

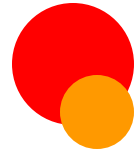
Introduction

Connecting the Dots...

- Healthy Foods
- Healthy Choices
- Healthy Kids!

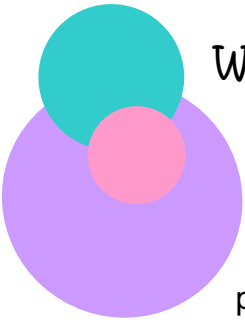
Competencies

This resource guide is based on the Nutrition Competencies and Grade Level Expectations for Prekindergarten children. The Nutrition Competencies and Grade Level Expectations have been evaluated by nutrition education experts from UC, CSU, and the community college system; California Department of Education; and several focus groups comprised of child care providers and center staff throughout California. The competencies have been cross-linked with the Preschool Health Foundations as well as the Desired Results Developmental Profiles. The competencies can be found in the next section of this guide. All activities, recipes, and parent materials are linked with the corresponding competencies. All competencies are covered in the *Connecting the Dots...* Resource Guide.



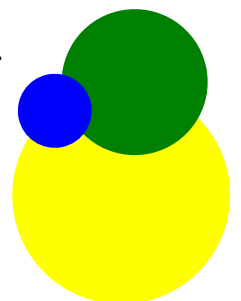
What is in *Connecting the Dots...* and Who Is This For?

Connecting the Dots... is filled with materials that have been created by nutrition, health, and education experts. It has been created as a way for providers and teachers to have an array of teaching materials that cover the Nutrition Competencies and Grade Level Expectations. Complete curriculum packages can be ordered from the list of references listed in the [References](#) section of *Connecting the Dots...*



How to Use This Resource Guide

This resource guide is divided into 9 sections: Competencies, [Teacher Materials](#), [Activities](#), [Recipes](#), [Parent Materials](#), [Field Trip Ideas](#), [Gardening Lessons and Activities](#), [Children < 2](#), and [References](#). Each section has a color code and section title and each document within the section has a number. In the top right hand corner of each document is a colored dot with a number and the section title written inside of it. Many of the materials within each section can be used in conjunction with other materials. Each page that can be used with another resource will have the colored dot with its number and section title inside along the bottom edge. An example of how this works can be found on the next page. All of the materials can be found in the Table of Contents and purchasing/obtaining information can be found in the [References](#) section.



A Step By Step Guide to Using Connecting the Dots...

1. Decide what kind of material you would like to use
 - a. You can do this by finding a competency you would like to use, or
 - b. You can just choose a document from their titles in the table of contents
2. Locate this material by its section and number
3. If desired, use with other materials that are related. The section and numbers of these related materials can be found along the bottom of the page.

Step 1:
Competencies will always be listed on the top left of each page.

Step 2:
This is part of the **Orange** section

Competencies: 2B, 3A

HAPPY HEALTHY ME. . .
Moving, Munching & Reading Through MyPyramid for 4 to 6-Year-Olds

Activities 3

Teacher 2, Activities 3-5, Recipes 10, 11, 13, Parents 1, 8, 10, Field Trip 1

Step 3:
When you do this **Activity**, you can use **Teacher Materials** 2, do **Activities** 4-5, cook **Recipes** 10, 11, and 13, send home **Parent Materials** 1, 8, and 10, and use **Field Trip** idea 1.

A-3

Competency

Material	Section	#	Page #	1--Relationship	2--Recommendation	3--Choices	4--Safety	5--Policies	6--Location	7--Careers
GGG Lesson 4 Grow	Teachers	1	T-1							
HHM MyPyramid	Teachers	2	T-2							
HHM Wash Your Hands	Teachers	3	T-4							
The LunchBox D	Teachers	4	T-6							
GGG Activity 1 Grow	Activities	1	A-1	A,C	A, C					
HHM MyPyramid Nutrition Activity	Activities	2	A-2	A		A		B		
HHM MyPyramid Activity 1	Activities	3	A-3		B	A				
HHM MyPyramid Activity 3	Activities	4	A-4	A	A					
HHM MyPyramid Other things to do	Activities	5	A-5	A, B	A, B, C, D	A				A
HHM Wash Your Hands Physical Activity	Activities	6	A-6	C	D		√	B		
HHM Wash Your Hands Nutrition Activity	Activities	7	A-7				√	B		
HHM Wash Your Hands Poems Songs	Activities	8	A-8				√			
HHM Wash Your Hands Activity 1	Activities	9	A-9				√			
HHM Wash Your Hands Activity 2	Activities	10	A-10				√			
HHM Wash Your Hands Activity	Activities	11	A-11				√			
Tiny, Tiny Seeds Growing Up to Be Tall	Activities	12	A-12		A, E				A,B	
Round, Round, Around the World	Activities	13	A-13	A	A					
Picking Peaches	Activities	14	A-14	A		A				
FFT Carrots	Activities	15	A-15	A	A, E	A	√		B	
FFT Trail Mix	Activities	16	A-20	A	E	A	√			
FFT Salad Bar	Activities	17	A-22	A	E	A	√		B	
FFT Songs and Fingerplays	Activities	18	A-25	A	A, E	A	√			
Iowa Setting the Stage Iron	Activities	19	A-36	A	A, E	A	√			
GGG Sandwich	Recipes	1	R-1	A	E	A	√			
GGG Pretzel Party	Recipes	2	R-2	A	E	A	√			
GGG Glow Sticks	Recipes	3	R-3	A	E	A	√			
GGG Yogurt Parfait	Recipes	4	R-4	A	E	A	√			
GGG French Toast Fingers	Recipes	5	R-5	A	E	A	√			
GGG Pyramid Snack	Recipes	6	R-6	A	E	A	√			
GGG Egg Salad Mash	Recipes	7	R-7	A	E	A	√			
GGG Quick and Hearty Dip	Recipes	8	R-8	A	E	A	√			
GGG Fruit Salad	Recipes	9	R-9	A	E	A	√			
HHM Power Punch Ball	Recipes	10	R-10	A	E	A	√			

Material	Section	#	Page #	1--Relationship	2--Recommendation	3--Choices	4--Safety	5--Policies	6--Location	7--Careers
HHM Fun Do	Recipes	11	R-11	A	E	A	√			
HHM Squish Squash Squeeze Cheese	Recipes	12	R-12	A	E	A	√			
HHM Peanut Butter Banana Tortilla	Recipes	13	R-13	A	E	A	√			
P is for Peas	Recipes	14	R-14	A	E	A	√			
C is for Cabbage	Recipes	15	R-15	A	E	A	√			
P is for Peaches	Recipes	16	R-16	A	E	A	√			
Gardens Snacks on the run, Snap Peas	Recipes	17	R-17	A	E	A	√			
Gardens Snacks on the run, Berries	Recipes	18	R-18	A	E	A	√			
GGG MyPyramid Workshop 1	Parents	1	P-1	A,C	A,B,E		√	B		
GGG Go Workshop 2	Parents	2	P-9					B		
GGG Glow Workshop 3	Parents	3	P-15	A	A	A		B		
GGG Grow Workshop 4	Parents	4	P-24	A,B,C	B			B		
GGG Food Safety Workshop 5	Parents	5	P-33				√	B		
GGG Physical Activity Workshop 6	Parents	6	P-39	C	D,E	B		B		
HHM Home Activities Family Fitness	Parents	7	P-48	C	D,E	B		B		
HHM Home Activities MyPyramid	Parents	8	P-49					B		
HHM Home Activities Wash Your Hands	Parents	9	P-50				√	B		
The LunchBox B	Parents	10	P-51					B		
The LunchBox C	Parents	11	P-57				√	B		
The LunchBox E	Parents	12	P-63				√	B		
Garden Letter to Parents 1	Parents	13	P-65					B	A,B	
Garden Letter to Parents 2	Parents	14	P-66					B	A,B	
Nutrition Best Family Meal Times	Parents	15	P-67					B		
Nutrition Best Fast Food	Parents	16	P-69					B		
Nutrition Best Iron	Parents	17	P-71					B		
Nutrition Best No TV	Parents	18	P-73					A,B		
Nutrition Best Feeding Challenges	Parents	19	P-75					B		
Turn Off the TV Contra Costa	Parents	20	P-77					A,B		
Introduction to CAFF Guides	Field Trip	1	F-1							
Farmer's Market Field Trip Guide	Field Trip	2	F-2							
Community Garden	Field Trip	3	F-9							
Soup Kitchen Field Trip Guide	Field Trip	4	F-13							
Garden Teacher Section	Gardens	1	G-1							
Garden Lesson 1 Magical World	Gardens	2	G-6	A	E				A,B	

