

# Childcare Menu Planning Activities

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## Activity 1: Planning a Menu

### Materials:

- Menu template from Feeding Tiny Tummys
- Menu planning checklist from Feeding Tiny Tummys
- “Create an Ideal Meal” food list from Alberta Nutrition Guidelines for Children and Youth (ANGCY), page 45
- Eating Well with Canada’s Food Guide
- Several Recipe books (see suggestions in notes of Additional Resources & Websites slide of PowerPoint)
- Grocery Store Flyers

### Instructions:

1. Divide participants into groups of 2 or 3.
2. Have participants use the menu planning template to plan a week of lunches and review their menus using the menu planning checklist.
3. Encourage participants to use the “Create an Ideal Meal” food list and look through the recipe books for ideas. Provide a few grocery store flyers and suggest that participants try to plan their menus around sale items from the flyers.
4. Have participants plan their menu using these steps (page 44 in ANGCY):
  - Plan meals using foods from each of the four food groups:
    - Start with a vegetable or fruit.
    - Add a grain product.
    - Add a meat and alternative.
    - Complete the meal with a milk and alternative.

\*For ideas and a sample menu refer to page 46 in ANGCY. Refer to page 47 for sample distribution of food guide servings in a day.

**Time Frame:** 20-30 Minutes

## Optional Activity 1: Calculating Food Guide Servings from a Recipe

### Materials:

- Sample recipe worksheets (see below)
- Eating Well with Canada’s Food Guide

### Instructions:

Using the sample recipes, have participants calculate the number of servings from Canada’s Food Guide each recipe provides.

# Calculating Food Guide Servings in a Recipe Example #1

## Shepherd's Pie

Makes 10 -  $\frac{3}{4}$  cup servings

### Ingredients:

2 cups	Mashed potatoes
1	Onion, chopped
$\frac{1}{2}$ cup	Broccoli, cut into flowerets
$\frac{1}{2}$ cup	Green pepper, chopped
2 cups	Carrots, chopped
$\frac{1}{4}$ cup	Tomato paste
2 $\frac{1}{2}$ cups	Lean ground beef
2 Tbsp	Oil
$\frac{1}{2}$ cup	Water
$\frac{1}{2}$ tsp	Basil
1 cup	Shredded cheese
1	Bay leaf
	Paprika, sprinkle

### Instructions:

1. Preheat oven to 350°F.
2. Brown ground beef in a pan until no pink colour remains. Remove meat from pan.
3. Sauté onion in oil; add broccoli, pepper, carrots, basil and bay leaf. Stir well and add tomato paste, water and the cooked ground beef; bring to a boil.
4. Cover and simmer on low 15 minutes or until vegetables are tender.
5. Put vegetable/meat mixture and cooking liquid in a 9 x 13 inch baking dish. Top with mashed potatoes, then cheese. Sprinkle with paprika for colour.
6. Bake 10 to 15 minutes or until potatoes are heated through.

Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

# Calculating Food Guide Servings in a Recipe Example #1

## Shepherd's Pie

How many food guide servings are in this recipe?

Fill in the boxes.

### Step 1: Vegetables and Fruit

Total amount of vegetables in recipe =  Cups

Number of food guide servings in recipe =  Servings

Number of food guide servings in  $\frac{3}{4}$  cup Shepherd's Pie =  Servings

### Step 2: Grain Products

Total amount of grain products in recipe =  Cups

Number of food guide servings in recipe =  Servings

Number of food guide servings in  $\frac{3}{4}$  cup Shepherd's Pie =  Servings

### Step 3: Meat and Alternatives

Total amount of meat and alternatives in recipe =  Cups

Number of food guide servings in recipe =  Servings

Number of food guide servings in  $\frac{3}{4}$  cup Shepherd's Pie =  Servings

### Step 4: Milk and Alternatives

Total amount of milk and alternatives in recipe =  Cups

Number of food guide servings in recipe =  Servings

Number of food guide servings in  $\frac{3}{4}$  cup Shepherd's Pie =  Servings

*For the answers, see page 48 of the Alberta Nutrition Guidelines for Children and Youth.*

## Calculating Food Guide Servings in a Recipe Example #2

### Vegetable Noodle Soup

Makes 9 - 1/2 cup servings

#### Ingredients

4 cups	chicken, beef or vegetable (reduced sodium/salt) broth
1/2 cup	frozen broccoli
1/2 cup	sweet peas
1/4 cup	niblet corn
1/2 cup	sliced carrots
1/2 cup	thin sliced celery
1/2 cup	whole wheat noodles

#### Instructions

1. In a large pan bring broth and water to a boil. Add frozen vegetables, carrots, and celery; cook one minute.
2. Add noodles; stir in boiling broth.
3. Reduce heat to low; simmer five minutes or until vegetables are tender□crisp. Serve.

Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

## Calculating Food Guide Servings in a Recipe Example #2

### Vegetable Noodle Soup

How many food guide servings are in this recipe?

Fill in the boxes.

#### Step 1: Vegetables and Fruit

Total amount of vegetables in recipe =  cups

Number of food guide servings in recipe =  servings

Number of food guide servings in  $\frac{1}{2}$  cup Soup =  servings

#### Step 2: Grain Products

Total amount of grain products in recipe =  cups

Number of food guide servings in recipe =  servings

Number of food guide servings in  $\frac{1}{2}$  cup Soup =  servings

#### Step 3: Meat and Alternatives

Total amount of meat and alternatives in recipe =  cups

Number of food guide servings in recipe =  servings

Number of food guide servings in  $\frac{1}{2}$  cup Soup =  servings

#### Step 4: Milk and Alternatives

Total amount of milk and alternatives in recipe =  cups

Number of food guide servings in recipe =  servings

Number of food guide servings in  $\frac{1}{2}$  cup Soup =  servings

*For the answers, see page 49 of the Alberta Nutrition Guidelines for Children and Youth.*

## Optional Activity 2: Reading Food Labels

### Materials:

- Sample food labels (Appendix 1) or a variety of food packages/labels such as crackers, granola bars, yogurt, etc.
- Food rating criteria from ANGCY (pages 14-28).

### Instructions:

1. Place food packages/food labels on a table and set out the pages with ANGCY criteria for each of the food categories.
2. Have participants decide if each food belongs in the Choose Most Often, Choose Sometimes or Choose Least Often category by reading the nutrition facts table and comparing to the criteria.
3. Have answer sheets available to flip over once they have decided on the category.
4. Emphasize the importance of checking the food labels. The examples provided show the importance of checking all the criteria to determine which category the food fits into.

**Optional:** If you have access to a computer, have participants practice using the Healthy U Food Checker to categorize products: <http://www.healthyalberta.com/HealthyEating/foodchecker.htm>

## Optional Activity 3: Variety

### Materials:

- Variety of different cut up raw vegetables
- Paper plates or napkins

### Instructions:

1. With participants sitting in groups (can be same as for menu planning activity), place a plate of vegetables in front of each group. Place only one type of vegetable (ie. carrots) in front of some of the groups and a variety of vegetables in front of the other groups.
2. Ask participants to help themselves to some vegetables but not to eat them.
3. Ask each participant how many vegetable pieces they took. (The groups with the variety of vegetables placed in front of them should have taken more).
4. Discuss how those who were presented with a variety of vegetables took more than those who were only given one choice of vegetable. Discuss how this applies to providing food to children: the more variety of different healthy choices offered, the more children will choose to eat.
5. Have the group brainstorm other ideas to promote fruit and vegetable intake.

*Suggested prompts: Serve vegetables with different dips; Serve different textures such as a raw and a cooked vegetable at a meal; Try serving vegetables family style; What are some fun and attractive ways to serve fruits and vegetables?; Try fresh frozen and canned varieties.*

## Appendix 1 – Sample Food Labels

### Frosted Whole Wheat Squares Cereal

Nutrition Facts	
Per 25 biscuits (59 g)	
Amount	% Daily Value
<b>Calories</b> 210	
<b>Fat</b> 1 g	2 %
Saturated Fat 0 g	0 %
+ Trans 0 g	
<b>Sodium</b> 5 mg	0 %
<b>Carbohydrate</b> 49 g	16 %
Fibre 6 g	24 %
Sugars 15 g	
<b>Protein</b> 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 60 %



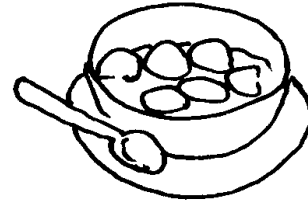
**Ingredients:** Whole wheat, icing sugar, glycerin, gelatin, vitamins (thiamine hydrochloride, d-calcium pantothenate, niacinamide, pyridoxine hydrochloride, folic acid), minerals (iron, zinc oxide). BHT added to package material to maintain product freshness.

**Answer:** When compared to criteria for Whole Grain Cereal (Grain Products), the frosted whole wheat cereal is a **Choose Most Often Food**

Note the portion size on the nutrition facts. This is double the serving size listed in the criteria.

## Fruit Flavoured Cereal

Nutrition Facts	
Per $\frac{3}{4}$ cup (27 g)	
Amount	% Daily Value
<b>Calories</b> 100	
<b>Fat</b> 0.5 g	1 %
Saturated Fat 0.5 g	2 %
+ Trans 0 g	
<b>Sodium</b> 110 mg	5 %
<b>Carbohydrate</b> 24 g	8 %
Fibre 1 g	4 %
Sugars 12 g	
<b>Protein</b> 1 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 25 %



**Ingredients:** Flour mix (corn flour, wheat flour, whole oat flour, oat hull fibre, corn bran, sugar, salt), sugar, hydrogenated vegetable oil (includes coconut oil), colour, natural fruit flavouring, vitamins (niacinamide, d-calcium pantothenate, thiamine hydrochloride, pyridoxine hydrochloride, folic acid), minerals (iron, zinc oxide).

**Answer:** When compared to criteria for Cereal (Grain Products), the fruit flavoured cereal is a **Choose Sometimes** food.

A serving contains only 1 gram of fibre and 12 grams of sugar.

## Trail Mix Granola Bar

<b>Nutrition Facts</b>	
<b>Per 1 bar (35 g)</b>	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 150	
<b>Fat</b> 5 g	8 %
Saturated Fat 0.5 g + Trans 0 g	3%
<b>Sodium</b> 100 mg	4 %
<b>Carbohydrate</b> 20 g	7 %
Fibre 4 g	16 %
Sugars 6 g	
<b>Protein</b> 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 10 %



**Ingredients:** Whole grains (Whole: hard red winter wheat, oats, rye, barley, triticale, long grain brown rice, buckwheat, sesame seeds), roasted almonds (almonds, vegetable oil, salt), brown rice syrup, soy protein isolate, soy grits, raisins (raisins, glycerin, palm oil), cranberries (cranberries, evaporated cane juice, glycerin, vegetable oil), evaporated cane juice, chicory root (inulin), roasted sunflower seeds (sunflower seeds, vegetable oil, salt), evaporated cane juice syrup, corn flour, honey, rice starch, expeller pressed canola oil, glycerin, oat fibre, salt, natural flavour, cane juice molasses, soy lecithin, peanut flour, milk ingredients, annatto colour.

**Answer:** When compared to criteria for Whole Grain Baked Products with Fruit and/or Vegetables (Grain Products), the trail mix granola bar is a **Choose Most Often** food.

## Chocolate Pudding Cup

Nutrition Facts	
Per 1 unit (99 g)	
Amount	% Daily Value
<b>Calories</b> 100	
<b>Fat</b> 1 g	2 %
Saturated Fat 0.5 g	3 %
+ Trans 0 g	
<b>Sodium</b> 130 mg	5 %
<b>Carbohydrate</b> 23 g	8 %
Fibre 1 g	4 %
Sugars 17 g	
<b>Protein</b> 1 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 4 %



**Ingredients:** Water, skim milk from concentrate (water, concentrated skim milk) or reconstituted skim milk (water, skim milk powder), sugar, modified corn starch, cocoa, corn starch, modified palm oil, salt, sodium stearoyl-2-lactylate, maltodextrin, colour, artificial flavour.

**Answer:** When compared to the criteria for Pudding from Milk (Milk and Alternatives), the chocolate pudding cup is a **Choose Least Often** food.

The pudding only contains 1 g protein and 2% DV of Calcium.