



**CHILD & ADULT CARE FOOD PROGRAM (CACFP)**

# **ONLINE TRAINING MODULES THROUGH MOODLE**

**Nebraska Team Nutrition is providing additional training for CACFP centers and daycare homes to support them in providing healthy, balanced meals and snacks to the children and adults they serve.**

## **FREE APPROVED TRAINING**

### **Topics Covered:**

Whole Grain-Rich  
Meats and Meat Alternates  
Milk  
Fruits and Vegetables  
Breakfast  
Snacks  
Infant Feeding  
Nutrition Facts Labels  
Introducing Solids  
EAT Family Style Dining  
Physical Activity  
Farm to Preschool  
AND MORE!

- Completed on your own time
- Practice implementing menu changes
- Certificate provided upon completion of each module

Follow the links below to access the modules developed by Team Nutrition:  
<https://moodle.education.ne.gov/course/index.php>  
Nutrition Services > Team Nutrition > Early Childhood  
Contact Christy Burger with Questions  
[christina.burger@nebraska.gov](mailto:christina.burger@nebraska.gov)



Topic	CACFP Module Objectives
<b>Whole Grains</b>	<ul style="list-style-type: none"> <li>Review the CACFP meal pattern requirements for grains</li> <li>Identify whole grains and whole grain rich</li> <li>Explain the benefits of whole grains</li> <li>Discuss grain-based desserts and breakfast cereal sugar requirements</li> </ul>
<b>Fruit and Vegetables</b>	<ul style="list-style-type: none"> <li>Identify the updated meal pattern requirements for fruits and vegetables</li> <li>Explain the benefits of including fruits and vegetables in CACFP menu</li> <li>Practice incorporating fruits and vegetables into meals and snacks</li> </ul>
<b>Serving Milk</b>	<ul style="list-style-type: none"> <li>Identify the updated meal pattern requirements for milk</li> <li>Describe the nutrients in milk and the benefits of milk and in the young child's diet</li> <li>Identify milk substitutions and practice incorporating milk and milk substitutions</li> </ul>
<b>Meat and Meat Alternates</b>	<ul style="list-style-type: none"> <li>Review updated meat and meat alternates requirements</li> <li>Identify nutrients found in and the benefits of meats and meat alternates</li> <li>Identify different types of meat and meat alternates</li> <li>Practice incorporating meat and meat alternate and review best practices</li> </ul>
<b>Reading Food Labels</b>	<ul style="list-style-type: none"> <li>Identify the basic information required on a food label</li> <li>Review the new nutrition facts label</li> <li>Practice reading food labels, calculating serving sizes, sugar limits etc.</li> </ul>
<b>Snacks</b>	<ul style="list-style-type: none"> <li>Review snack requirements for infants and children</li> <li>Learn the importance of healthy snacks and tips for introducing new foods at snack</li> <li>Discuss healthy snack ideas and practice adding healthy snacks in your CACFP menu</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Review the importance of breakfast and requirements for infants and children</li> <li>Review breakfast cereal and yogurt sugar limits and practice</li> <li>Explain substituting meat and meat alternates in place of grains at breakfast</li> </ul>
<b>Feeding Infants</b>	<ul style="list-style-type: none"> <li>Review the updated infant meal pattern and the new infant age groups</li> <li>Examine the importance of breastfeeding</li> <li>Identify developmental readiness for introducing new foods to infants</li> <li>Review the importance of working with parents on food introduction</li> </ul>
<b>Farm to Preschool</b>	<ul style="list-style-type: none"> <li>Explain Farm to Preschool and the benefits</li> <li>Review how the new meal pattern supports Farm to Preschool and allowable expenses</li> <li>Practice using the new NDE Farm to Preschool webpage</li> </ul>
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>Review the benefits of physical activity</li> <li>Provide tips for leading physical activity in the early childhood classroom</li> <li>Review fun winter and summer physical activity ideas for infants, toddlers, and pre-school aged children</li> </ul>
<b>Family Style Dining (3 Modules)</b>	<ul style="list-style-type: none"> <li>Recognize why it is important for children to serve themselves</li> <li>Learn how to implement self-service during mealtime in your classroom &amp; identify solutions to overcome challenges for self-service</li> <li>Describe benefits of role modeling healthy eating &amp; identify strategies to introduce role modeling</li> <li>Understand CACFP recommendations regarding Family Style Dining</li> </ul>
<b>Introducing Solids (Parts 1 &amp;2)</b>	<ul style="list-style-type: none"> <li>Discuss why, when and how to start solid foods and identify signs that baby is ready for solid foods</li> <li>Discuss best practices for infant responsive feeding</li> <li>Discuss allergic responses to food and possible signs/symptoms of an allergic reaction</li> <li>Identify best practice for food safety</li> <li>Review mealtime environments and way to overcome barriers when introducing solids</li> </ul>

