

Heading: CHILD NUTRITION	P.S.# 1304.23	Rev. 8/10/2004
Policy Name: Classroom Nutrition	Policy # CN 2	Page 1 of 1

**Policy:** SUU Head Start provides developmentally appropriate opportunities for child involvement in food related activities

**1) Nutrition in the Classroom**

- a) Teaching teams will ensure that nutrition is taught the entire school year. The teaching teams will utilize a variety of sources for nutritional education, including:
  - i) Health Team
  - ii) Dietary Consultant
  - iii) USU Extension
  
- b) For any assistance, contact the Health Team to set up a group or individual learning time.

**2) Guidelines for Food Experiences in the Classroom**

- a) Teaching teams will include food experiences in the classroom as part of the curriculum. So as to not detract from the healthy meals that are provided for the children, staff will ensure that extra food made or provided in the classroom will not conflict with the scheduled meals.
  
- b) Teaching teams will:
  - i) keep the consumption of sugary foods to a minimum
  - ii) encourage healthy foods
  - iii) keep portion sizes for experiences small (tasting)
  - iv) consult with kitchen staff to see if they have something available
  - v) utilize leftover mealtime foods only for non-edible food experiences
  - vi) use the \$5 per classroom that is allocated monthly for the specific function to encourage and provide food experiences in the classroom
  - vii) whenever possible, have two food experiences monthly
  - viii) Consider all five senses when planning and conducting food experiences