

Volunteers of America  
Los Angeles  
Head Start Program

Presented by:  
Leidys Lorenzo  
Eva Star  
Mary Rodriguez  
Soheyla Seyfhashemi

# Our Project with the Head Start Program

- Develop new educational materials in English and Spanish for Head Start's families
- We did four posters and four brochures on different topics according to what we found on the needs assessment
- The posters will be posted at the Head Start's sites which are at 28 different locations for parents to see starting 2010
- The posters will be rotated throughout the different locations

# Why New Educational Materials?

- The Head Start families need to be educated about basic nutrition knowledge
- Educating parents is an strong component in the nutritional services that the program offer
- The need for new effective materials with accurate and sound information for low-literate readers
- Nutrition education to meet the needs of Head Start families

# Purpose of our Project

- The purpose of this project is to help the Head Start program to improve its nutritional services and to help the program to continue providing high quality services in order to accomplish its mission. Also importantly, we want to provide the program with a strategic plan that will focus on solving the nutritional needs of the population to promote the health and well being of the participants. In order to do so, we needed to conduct a needs assessment.

# How the Project was Developed

- We conducted a Needs Assessment
  - Primary data from RD
  - Secondary data from peer review articles
- Needs were identified
- Plan of action was established
- Implement activity
- Evaluate activity

# Needs Assessment

## Primary Data gathered from RD

- The population serve by Head Start
  - Majority of the participants are Hispanics
    - with low educational level
    - or non-English speaking skills
  - Program is for families living at or below the poverty level
    - Income level substantially increases their risk for poor nutritional status



# Needs Assessment

## Primary Data gathered from RD

- Four major health and nutritional needs
  - Dental caries in Head Start's children are rampant
  - Overweight, obese or at the borderline to become overweight
  - Poor dietary habits which include a low consumption of fruits, vegetables and whole grains
  - Poor knowledge of food safety and sanitation
- Parents expressed their willingness to learn and improve their knowledge of those subjects

# Needs Assessment Secondary Data

## Dental Caries in Children

- 3 to 5 years old children have 6 to 18 dental cavities.
  - They need crowns, and other complicated procedures that can be preventable with just a good dental care
- High among low income and
- Minority populations such as
  - Native Americans
  - Hispanics
  - African Americans (Chu, S. 2006)





# Needs Assessment Secondary Data

## Dental Caries

- Factors for dental caries
  - improper feeding practices
  - socioeconomic background
  - lack of parental education
  - dental knowledge
  - lack of access to dental care
- (Chu, S. 2006)



# Needs Assessment Secondary Data

## Obesity

- Epidemic
- Factors that contribute to childhood obesity
  - Poor dietary habits
  - Inadequate consumption of fruits and vegetables
  - Lack of physical activity
- Risk factors:
  - Weight related orthopedic problems
  - Cardiac problems and increased Blood Pressure
  - High LDL and low HDL
  - High triglyceride levels



# Preventing Childhood Obesity

- Tips for parents:
  - Provide a healthy diet
  - Provide skim milk versus whole milk for children over 2 years old
  - Respect your child's appetite
  - Avoid pre-pared and sugared food
  - Limit the amount of high-calorie foods kept in the home
  - Limit amount of television viewing
  - Establish regular family activities such as walking or outdoor activities

# Needs Assessment

## Poor Dietary Habits

- Statistics of U.S Department of Agriculture
  - Less than 15 % to 20 % of school age children eat recommended fruits and vegetables
  - 30 % of children drink enough milk
- Consequences of poor dietary habits
  - Obesity and other eating disorders
  - Malnutrition and failure to grow
  - Psychological problems





# Secondary Data, Poor Dietary Habits

- Many eating behaviors are initiated in early childhood. If the child develops good eating habits at a young age, then there is a high possibility that they will lead a healthy life-style as an adult.
- One of the most influential solutions to improve dietary habits among children is to educate the child and their family to be able to understand how to choose healthy food.



# Needs Assessment Secondary data

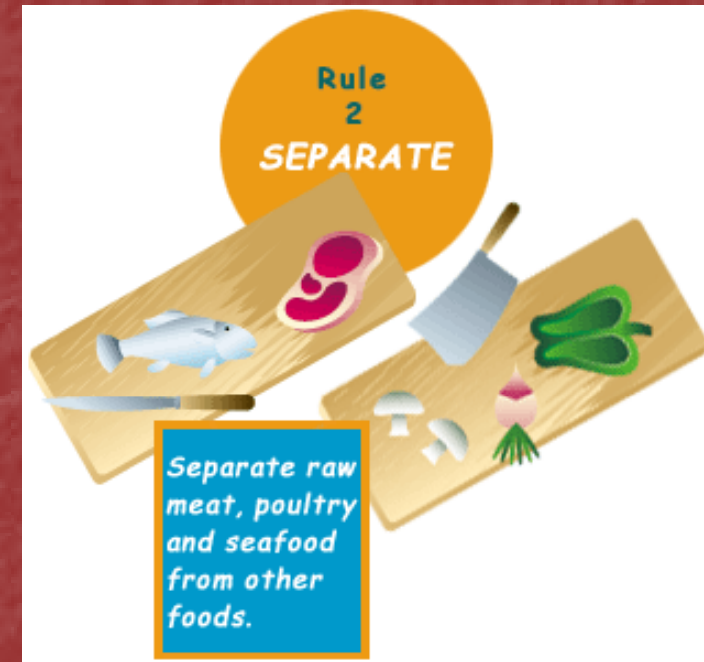
## Food Safety and Sanitation

### ■ Education

- High incident rate of foodborne illness
  - Hispanics and African American
  - in children ages 1 to 5

### ■ Causes

- Undercooked hamburger, children riding in shopping cart next to raw meats, eating fruits and vegetables
- Unsafe food handling and preparation practices, cross-contamination



# Plan of Action

- Talked to Head Start's registered dietitian Debra Thomas
- Her wish
  - Posters with educational material for parents
- We did research on dental caries, obesity poor eating habits, and food safety
- Created 4 posters and pamphlets in English and Spanish
- Deliver educational items to RD

# Evaluation

- Experience a good cooperation and learn with each other all the steps of the project
- Interesting opportunity to make pamphlets and posters
- Not an easy job to do as some of us did not have previous experience
- Posters were expensive to make
- Despite of open arms and welcoming us for the project, didn't give us a good information about need assessment in time

# Conclusion

- Head Start participants are confronting problems that are preventable.
- Nutrition education is a powerful tool to promote a healthy lifestyle for families, so that obesity, dental caries and poor dietary habits could be reduced.





# *HEALTHY TEETH FOR HEALTHY KIDS*

- Brush your child's teeth
- Offer more fruits and vegetables
- Limit intake of sweets and sugary drinks.
- Take your child to the dentist.



### Get Dental Care for Your Child

- Take your child to the dentist at least once a year.



- Check your child's teeth and gums once a month. If you see white, gray, or black spots take your child to a dentist right away for a consultation.

### Take Care of Your Own Teeth

- Brush your teeth with a toothpaste with fluoride twice a day, after breakfast and before bed.
- Floss your teeth once a day before bed-time.



- Eat healthy foods, like whole-grain products, dairy products, fruits, vegetables,



### Take Care of Your Own Teeth

- Eat fewer sweets like candy, cookies, or cake.
- Drink fewer sugary drinks like fruit-flavored drinks or soda.
- Visit your dentist for oral exams.

*Take good care of your own teeth and your child's teeth to prevent dental caries.*



### Remember

*Healthy eating habits lead to healthy teeth.  
Snacks like fruits and vegetables are better for growing teeth.*



# HEALTHY TEETH FOR HEALTHY KIDS

## A Guide to Healthier Teeth



Taking Care of Your Child's Teeth  
Is Important

- Brush your child's teeth.
- Give your Child healthy foods.
- Take your child to the dentist.



**Children need healthy teeth.**

**Healthy teeth help them to chew and to speak clearly.**

**Baby teeth also**

**make space for adult teeth. Young children need help to brush their teeth.**

**Your child needs your help until he or she is about 8 years old.**

**Here is a guide to keep your child's teeth healthy**



**Giving your child healthy food is very important to keep her/him healthy for life.**



### **Clean Your Child's Teeth**

- Help your child brush her teeth at least twice a day, after breakfast and before bed. Your child will need your help until he or she is about 8 years old.
- Brush your child's teeth with a soft toothbrush.
- Use a small amount of fluoride toothpaste (about a pea-size)



- Replace the toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.

### **Follow these recommendations**

- Do not give your child more than 4 to 6 ounces of juice each day. It is better to give your child fruit instead of juice.
- Give your child water several times a day.
- Give your child fewer sweets like candy, cookies, or cake. And give your child fewer sugary drinks. If you give your child sweets or sugary drinks, give them at mealtimes only.

### **Give Your Child Healthy Foods**

- Give your child healthy foods like: fruits and vegetables,



- whole-grain products like bread or crackers

To identify whole grains



Products, look at the ingredients list for: whole Grain Flour.

- and dairy products like milk, yogurt, or cheese.



- Lean meats, fish, chicken, eggs, and beans are also good for your child.



# READING LABELS IS A HEALTHY HABIT



## Understanding the Nutrition Fact Label

📖 Serving sizes are based on the amount of eaten at one time

📖 No more than 30% of calories consumed in one day should come from fat

📖 The food label lists only the nutrients that are considered important to most people's health

### Nutrition Facts

Serving Size 1 cup		
Serving Per Container 2		
Amount Per Serving		
Calories 260		
Calories from Fat 20		
%Daily Value		
Total Fat	13 g	20%
Saturated Fat	5g	25%
Cholesterol	30mg	10%
Sodium	660mg	28%
Total Carbohydrate	31g	10%
Dietary Fiber	0g	
Protein	5g	
Vitamin A	4%	Vitamin C 2%
Calcium	15%	
Iron	4%	



Making healthy choices begins with healthy eating, good nutrition and lots of fruits and vegetables.





## Tips for Parents to Prevent Obesity

- 🚩 Respect your child's appetite: children do not need to finish every meal
- 🚩 Avoid pre-prepared and sugared foods when possible
- 🚩 Limit the amount of high-calorie foods kept in the home
- 🚩 Do not provide food for comfort or as a reward
- 🚩 Limit amount of television watching

## *Tips on Healthy Eating*

- 🚩 Have regular family meals
- 🚩 Serve a variety of healthy foods and snacks
- 🚩 Add fruits and vegetables to daily meals
- 🚩 Be a role model by eating healthy yourself
- 🚩 Avoid battles over food



**Eat Your Veggies!!**

# Get a Closer Look at Food



Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits.

Servings include 1 slice of bread, 1/2 cup of cooked rice or pasta, 1/2 cup of cooked cereal, and 1 ounce of ready to eat cereal. Your child should eat 6 servings from this group.

Any vegetable or 100% vegetable juice counts vegetable group. servings include 1/2 cup of chopped or raw vegetables, or 1 cup of raw leafy vegetables. Your child should eat 3 servings from this group.

Any fruit or 100% fruit juice counts as part of the fruit group. servings include 1 piece of fruit or melon wedge, 3/4 cup of 100% fruit juice, 1/2 cup of canned fruit, or 1/4 cup of dried fruit. Your child should eat 2 servings from this group.

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking.

All fluid milk products and many foods made from milk are considered part of this food group. servings include 1 cup of milk or yogurt or 2 ounces of cheese. Your child should eat 2 servings from this group.

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. servings include 2 to 3 ounces of cooked lean meat, poultry or fish, 1/2 cup of cooked dry beans. You can substitute 2 tablespoons of peanut butter or 1 egg for 1 ounce of meat. Your child should eat 2 servings from this group.

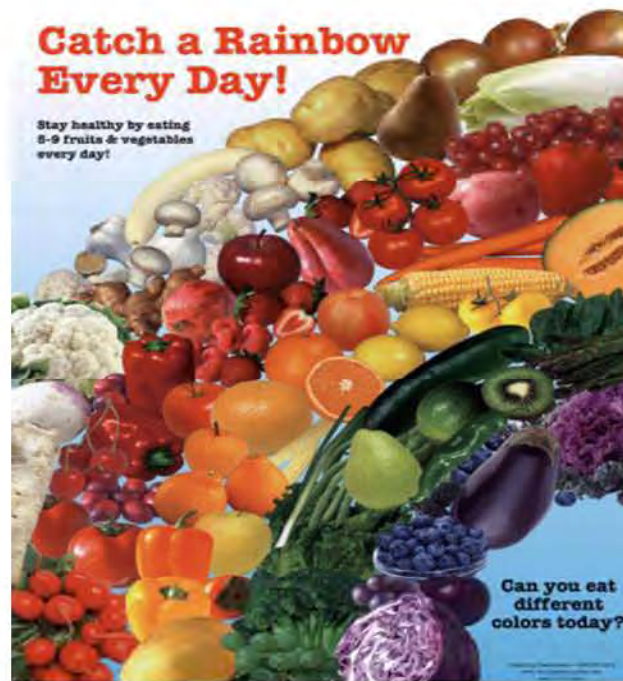




Should be part of your life. It is much easier if everyone in the house follows these guidelines, than if your child has to do it alone.



Preschoolers tend to be hungry often. They often do not eat enough at a meal to last until the next mealtime, and may not meet their nutrition needs if they only eat three times a day. Help your child get the nutrients they need by including snacks as part of the daily schedule. When you offer snacks is also important. Don't plan a snack too close to a meal or make the snack too large.



### Tips

- Involve your child in food choices.
- Serve the freshest and most colorful foods you can afford.
- Make sure your preschooler gets enough water.
- Eat a variety of foods
- Balance the food you eat with physical activity
- Choose a diet with plenty of grain products, vegetables and fruits
- Choose a diet low in fat, saturated fat, and cholesterol as well as low in sugar and salt

FCS 408, HEAD START,  
NUTRITION & HEALTH  
EDUCATION

# Inside the Food Pyramid



Information regarding what the Food Pyramid tells you and how you can use that information to manage a child's diet.



## What Does the Food Pyramid Tell You?

The pyramid's sections are vertical with different color and thinner at the top than bottom, because not all foods in a category are created equal. For example, cherry pie would be on the top of the fruit strip as it has less nutrition than fresh cherries, which would be on the bottom of the fruit strip. Each color indicates a food group as follows:

- Orange = grains
- Green = vegetables
- Red = fruits
- Yellow = fats and oils
- Blue = milk and dairy products
- Purple = meat, beans, fish, nuts



Emphasis of the food pyramid is on the five major food groups, which are required for good health, including grains, vegetables, fruits, dairies, and protein. It also emphasizes that foods that include a lot of fats, oils and sweets should be used very rarely.



**Grain group** servings include 1 slice of bread, 1/2 cup of cooked rice or pasta, 1/2 cup of cooked cereal, and 1 ounce of ready to eat cereal. Your child should eat 6 servings from this group.

**Vegetable group** servings include 1/2 cup of chopped or raw vegetables, or 1 cup of raw leafy vegetables. Your child should eat 3 servings from this group.

**Fruit group** servings include 1 piece of fruit or melon wedge, 3/4 cup of 100% fruit juice, 1/2 cup of canned fruit, or 1/4 cup of dried fruit. Your child should eat 2 servings from this group.

**Milk group** servings include 1 cup of milk or yogurt or 2 ounces of cheese. Your child should eat 2 servings from this group.

**Meat group** servings include 2 to 3 ounces of cooked lean meat, poultry or fish, 1/2 cup of cooked dry beans. You can substitute 2 tablespoons of peanut butter or 1 egg for 1 ounce of meat. Your child should eat 2 servings from this group.



## How to Manage a Child's Diet



After the age of two or three years, you can begin to use 2%, low fat, or skim milk instead of whole milk. You should limit milk and dairy products to about 16-24oz

each day and juice to about 4-6oz each day and offer a variety of foods to encourage good eating habits later.

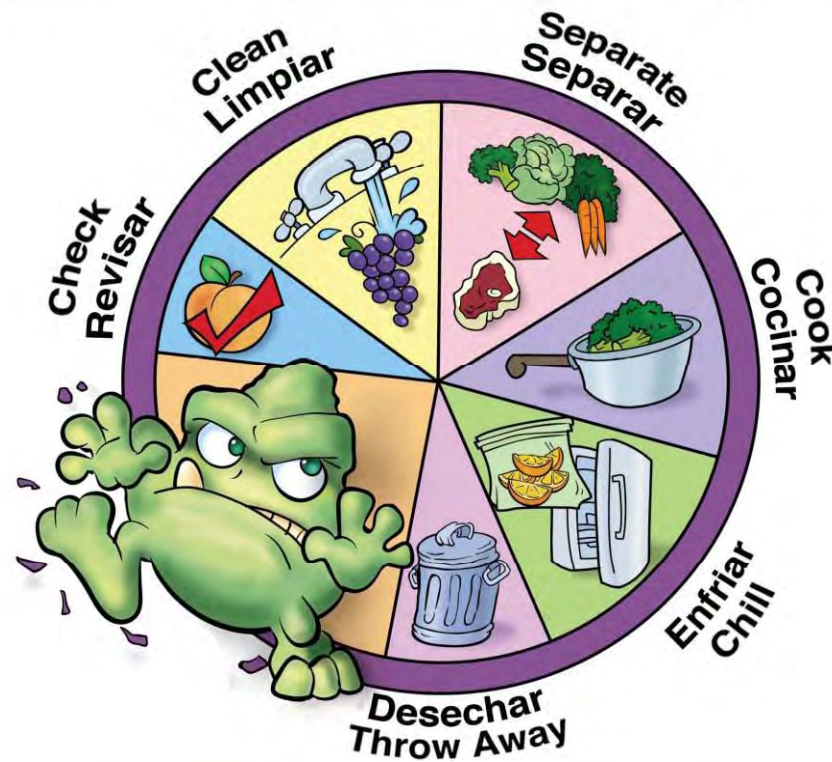
Your child's nutrition is important to her overall health. Proper nutrition can also prevent many medical problems, including becoming overweight, developing weak bones, and developing diabetes. It will also ensure that your child physically grows to her full potential. Your child's diet should resemble that of the rest of the families, with 3 meals and 2 nutritious snacks each day. You can also help promote good nutrition by setting a good example. Healthy eating habits and regular exercise





# Take the Right Steps to Food Safety

Siga los Pasos Correctos para Preservar  
los Alimentos con Mayor Seguridad



# FIGHT BAC!



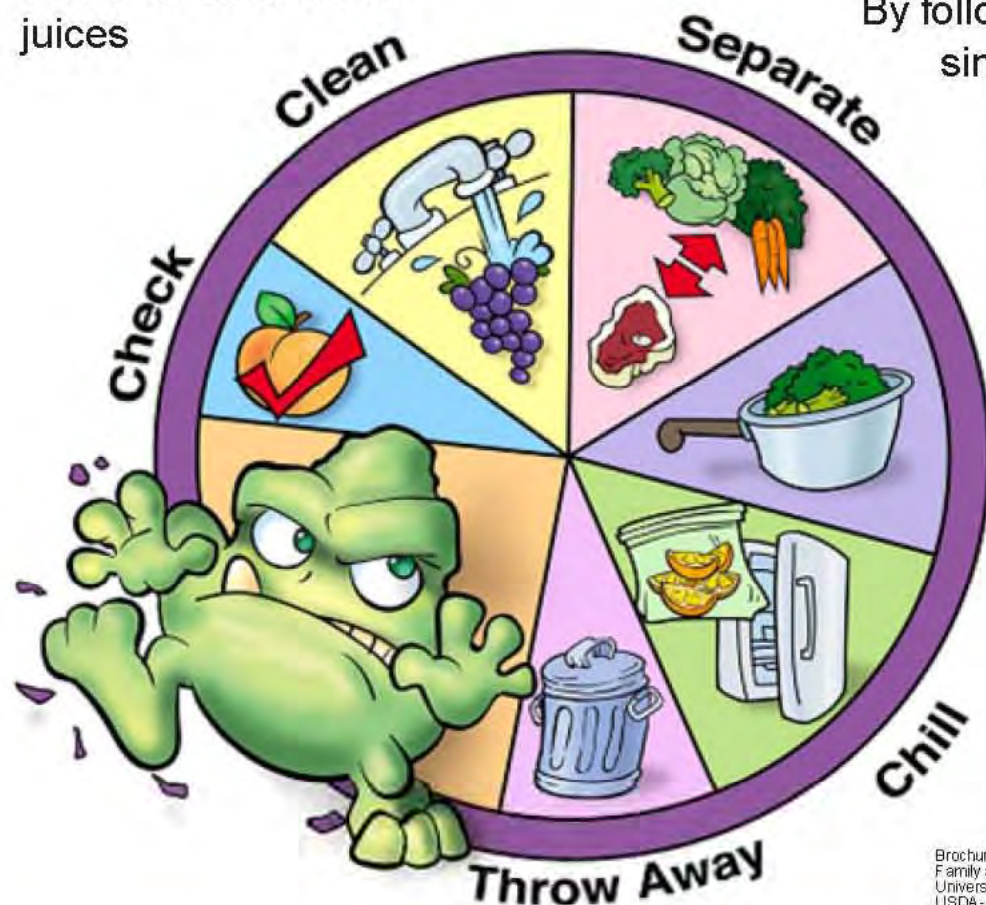
## Take the Right Steps to Food Safety

"Cross-contamination" is when bad germs get on food from other foods, cutting boards, knives, forks, etc., if they are not handled in the right way. This is really true when touching raw meat, chicken, poultry, and seafood - so keep these foods and their juices

away from food that is already cooked or food that is ready-to-eat and fresh vegetables or fruits.

When handling foods, it is important to Be Smart, Keep Foods Apart -- Don't Cross-Contaminate.

By following these simple steps, you can prevent cross-contamination and reduce the risk of getting sick from germs in your food.



Brochure developed by Eva Star and Leidy's Lorenzo of the Family and Consumer Sciences Dept. of California State University, Northridge, based upon materials provided by the USDA - Rev. 12/2009.

## 10 Steps to Safer Food

A brochure of practical tips to help keep your food healthy, safe and fresh - based on USDA guidelines for proper food handling and processing



# FIGHT BAC!

For more information visit this U.S. government website:

[origin-www.fsis.usda.gov](http://origin-www.fsis.usda.gov)



# 10 Steps to Safer Food

## 1. Your Refrigerator

Keep your refrigerator cold (at 40°F or less) so that germs don't grow so fast.

## 2. Perishable Foods

Mark leftovers with the date you put them in the refrigerator. Don't eat them if they are more than a few days old. If you're not sure, throw them away.

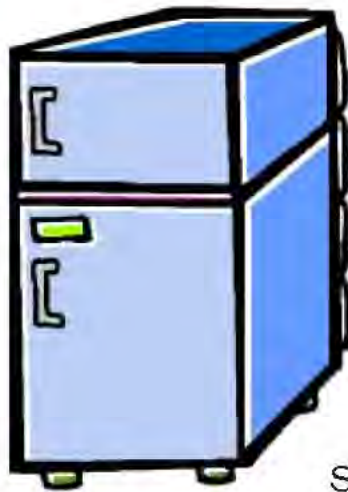
## 3. Kitchen Dishcloths & Sponges

You need to wash towels and sponges. Mix one-teaspoon chlorine bleach with one-quart water, or use a cleaner you buy at the store that kills germs.

Make sure to use it as it says on the bottle. Or maybe just use paper towels to clean up and then throw them away. Wash hands carefully after touching raw meat.

## 4. Cutting Boards

Wash your cutting board with soap and hot water after each use. Don't allow raw meat, chicken (or other bird meats), and fish to touch other



foods. Use a bleach mixed with water to keep germs from staying on your cutting board.

## 5. Cooking Meats

Cook ground beef, red meats and poultry to 160° F and until they aren't red in the middle. Make sure the juice is clear.

Ground beef can be full of a very bad germ called *E. coli* bacteria and the USDA Food Safety and Inspection Service (FSIS) tells us to use a meat thermometer when cooking hamburger.

## 6. Mixes Containing Egg

Recipes used to say to use raw eggs to make ice cream, mayonnaise, eggnog and some desserts. Don't use these recipes any more because you could get sick from a very bad germ called *Salmonella*.

## 7. Kitchen Counters

When your kitchen counters and other areas come in contact with food, use hot water and a detergent or a mix of bleach and water to clean them. Bleach and other store bought cleaners that kill germs are really the best. Keep sponges and dishcloths

clean because if they are wet germs can hide in them and grow.

## 8. Washing Dishes by Hand

If you wash dishes by hand let them air-dry so that they won't get full of germs again if you touch them with your hands or dirty towels. Make sure to wash them within two hours after you eat so that germs don't get a chance to grow.



## 9. Washing Hands

Wash hands with soap and warm water right away after you touch raw meat, chicken, poultry, or fish. Count slowly to 20 while you're washing your hands. Make sure to wash before and after handling food, especially raw meat. If you have a sore or cut on your hands or fingers, wear rubber or plastic gloves.

## 10. Defrosting Meats

Defrost meat, chicken, poultry and fish products in the refrigerator, microwave oven, or in cold water that is changed every 30 minutes so it keeps cold and doesn't allow germs to grow that fast. Cook microwave-defrosted food right away after defrosting.





# References

- Chu, S. (2006). Early childhood caries: risk and prevention in underserved populations. *Journal of Young Investigators*, 14(5) Retrieved November, 22, 2009 from <http://www.jyi.org/research/re.php?id=717>

# QUESTIONS

