



Teacher Education And Classroom Habits
A Nutrition Program for Montessori Teachers

Getting Started

Module 2 Outline



Module 2

Objectives:

- Identify important nutrients to be mindful of when choosing foods
- Explore nutrition recommendations for children
- Identify the current status of US children's eating habits
- Understand the implications of children's eating patterns
- Identify consequences of and alternatives to rewarding children with food
- Explore verbal & non-verbal communication differences between cultures
- Identify barriers to nutrition communication with parents

Instructions:

- Click on the Modules tab toward the top of the homepage, then click on Module 2 – you will see 5 topics within Module 2
 - General Nutrition
 - Child Nutrition
 - Classroom Food Practices
 - Cultural Practices
 - Teacher-Parent Communication
- Start with Module 2: General Nutrition

Module 1: General Nutrition

- This page will discuss food group recommendations for adults along with important nutrients to be mindful of when choosing foods to eat
- Read through all of the content on this page
- Complete the 'Common Snack Items' Activity on this page
- In the center of the page, click on each tab (sugar, sodium, saturated fat, etc.) for information about each nutrient
- Complete the 'Mealtime Scenario' toward the end of the page
- At the bottom right of the page, click the next button to view Module 2: Child Nutrition (you may also access the next topic in this module using the 'Modules' tab at the top of the page)

Module 2: Child Nutrition

- This page will discuss food group recommendations for children, statistics on US children's current eating patterns along with implications of these eating patterns
- Read through all of the content on this page
- Complete the 'Child Eating Habits & Behavior Scenario' toward the end of the page
- At the bottom right of the page, click the next button to view Module 2: Classroom Food Practices (you may also access the next topic in this module using the 'Modules' tab at the top of the page)

Module 2: Classroom Food Practices



- This page will discuss using food as a reward along with the consequences and alternatives to doing so
- Read through all of the content on this page
- At the bottom right of the page, click the next button to view Module 2: Cultural Practices (you may also access the next topic in this module using the 'Modules' tab at the top of the page)

Module 2: Cultural Practices

- This page will discuss differences in cultural communication, both verbal and non-verbal communication
- Read through all of the content on this page
- Make sure to click on the "+" for additional information about the different cultural communication styles
- At the bottom right of the page, click the next button to view Module 2: Teacher-Parent Communication (you may also access the next topic in this module using the 'Modules' tab at the top of the page)

Module 2: Teacher-Parent Communication

- This page will discuss common barriers to nutrition communication with parents along with strategies to overcome these barriers
- Read through all of the content on this page
- Make sure to click on the "+" for additional information about strategies to overcome nutrition communication barriers
- Complete the 'Nutrition Communication Scenarios' at the end of the page
- At the bottom right of the page, click the next button to view Module 2: Completion Quiz (you may also access the next topic in this module using the 'Modules' tab at the top of the page)

Module 2: Completion Quiz

- Read and respond each question
- Click 'submit' once all questions have been answered
- Click on the Program Schedule tab to view the calendar and upcoming live virtual sessions
 - Live virtual sessions will be held on Wednesdays & Thursdays (check the calendar for available times) – please plan to attend 1 Zoom sessions per week
- Download Module 2 outline from the Program Schedule tab
- Download Week 2 lesson plan from the Montessori Lesson Plans tab

**Note: All weekly module outlines and lesson plans will also be sent via email*