



Early Childhood Professions | Virtual Learning

# **CDA Reflective Statement**

## **CS I a Nutritional Needs**

May 13, 2020



## ECPI

Lesson: May 13, 2020

Objective: Student will be able to complete RC CS I a evaluating Nutritional Needs for children.

Standard: RC CS I a Nutritional Needs

Activity & Directions: Describe a sample meal and how it meets the nutritional requirements for young children. Use <http://sites.isdschools.org/nutrition/school-lunch-menus> to look at sample meals. See the format to use on the next slides to describe your plan for this activity/lesson.



Directions: This Reflective Statement must relate directly to the CDA Competency Standard II: To establish and maintain a safe, healthy learning environment. The statement should be no more than 500 words in length. Begin with a paragraph describing how your teaching practices meet this competency

Reflection should be no more than 500 words in length.

Your paragraphs should include information about “why” the Functional Area is important and 2-3 examples of “what” you do every day (your teaching practices) to provide that Functional Area for children.



Describe the “why” and “what” of your work with children. Demonstrate knowledge of early childhood needs and good practices, showcase your knowledge and skills. Example: [www.cdastars.com](http://www.cdastars.com) Why- “I know that maintaining a healthy environment in childcare is important because young children in childcare settings are more likely to be exposed to germs and their immune systems are not yet fully developed.” What- “To make sure my environment is healthy for children, I practice safe hand washing by using liquid soap and paper towels, and make sure to wash my hands after changing diapers, before handling food, and after cleaning or coming in from outside. I teach the children to wash their hands for at least 20 seconds to get most germs off their hands. I have a daily schedule of sanitizing surfaces and toys to prevent the spread of germs.”