



Creating a Healthy and Safe Nutrition Plan for Young Children

Sample Assignment

Objective

Participants will apply their knowledge of health, safety, and nutrition regulations and best practices to create an interactive and practical nutrition plan for children.

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.
8. Identify and analyze age-related nutritional needs of children from birth to age 12.
9. Evaluate meal plans and menus to ensure meals and snacks are nutritionally sound, based on program policies and special needs of children.
10. Explore and share credible resources with colleagues and families on topics related to child wellness, health, safety, and nutrition.

Instructions

Part 1: A day in the life (40 points)

Goal: Create a realistic daily routine for a child (chosen age group) that prioritizes nutrition, physical activity, and safety (while following regulations)

Steps:

1. Choose a child profile:
 - Infant (0-12 months)
 - Toddler (1-3 years)
 - Preschooler (3-5 years)
 - School-age child (6-12 years)
 - Special dietary needs (allergies, cultural preferences, sensory issues)
2. Develop a “Day in the Life” plan:
 - Meal and snack schedule (consider nutritional guidelines)
 - Physical activity and outdoor time (aligned with safety practices)
 - Rest and nap times (meeting developmental needs)
 - Healthy and safety measures (hygiene, food handling, choking prevention)
3. Presentation Options
 - Create a visual schedule (infographic, timeline, or PowerPoint)
4. Post and Peer Review
 - Submit the project to a class discussion board or shared folder
 - Each student reviews at least two other projects, providing feedback on strengths and improvements based on best practices



Part 2: Meal Plan Makeover (40 points)

Goal: Create a sharable resource for families and educators that promotes health eating, safety, and wellness.

Steps:

1. Choose a topic related to nutrition, safety, or physical health:
 - Healthy snack ideas for picky eaters
 - Safe food handling and allergy management
 - The importance of hydration for children
 - Quick and nutritious school lunches
 - Screen time vs physical activity balance
2. Create a digital resource:
 - Infographic (e.g. Canva, Piktochart)
 - Short video (e.g. Flipgrid, Loom, TikTok-style post)
 - Blog-style post (e.g. Google Docs, discussion board)
 - Social media carousel (e.g Instagram, Facebook)
3. Submit and share:
 - Post in class discussion or shared folder.
 - Response to at least one other student's resource with feedback or additional insights.

Part 3: Family and Educator Resource Guide (30 points)

Goal: Evaluate and improve a provided meal plan to ensure it meets nutritional guidelines and program policies.

Steps:

1. Analyze the provided meal plan (the instructor will give an example or use a real-world child care/school menu)
 - Identify nutritional gaps or safety concerns (e.g. missing food groups, high sugar/sodium, allergy risks).
 - Ensure compliance with CACFP, USDA, or other regulatory standards.

Evaluation Criteria

Criteria	Excellent	Proficient	Developing	Needs Improvement	Points Earned
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Part 1: Interactive Scenario (30 pts)	Engaging, well-organized, and aligned with best practices. Visually appealing or creative in format. Thoughtful peer engagement.	Mostly clear, accurate, and creative. Some minor details missing. Participates in peer feedback.	Basic routine but lacks strong organization or clarity. Minimal peer engagement.	Unclear or missing key elements. Poor engagement or incomplete submission.	/30
Part 2: Meal Plan Makeover (40 pts)	Strong evaluation with clear improvements. Thoughtful explanation with nutritional justification.	Mostly strong revisions, but may need more detail or justification.	Basic revisions but lacks clear nutritional reasoning.	Minimal revisions or missing key improvements.	/40
Part 3: Family & Educator Resource (30 pts)	Highly engaging, well-designed, and informative. Digital tools used effectively. Well-supported by sources.	Mostly engaging and informative, but minor improvements needed in design or clarity.	Somewhat informative but lacks strong organization or design.	Poorly designed, unclear, or missing useful information.	/30

Total Score: _____ / 100

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