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4-C Child and Adult Care Food Program HOME ASSIGNMENT: CURRICULUM DEVELOPMENT

Counts for 2 Hours of Continuing Education

The best way to teach children of any age is to have a curriculum, or a lesson plan.

Start with the 5 W's and H:

1. What is it you want to teach? What is the point you're trying to get across?
2. Who are you trying to teach (what age group)? Lessons will naturally be directed toward the child's age.
3. Where is it best to teach these lessons?
4. When is the best time to teach?
5. Why is it important for the child to learn this lesson?
6. Finally, how will you teach the lesson? What is the most effective means to teach and motivate?

TIP:
Ideas for curriculums can
be found at websites
including:

www.mypyramid.gov
www.familyfun.go.com
www.dairycouncil.gov

THE 3 E'S OF AMAZING TEACHING ARE...

Make it easy, effective, and entertaining.

Making a lesson easy means giving easy to understand information and making sure it's easy to implement or put into use.

Effective teaching means using the most effective method for the person you're trying to teach. For example, some people are visual learners, some learn best by listening, and some are kinesthetic learners, meaning they need to try things hands on. For visual learners you might use charts or show models, use more pictures than words. For auditory learners, you might use music or rhyme. Kinesthetic learners learn best by doing, by trying things, by active participation.

For example, if you're trying to teach children proper hand washing you could explain that hand washing before meals is important to help prevent the spread of germs that make people sick. You could teach them to wash their hands to the tune of "Happy Birthday" which takes about 20 seconds, or long enough to get rid of the germs on their hands. You could coat their hands with petroleum jelly and sprinkle cinnamon on them and have them wash their hands with just water, and then wash with soap and water to show them that washing using just water isn't enough to get rid of germs.

These lessons will be effective for visual, auditory, and kinesthetic learners, and are easy, effective, and entertaining.

Name			
Provider Number		Date	

YOUR ASSIGNMENT

Develop or find an activity or group of activities focusing on good nutrition for children. Record what you're trying to teach, who, why, etc., how you taught it, and how effective it was. Use additional paper if necessary.

Topics Might Include:

- Feeding picky eaters
- "Everyday foods" vs. "Sometimes" foods
- Whole grain foods
- Healthy fruits and vegetables
- Cooking with children
- Cultural foods
- Foods for healthy teeth
- Or any other topic you find helpful

What are you trying to teach?

Who are you teaching?

Why are you teaching this information?

How did you teach your curriculum?

How effective was the curriculum?

Other Comments:

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<i>Date Received by 4-C Office</i>	
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