



Case Study of Daily Routine

Sample Assignment

Objective

Students will review a real-world case study of a daily routine for young children then evaluate it based on health, safety, and nutrition guidelines.

CCCS ECE 2051 Course Competencies

3. Identify regulations and effective practices that promote the physical and mental health, safety, and nutrition of young children from birth through age 12.
5. Assess effectiveness of various health, safety, and nutrition practices for maintaining clean, healthy, and safe learning environments.
7. Design and promote developmentally appropriate curriculum-based activities for use in early childhood classrooms emphasizing basics of health, nutrition, and safety practices with young children.
8. Identify and analyze age-related nutritional needs of children from birth to age 12.

Instructions

Part 1: Case review (30 points)

Goal: Evaluate and critique an existing daily routine and meal plan used in a child care or early childhood setting.

Steps:

1. Review the following Case Study: Sample case study can be used for the assignment. It is based on a typical daily routine and meal plan in a child care center with enough room for students to analyze and make improvements.
2. Evaluate the provided daily routine and meal plan
 - Are the nutritional needs of the children being met according to age and dietary requirements?
 - Does the routine promote physical, mental, and emotional health?
 - Are health and safety standards appropriately followed, particularly for meal preparation, hygiene, and physical activity?
 - How can the routine be improved to meet best practices or accommodate special needs more effectively?
3. Revise the routine and meal plan to address any gaps. Include the necessary changes in meal offerings, activity schedule, and safety practices. Provide a justification for your changes based on regulatory guidelines and best practices for child care.
4. Design a family engagement activity related to this routine, explaining how you would communicate the importance of healthy routines, nutrition, and safety to parents or caregivers.
5. Submit evaluation:



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- Option 1: written report (1-2 pages) that cover the key points listed above.
 - Option 2: a video critique where you explain your analysis of the routine and meal plan.

Part 2: Routine Improvement (40 points)

Goal: Use the knowledge gained from previous assignments to revise and improve the daily routine and meal plan.

Steps:

1. Revise the daily routine
 - Based on your evaluation redesign the daily schedule to ensure it better supports the health, safety, and nutritional needs of the children.
 - Make adjustments to meal times, snack suggestions, and physical activity time. Include any modifications that could help with allergies, special needs, or cultural preferences.
 - Update hygiene practices and safety procedures where necessary.
2. Revise the meal plan:
 - Analyze the meal plan for the age group and dietary needs. Replace any meals or snacks that are too high in sugar or fat or fail to meet nutritional requirements.
 - Incorporate age-appropriate serving sizes and appropriate food textures for the selected group.
3. Submit your responses:
 - Option 1: Submit a revised daily routine and meal plan, with justifications for each change you made.
 - Option 2: Create a before-and-after comparison chart or presentation showing the original routine/plan alongside your improved version.

Sample Case Study

Daily Routine and Meal Plan at Sunshine Early Learning Center

Age group: Preschoolers (3-5 years)

Total children: 15

Special needs: 2 children with mild peanut allergies

Location: Urban, diverse community

Center hours: 8:00 a.m. to 4:00 p.m.

Meals: Provided as part of the Child and Adult Care Food Program

Daily Routine

8:00 AM - 9:00 AM: Arrival & Free Play

- Children arrive and are greeted by teachers.
- Free playtime with toys, puzzles, and building blocks available.
- Children are encouraged to wash their hands before playing.

9:00 AM - 9:30 AM: Breakfast

- Meal: Whole grain waffles with syrup, scrambled eggs, orange slices, and milk (1%).
- Children are encouraged to eat independently, with staff assisting where needed.



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- Children wash their hands before and after meals.

9:30 AM - 10:00 AM: Circle Time

- Discuss the weather, the day of the week, and a short story.
- Encourage children to share their thoughts.

10:00 AM - 10:30 AM: Physical Activity

- Outdoor playtime on the playground.
- Teachers organize a game of tag or free running.
- 10-15 minutes of structured physical activity followed by free play.

10:30 AM - 11:30 AM: Learning Activities

- Activity: Drawing, coloring, or making a simple craft project.
- Teachers walk around and assist, prompting discussions about colors and shapes.

11:30 AM - 12:00 PM: Lunch

- Meal: Grilled chicken strips, steamed broccoli, brown rice, and milk (1%).
- Meal is served family-style, with children encouraged to serve themselves.
- Teachers monitor portion sizes and ensure children are eating a variety of foods.

12:00 PM - 1:00 PM: Nap/Rest Time

- Quiet time for all children.
- Children are given the option of listening to soft music or an audio story while resting.

1:00 PM - 2:00 PM: Afternoon Snack

- Snack: Crackers, cheese, and apple slices.
- Children wash their hands before snack time.
- Teachers encourage children to sit together and chat during snack time.

2:00 PM - 3:00 PM: Educational Activity

- Activity: Puzzle solving or sensory play (e.g., sand play, water tables).
- Teachers guide children through hands-on learning experiences.

3:00 PM - 3:45 PM: Outdoor Play

- Free outdoor play with climbing structures, sandbox, and tricycles.
- Teachers supervise and assist as needed.

3:45 PM - 4:00 PM: Closing Circle

- Children gather in a circle for a final story or discussion.
- Review the day's activities, and children are helped with coats and bags.

Meal Plan:

Breakfast:

- Whole grain waffles with syrup
- Scrambled eggs
- Orange slices
- 1% Milk



Lunch:

- Grilled chicken strips
- Steamed broccoli
- Brown rice
- 1% Milk

Afternoon Snack:

- Crackers
- Cheese
- Apple slices

Special Dietary Considerations:

- Peanut allergy: For the children with peanut allergies, a peanut-free snack is provided and food is carefully monitored for cross-contamination
- Cultural Preferences: The center has a diverse group of children, so efforts are made to incorporate culturally appropriate meals (e.g. rice, chicken) and offer alternatives as needed.

Health and Safety Practices:

- Children are encouraged to wash their hands before meals, after outdoor play, and after using the bathroom.
- Staff are trained in food allergy management, including the avoidance of peanut-based products.
- The playground is regularly inspected for safety, and staff ensure there is constant supervision during outdoor play.
- Nap time is closely monitored to ensure children's comfort and safety (e.g., children do not sleep in unsafe positions).
- The center follows all local and federal guidelines for cleaning and sanitizing meal areas and restrooms.

Regulatory and Best Practices

- The meal plan adheres to USDA CACFP guidelines, providing well-balanced meals for the children, offering protein, vegetables, and grains, and meeting age-specific nutritional needs.
- Health regulations ensure that cross-contamination with allergens is minimized, and safe food handling practices are followed during meal prep and serving.
- Physical activity is incorporated throughout the day, with outdoor play being a critical part of promoting physical health.
- The center follows age-appropriate routines that promote mental well-being, ensuring children have a balance of learning, free play, rest, and structured activities.



Evaluation Criteria

Criteria	Excellent	Proficient	Developing	Needs Improvement	Points Earned
Part 1: Case Study Review (30 pts)	Comprehensive, detailed critique, well-supported by evidence from regulations and best practices.	Clear critique but lacks minor details or depth.	Basic evaluation with limited analysis or justification.	Minimal critique, lacking clear analysis or missing major points.	/30
Part 2: Routine Improvement (40 pts)	Detailed, well-justified revisions to both daily routine and meal plan. Strong focus on child health, safety, and nutrition.	Clear revisions with some justification, though a few areas could be improved.	Some revisions made but lacks depth or clarity in reasoning.	Minimal revisions, missing key components, or lacking explanation.	/40

Total Score: _____ / 70

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