presentation.
- Provide four tips for healthy snacks or foods for preschool/school-age children.