

Healthy Menu Makeovers Online Training Module

Completion of all 9 lessons with 80% score on final menu makeover results in a certificate for 4 hours of continuing education in CDA content area: Planning a Safe, Healthy Learning Environment

Course Objectives (All references to mypyramid.gov will become choosemyplate.gov)

When you finish the Healthy Menu Makeovers training, you should be able to:

- Identify the recommendations for a healthy diet based on the current Dietary Guidelines for Americans.
- Use the mypyramid.gov web site to correctly identify recommended foods from each food group to meet the Dietary Guidelines.
- Correctly evaluate and select recommended changes to make sample menus meet the Dietary Guidelines.
- Share at least two changes you plan to make in the meals you serve to the children in your care to meet the Dietary Guidelines.

The nine lessons in this course are organized around the following sections:

- **Overview:** Each lesson begins with background information on the dietary guidelines or one of the main food groups.
- **How this applies to my work in CACFP:** The Overview is followed by an explanation of how each lesson applies to your work in the Child and Adult Care Food Program (CACFP).
- **Starting the Menu Makeover:** The lesson follows a fictitious child care center menu planner as she makes decisions about meals and snacks.
- **Printable Resources:** Printable handouts, guidelines and recipes are provided for you to download, save and share. You will need the free [Adobe Acrobat Reader](#) plug-in to view and print these "pdf" documents.
- **Review Questions:** Review questions are provided at the end of each lesson for you to check your learning. You can take each quiz as many times as you want, but you do need to complete each quiz in order to receive your certification.
- **Discussion Forums:** At the end of each lesson after the link to the Review Questions, there is an olive green box with a link to the Discussion Forum for that lesson. You can share your challenges and experiences building healthy menus with other course participants and learn from others. Click on the blue underlined link to the Discussion Forum for that lesson. Once you are in the Forum, click on a topic to see what others have written. You can reply to that topic or go back and click on the box at the top of the Forum page to start a new discussion topic.

Final Quiz: The Healthy Menu Makeover

The final quiz for this online course is an "interactive menu" where you get to plan a menu that includes the principles from the Healthy Menu Makeover lessons.

Certificate of Completion

After you have completed each lesson in this course and attained a score of 80% or above on the "Final Quiz: The Healthy Menu Makeover" assessment, you can create a Certificate of Completion for your records. The system will generate a custom pdf file for you to download and print. *You must have completed all lesson review quizzes, the final Healthy Menu Makeover quiz, and the Demographic Questionnaire in order for your certificate to print.*

Learning Objectives for Lesson 1: Introduction to Dietary Guidelines

When you finish this lesson you should:

- Know when the *Dietary Guidelines for Americans* are published and why.
- Be able to say the key points for healthy eating based on the *Dietary Guidelines for Americans* and why they are important in CACFP.
- Know where to find MyPyramid on the Internet.

Learning Objectives for Lesson 2: Make Half Your Grains Whole

When you finish this lesson you should:

- Be able to say why MyPyramid recommends that you make half your grains whole.
- Know how to tell whether a grain is whole grain or enriched by looking at a label.
- Have at least one idea of how you could add more whole grains to your menus.

Learning Objectives for Lesson 3: Vary Your Veggies and Fruits

When you finish this lesson you should:

- Understand why MyPyramid recommends a variety of fruits and vegetables.
- Be able to name several fruits and vegetables that are high in Vitamin A.
- Be able to name several fruits and vegetables that are high in Vitamin C.

Learning Objectives for Lesson 4: Get Your Calcium-Rich Foods

When you finish this lesson you should:

- Understand why it is important for children to eat foods that are high in calcium.
- Know that low-fat and fat-free milk products have as much or more protein, calcium, and Vitamin D as whole milk products.
- Understand how to claim calcium-rich foods correctly in the CACFP meal pattern.

Learning Objectives for Lesson 5: Go Lean on Protein

When you finish this lesson you should:

- Understand why it is important for children to eat lean or low-fat choices from the MyPyramid Protein group.
- Know foods that fulfill the Meat and Meat Alternate component for CACFP.
- Understand ways to cut costs when purchasing healthy meat and meat alternates.

Learning Objectives for Lesson 6: Know the Limits on Fat

When you finish this lesson you should:

- Understand which fats are better than others.
- Know how to read the Nutrition Facts label to determine the kind of fats in foods.
- Have at least one idea for change you could make in food preparation and menu planning to include the right kind of fat in your menus.

Learning Objectives for Lesson 7: Know the Limits on Salt

When you finish this lesson you should:

- Understand why salt and sodium should be limited.
- Know how to read labels to find out what foods are high in sodium.
- Know ways to limit the amount of salt when preparing foods.

Learning Objectives for Lesson 8: Know the Limits on Sugar

When you finish this lesson you should:

- Understand why sugar should be limited.
- Know how to read ingredient labels to find sugar in foods.
- Identify ways to limit the amount of sugar when planning menus and preparing foods.

Learning Objectives for Lesson 9: Healthy Menu Makeover

When you finish this lesson you should be able to plan a menu that includes the principles from the Healthy Menu Makeover lessons:

- Make Half Your Grains Whole
- Focus on Fruits (instead of juice)
- Vary Your Veggies
- Get Your Calcium-Rich Foods
- Go Lean on Protein
- Limit Fat, Salt, and Sugar