

Curriculum Overview: Eat Well Play Hard in Child Care Settings (EWPH)

Core Components

Eat Well Play Hard in Child Care Settings (EWPH) is a direct education and PSE change intervention that focuses on improving the nutrition and physical activity behaviors of pre-school age children and their parents/caregivers by using educational strategies and skill building activities to promote healthy behavior change. The intervention also builds social support within the child care environment by including teachers and care providers in lessons and encouraging positive role-modeling and classroom reinforcement of nutrition and physical activity messages.

The lessons are about nutrition, cooking, mealtime behavior, and increasing physical activity among children. Activities, food preparation demonstrations, recipes, and take-home materials reinforce the learning objectives for each lesson.

Through individual behavior change and social support, EWPH is designed to increase young children's consumption of fruits and vegetables, encourage consumption of low-fat or fat-free dairy products, increase time young children are physically active, and decrease the amount of time young children spend watching television.

Objectives

The main objective of EWPH is using educational strategies and skill building activities to promote healthy eating and physical activity. EWPH core strategies include:

- Increase developmentally appropriate physical activity.
- Decrease exposure to television and other recreational screen time.
- Increase consumption of vegetables and fruits.
- Increase consumption of low-fat or fat-free milk, for children over age 2.
- Increase the initiation and duration of exclusive breastfeeding.

Theoretical framework

EWPH was developed with behavior change in preschoolers and their families/caregivers. It is a practice-tested, direct education and social marketing, PSE change curriculum.

Setting & target audience

EWPH targets families with children ages 3-5 years, participating in or eligible for the Supplemental Nutrition Assistance Program (SNAP) and children enrolled in child care centers participating in the Child and Adult Care Food Program (CACFP).

Number and duration of lessons

The EWPH curriculum provides an introductory lesson, called Trying New Foods, and five modules for pre-K through 1st grade teachers. Each of the 5 modules contain four lessons and each lesson has 9 sections: Objectives, Supplies, Preparation, Introduction, Steps, Check for Understanding, Academic Integration, Extension Lessons, and Resources.

Each lesson is 45 minutes long.

Recommended pacing

Not specified.

.Instructional order & strategies

Lesson	Title	Duration
1	Tasting New Foods	30 minutes
2	Flavorful Fruits	
	• Eating the Alphabet from A-Z	45 minutes
	• Where do Fruits Grow?	45 minutes
	• Building a Fruit Rainbow	45 minutes
	• Garden Mural Food and Fun	45 minutes
3	Vary Your Veggies	
	• Vegetable Mystery Game	45 minutes
	• Parts of the Plant	45 minutes
	• Growing Vegetable Soup	45 minutes
	• Garden Mural and Food Fun	45 minutes
4	Dairylicious	
	• Delicious Dairy Foods	45minutes
	• From Cow to Carton –All About Milk	45 minutes
	• The Bones Inside You	45 minutes
	• All About Dairy and Fun Food	45 minutes
5	Fantastic Food Groups	
	• The Edible Food Pyramid	45 minutes
	• A Look at Pizza	45 minutes
	• Mapping the Body	45 minutes
	• Choose My Plate and food Fun	45 minutes
5	Smart Snacking	
	• Trying New Foods	45 minutes
	• Healthy Snack Artwork	45 minutes
	• Making Our Own Snacks	45 minutes
	• Snack Hunt and Fun Food	45 minutes

Core Activities

Nutrition and physical activity activities, food preparation, demonstrations, recipes, and take home materials for each lesson reinforce the learning objectives.

Each of the 5 modules contain four lessons and each lesson has 9 sections: Objectives, Supplies, Preparation, Introduction, Steps, Check for Understanding, Academic Integration, Extension Lessons, and Resources.

A KWL (what you already **K**now, what you **W**ant to learn, what you **L**earned) chart is an option for teachers to complete with the students at the beginning and end of each module.

Family Pages (in English and Spanish) can be found at the end of Lesson 1 in each module. These are to be sent home with the children for parents and caregivers to read.

Lesson 4: Each module contains a recommended Fun Food Experience. Three tasting options (Basic Food Tasting, Chef Level 1, and Chef Level 2) are provided in this lesson to use as it fits into your classroom curriculum. We encourage you to include as much hands-on food tastings as possible throughout all of the lessons.

Optional Activities

Each lesson contains Extension Lessons that can be used as time allows.

Materials

All materials needed to implement Eat Well Play Hard in Child Care Settings can be provided free of charge by emailing CACFP@health.ny.gov . The intervention materials include:

- Complete curriculum
- Training modules for child care center staff
- Parent Newsletters in Arabic, Chinese, French, Russian, Spanish, Haitian Creole, Italian, and Bengali.

Training

Complete staff training modules are available with the curriculum.

- ✓ Review curriculum overview.
- ✓ Review teachers guide and materials
- ✓ Practice or talk through at least one lesson with another educator or your supervisor
- ✓ Observe another educator teach a EWPH lesson (if possible)

Recipes

Recipes can be found at the end of Lesson 4 in each module. These are to be sent home with the children for parents and caregivers. The bold steps of each recipe are steps that children can do when making the recipe at home. Recipes should always support core content of lessons.

Fidelity is...

The extent to which a curriculum or program is delivered in accordance with the intended (and tested) design. This means:

- ✓ Using program materials
- ✓ Adhering to recommended pacing
- ✓ Keeping the program's instructional order
- ✓ Utilizing the program 'routines'
- ✓ All teachers using the same materials to equalize student learning opportunities and meet instructional objectives

Making adjustments while delivering with fidelity

You can make some adjustments to the curriculum without impacting fidelity. Examples include:

- Supplement core lessons with appropriate additional activities.¹
- Provide students with coaching, ongoing support, and individual instruction when needed.
- Adjust group size.
- Increase opportunity for students to engage and ask questions, and provide answers.
- Select different recipe.

Evaluation

Check with your supervisor for required evaluation tool and current evaluation protocol.

Links to curriculum:

www.health.ny.gov/prevention/nutrition/cacfp/ewphccs.htm

<https://www1.nyc.gov/assets/doh/downloads/pdf/cdp/eat-well-play-hard-pre-k.pdf>

Implementation Guide

http://centertrt.org/content/docs/Intervention_Documents/Intervention_Templates/EWPHCCS_Practice-Tested_Template.pdf

¹ Many curricula have several options for activities. Choose from these options first. If you plan to use additional activities, outside of the written curricula, please review with your supervisor to ensure they meet Snap-Ed guidance.