

Power Panther Preschool

Implementation Manual



Developed and provided by Team Nutrition in cooperation with the Child and Adult Care Food Program.
Funded by a Team Nutrition grant from the United States Department of Agriculture.

Child Nutrition & Wellness
Kansas State Department of Education
120 SE 10th Avenue
Topeka, Kansas 66612-1182
785-296-2276
www.kn-eat.org
www.kansasteamnutrition.org

Implementation Guide Contents

Section 1: What is Power Panther Preschool? 1

- Before you begin 1
- General Information & Project Overview 2
- Material Contents..... 2
- Requirements for Participating Centers and Sponsors 3
- Timeframe 3
- Why is Power Panther Preschool Needed?..... 4
- Introducing New Foods to Children..... 4
- Tasting with the Senses..... 5

Section 2: Power Panther Classroom Activities 7

- Implementing the Activities..... 7
- Expanding Your Project..... 9
- The Power Panther Lessons 9
- Helpful Hints for Power Panther Preschool..... 10
- Using Fruit and Vegetable Pictures 10
- Making “Paw Prints” for the Lessons..... 10
- Lesson 1: Red Foods 13
- Lesson 2: Orange Foods 29
- Lesson 3: Green Foods..... 39
- Lesson 4: Blue/Purple Foods..... 49
- Lesson 5: Yellow Foods 59
- Lesson 6: White Foods 67
- Lesson 7: Brown Foods 75
- Lesson 8: Rainbow of Food 79

Section 3: Power Panther Preschool At Home: Take-Home Newsletters.....83

- “Dear Parent” letter 85
- Eight take-home newsletters 87

Section 4: Music CD and Resources 103

Section 5: Evaluation 109

- Power Panther Preschool Evaluation 111
- Grant Funds Expenditure Worksheet 113

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

Welcome to...

Power Panther Preschool!

Power Panther Preschool provides fun, educational nutrition activities to promote fruit and vegetable consumption and physical activity for preschool age children.

All Kansas child care centers and sponsors of day care homes that participate in the Child and Adult Care Food Program (CACFP) have the opportunity to participate in Power Panther Preschool. Many of the materials you need for the program implementation are included in this kit of materials. In addition, five books are included that are used in the lessons. If you have questions or need assistance with program implementation, you have technical support provided by KSDE.

We hope you have a great experience with Power Panther Preschool! Enjoy!



Questions?

KSDE's staff will provide on-going support and guidance to participating centers and sponsoring agencies. Feel free to contact the KSDE Team Nutrition staff:

Jill Ladd, RD, LD, Team Nutrition Program Director

jladd@ksde.org

(785) 296-2790

Emily Nelson, RD, LD, Team Nutrition Consultant

enelson@ksde.org

(785) 368-8039

Section 1:

What is Power Panther Preschool?

Power Panther Preschool is...

an activity of the 2009 Team Nutrition grant awarded to Child Nutrition & Wellness, Kansas State Department of Education. The program is designed to encourage consumption of fruits and vegetables and promote physical movement for preschool age children.

Power Panther Preschool was developed to:

- Increase children's exposure to a variety of fruits and vegetables
- Encourage children to learn to enjoy fruits and vegetables
- Provide fun, seasonal experiences with food
- Make trying new foods a positive experience
- Encourage children to become more physically active
- Help children learn more about how their bodies function through movement

Power Panther is...

the spokescharacter for USDA's **EAT SMART. PLAY HARD.** campaign. **EAT SMART. PLAY HARD.** is Power Panther's motto.

Team Nutrition is...

a USDA program that encourages children to make healthful food choices. Team Nutrition is a nationwide, integrated initiative designed to encourage children to:

- Eat a variety of foods
- Eat more fruits, vegetables and grains
- Eat lower fat foods more often and
- Be physically active

Before you begin...

- Review this implementation Guide to familiarize yourself with the requirements (page 3).
- Review the activities and determine how many lessons you will implement (**a minimum of 5 lessons is required**). Lessons are listed on page 9.
- Review the contents of the materials provided listed on page 2.
- If you need help or have questions, contact Child Nutrition & Wellness at (785) 296-2276.

General Information & Project Overview

Power Panther Preschool is an eight-lesson health education program for Kansas preschool age children enrolled in centers and homes that participate in the Child and Adult Care Food Program (CACFP). Power Panther Preschool encourages consumption of fruits and vegetables and increased physical activity among young children. Each of the eight lessons has **EAT SMART** (nutrition) and **PLAY HARD** (movement) activities. Each Power Panther Preschool lesson is designed so that its scope is limited only by your imagination! You may choose to spend only a minimal amount of time on a lesson or you may choose to expand the lesson for a more in-depth experience for the children.



Material Contents

Materials and supplies are provided by the Kansas State Department of Education. Additional materials that are needed are listed at the beginning of each activity. The material contents contain:

- **Implementation Guide** with program guidelines, detailed instructions for classroom activities, a music CD, additional suggested resources, newsletters ready to copy and send home to parents, and an evaluation form
- **Five children's books** used for implementation of the lessons
- **Power Panther materials** including stickers, tattoos, and posters which may be used at the discretion of the program facilitator
- **\$150** for the purchase of foods for tasting and snack activities and/or small gardening supplies used in conjunction with the lessons, printing take-home material for parents, purchasing additional nutritional resources such as children's books and/or nutrition/physical activity curriculum. KSDE recommends that receipts be kept by participants for all expenditures in the event that an audit would occur.

Requirements for Participating Centers and Sponsors

Each Power Panther Preschool participant must agree to the following terms:

- Sign the commitment card provided when receiving Power Panther Preschool materials. This card assures KSDE that you will implement Power Panther Preschool activities.
- Become familiar with the Power Panther Preschool Implementation Guide and use it as a resource when implementing program activities.
- Implement a minimum of one **EAT SMART** and one **PLAY HARD** activity from each of five Power Panther Preschool lessons before the end of December 2011.
- Complete and submit the grant expenditure worksheet and Power Panther Preschool evaluation form found on pages 111–114 at the conclusion of the project.

Grant Funding:

Supplies that are not included in the box of materials provided can be purchased with the mini-grant funds, \$150, that was sent to you as part of your participation in Power Panther Preschool.

Ideas for how to use funds:

- Purchase of food used for tasting activities and snacks in conjunction with the planned lessons.
You cannot use your funds if snacks are reimbursable by the Child and Adult Food Care Program, CACFP, and also cannot be used to purchase a meal for anyone.
- Printing take-home material for parents
- Gardening Supplies: See Section 2, Lesson 4 on page 53 for further explanation of allowable garden supplies.
- To purchase additional resources and books to reinforce the healthy messages taught in the Pals Preschool lessons
 - Additional children’s books about food, nutrition, or physical activity
 - Additional nutrition and/or physical activity curriculum

Timeframe

June 17, 2011	Power Panther Preschool introduced at CACFP workshop
August 2011	Program materials shipped to participating centers and homes
August 2011–December 2011	Activities implemented in participating centers and homes
January 31, 2012	Evaluation due to KSDE



Why is Power Panther Preschool Needed?

In the first years of life children grow physically, intellectually and socially at a remarkable rate. What children eat and how they view food and health will affect them throughout their lives. Children's day-to-day experiences with food and eating establish the foundation for lifelong choices of foods.

Only one child in five eats the recommended five or more servings of fruits and vegetables each day. Many children are not regularly exposed to a variety of high quality, well-prepared fruits and vegetables. Too often children's food options include a disproportionate amount of highly processed foods that are appealing, tasty and inexpensive, but offer little nutritional value.

Child care programs offer an opportunity for preschoolers to be exposed to a variety of nutritious foods. Nutrition education provides children with new food experiences and reinforces the importance of becoming familiar with many foods.

Preschool children are also forming attitudes and expanding experiences through physical activity. Activity is called "play" for a preschooler. A balance between nutrition and play is essential. Power Panther Preschool used in a child care program can create a positive environment for children to learn the balance necessary for a healthy lifestyle.

Introducing New Foods to Children

When children learn to enjoy many different foods, they have more choices for smart eating throughout life. A variety of foods promote growth and health in different ways.

A variety of foods makes eating more interesting and fun too! Remember that seeing, trying, comparing and talking about different foods is part of learning.

Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with the children in care.

- **Offer a new food before familiar foods.** Children usually are more willing to try new foods when they are hungry.
- **Have children choose new foods themselves.** Trying new foods is more fun for children when they make choices themselves.
- **Do a taste test.** Talk about a new food. Have children describe the color, shape, feel, smell, sound, and taste.
- **Try new foods with children.** Children learn from adults who model positive behaviors.
- **Prepare foods in different ways.** Many children prefer to pick up raw vegetables with fingers. That may seem better than the same vegetable that is cooked.
- **Try and try again.** A new food needs to be introduced seven to ten times. It's normal for children to be cautious at first.
- **Relax.** The child doesn't need to like every food. Everyone has different food favorites.

Tasting with the Senses

Sometimes we confuse “tasting” new foods with “eating.” Encourage children to use all five senses when “tasting” new foods. When children are allowed to experience new foods using several different senses, they are more likely to make the choice to eat the food. Always acknowledge the efforts children make by saying, “I see you tasted the food with your eyes” or “I like the way you smelled the food when we passed it around during circle time.”

We all taste food with our eyes first. Talk about the color of the food, its shape, or other foods that look like the new food. Try to relate the new food to one that is familiar to the children.

Some foods are easily identified by their smell. Choose a food that has a familiar smell—like an orange or banana. Place it in a covered container before the children have seen the food. Loosen one corner of the lid and pass the container around at circle time so each child may smell the food. Try to identify the food by its smell. Talk about other foods that smell good such as fresh strawberries, pineapple, lemons.

Allow children to hold or touch a new food. If you are introducing a new fruit or vegetable, try to have that food fresh for the children to touch. Then have them verbalize how the food feels.

Does the food make a sound when you bite it? Think of the crunchy sound a carrot makes when you take a bite. This is a good time to talk about different textures of foods. Compare or contrast the texture of the new food with one that is familiar.

Now the children may be ready to use their sense of taste to eat the food. Eating may be as simple as touching the new food to the tongue. It does not necessarily include taking bites. Remember that children are learning about new foods in a variety of ways. Give children opportunities to make choices by asking if they would like a little or big taste. And always reinforce their decisions. It may take several exposures to the same food before a child chooses to eat that item.

“Tasting” activities need to be pleasant for both children and adults. End each activity with positive reinforcement for learning about a new food. Try to include the new food in one of the menus served during that week. Most importantly, have fun!



