



Designing a Healthy Future for All Kids: Integrating Licensing, Safety, and Nutrition into an Inclusive Early Childhood Curriculum

Sample Assignment

Objective

Create a welcoming, inclusive, and developmentally appropriate lesson plan for children birth to age 12 that teaches key concepts in health, safety, and nutrition. This lesson should be accessible to children with diverse learning needs and abilities, and designed to support healthy choices in everyday routines. You will also practice evaluating safe environments, understanding nutritional needs, reviewing meal plans, and sharing helpful resources with families and educators.

CCCS ECE 2051 Course Competencies

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 practice 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: Review Resources:

- [CACFP Meal Patterns](#)
- [USDA MyPlate](#)
- [Head Start](#)
- [National Resource Center for Health and Safety in Child Care and Early Education](#)
- [Disability Inclusive Young Child Feeding \(IYCF\)](#)

Part 2: Select a theme with inclusive focus

Choose a theme that supports children with different sensory, motor, developmental, or dietary needs. For example:

- Handwashing and Personal Hygiene (with visual supports of hand-over-hand assistance)
- Healthy Eating with Textures and Tastes (or sensory sensitivities for feeding therapy)
- Safe Spaces to Move and Play (indoor/outdoor environments for mobility or regulation)
- Allergy-Safe and Adaptive Mealtimes (visual cues, food swaps, or special diets)
- Play and Calm (active play and calming choices for mental well-being)



Part 3: Design a developmentally inclusive appropriate lesson plan using the template below:

Title: (e.g., “Germs Away! A Sensory Handwashing Adventure”)

Age Group: Birth-2, 3-5, 6-8, or 9-12

Objectives:

- What should children *do, feel, or know* by the end?
- Include a goal for children with diverse needs (e.g., using picture cards, ASL, or tactile cues)

Materials Needed:

- List all sensory supports, visuals, alternative tools (e.g., adaptive spoon, textured play mats)

Procedure:

1. **Intro Activity:** Hook the children with a song, story, or sensory bin
2. **Main Activity:** Group or hands-on play using visual/sensory/movement supports
3. **Closing Discussion:** Circle time or quiet reflection (can include AAC, sign language, art, etc.)

Assessment:

- Informal: Observation, photos, checklists, or child-led explanations
 - Formal: Simple worksheets, matching cards, or verbal recall
- Accommodations: Use adaptive tools, PECS, or social stories

Safety Considerations:

- Note allergies, supervision needs, safe equipment, or sensory overload precautions

Part 4: Evaluate a meal plan/menu

- Is it nutritionally balanced?
- Are there options for cultural preferences or sensory needs?
- Does it include allergy-friendly or special diet accommodations?
- Give 2-3 suggestions
 - o Example: Add soft vegetable option for kids with chewing difficulty
 - o Example: Label allergens more clearly

Part 5: Create a resource to share

- Design a flyer or handout for families or staff that includes:
 - o 3 trusted resources (with links or QR codes) on wellness or nutrition
 - o Tips section
 - Example: Easy ways to add veggies!
 - Example: How to create a calm snack space
 - o Visual icons for accessibility (e.g. forks, food groups, sensory tools)
- Design tools: Canva, Google Docs, or Microsoft Word

Part 6: Reflect on the Process (200-300 words)

- Respond to these prompts:
 - o What did you learn about real-world health and safety practices?
 - o What was challenging when designing a lesson that includes special needs?
 - o How did you ensure your lesson could be used for diverse learners and families?



Evaluation Criteria

Criteria	Excellent	Proficient	Needs Improvement	Points Earned
Lesson plan aligns with health, safety, and nutrition goals (25 pts)	Objectives align with at least two core areas (health, safety, or nutrition); measurable, meaningful, and well-integrated.	Objectives align with one or two core areas but may lack depth or clear alignment.	Objectives are unclear, missing, or not aligned with focus areas.	/25
Lesson is age-appropriate, creative, and well-structured (20 pts)	Clearly uses CACFP or similar standards; considers age, allergies, abilities; engaging and well-organized.	Mostly age-appropriate; uses some standards; organization or creativity may be limited.	Lacks clear structure; not age-appropriate; evaluation is missing or off-target.	/20
Menu evaluation based on best practices (15 pts)	Includes 3+ credible sources; strong visual design; applies CACFP or similar guidelines; culturally responsive.	Fewer sources or somewhat engaging content; some nutrition practices evident.	Lacks credible sources, visual appeal, or clarity; little to no alignment with best practices.	/15
Reflection demonstrates insight and critical thinking (15 pts)	Clear, thoughtful reflection (200-300 words); discusses learning, challenges, and inclusive practices.	Some clarity or depth; may miss prompts or formatting; still shows general understanding.	Disorganized or superficial; missing required content or formatting.	/15
Resource flyer/handout is informative and accessible (15 pts)	3 credible wellness resources; strong tips; visually engaging; accessible for families or staff.	Includes some resources and tips; generally clear but may lack visual or accessibility elements.	Missing or unclear; lacks visuals, resources, or practical use for audience.	/15



Organization, formatting, and submission (10 pts)	All parts submitted as one document with clear labels and logical formatting.	Mostly complete; minor formatting or label issues.	Components missing, unclear, or poorly organized.	/15
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Total Score: _____ / 100