

Shasta Head Start
Creative Curriculum for Infants, Toddler, and Twos
Nutrition Activities

The following are SHS approved Creative Curriculum nutrition activities. These activities have been chosen to follow Shasta Head Start's low sugar, nutritious guidelines for foods served to enrolled children. Staff will rotate these nutrition activities, ensuring that children are provided with the experiences once per month. Activities will be noted/keyed on the Lesson Plan.

Eating and Mealtimes

Intentional Teaching Card	Nutrition Activity	Special Modifications
LL10	Yummy Foods	*
LL29	Describing Food	
P31	Drinking Cups	

Teaching and Preparing Food

Intentional Teaching Card	Nutrition Activity	Special Modifications
LL43	Lemonade	No honey for under 1
LL44	Fruit Salad	*
LL46	Veggie Mash-up	To be steamed in the kitchen *
LL47	Roll-ups	Have veggies pre-cut *
LL48	Applesauce	If cooking, cook applesauce in the kitchen
LL49	Pancakes	If you cook in the classroom, ensure staff have a safe space for cooking
LL52	Fruit Smoothies	This activity is only for children over 1, avoiding use of formula/breast milk
M10	Making Butter	

Staff will ensure that activities meet the skill development for their age group, making accommodation and providing support based on children's needs.

*Staff must ensure that food is cut to the appropriate size for their age group.