



LANA

Head Start Framework

Alignment of the Head Start Child Development and Early Learning Framework to the LANA Preschool Program
(Learning About Nutrition through Activities)

DOMAIN: Physical Development and Health

<p align="center">Head Start Child Development and Early Learning Framework (Domain Elements)</p>	<p align="center">LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)</p>
<p>ELEMENT: Physical Health Status</p> <p>The maintenance of healthy and age appropriate physical well-being.</p>	<p>The overall goal of the LANA Program is to help young children learn to taste, eat, and enjoy more fruits and vegetables each day for good health. The research-based program has demonstrated ways to increase the consumption of fruits and vegetables by young children. Developing healthy eating habits in early childhood can reduce the risk of developing chronic diseases such as cancer, heart disease, stroke, and diabetes later in life and help reduce childhood obesity.</p>
<p>ELEMENT: Health Knowledge & Practice</p> <p>The understanding of healthy and safe habits and practicing healthy habits.</p>	<p>The LANA Program provides nutrition education and improved nutrition through a comprehensive approach that includes menu changes for meals and snacks, classroom tasting and cooking activities, hands-on learning experiences related to fruits and vegetables, family resources, and special events.</p> <p>The weekly tasting and cooking activities follow good health and safety guidelines and practices and encourage the active involvement of the children.</p> <p>Children are introduced to a variety of new fruits and vegetables and learn about healthy, nutritious choices of foods for meals and snacks.</p>
<p>ELEMENT: Gross Motor Skills</p> <p>The control of large muscles for movement, navigation, and balance.</p>	<p>Each of the theme units includes suggested gross motor activities tied to the weekly theme. For example, in the Vegetarian Animals unit children use their gross motor skills when imitating the way animals walk, look for or get food to eat.</p>
<p>ELEMENT: Fine Motor Skills</p> <p>The control of small muscles for such purposes as using utensils, self-care, building, and exploring.</p>	<p>The children are involved in many fine motor tasks through the tasting and cooking activities that are part of the LANA Program. Child-sized serving bowls, pitchers, and utensils are recommended. The theme units also have suggested fine motor activities using a variety of manipulative toys such as puzzles and blocks.</p>

DOMAIN: Social and Emotional Development

Head Start Child Development and Early Learning Framework (Domain Elements)	LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)
<p>ELEMENT: Social Relationships</p> <p>The healthy relationships and interactions with adults and peers.</p>	<p>The LANA Program uses a positive approach to introduce new fruits and vegetables to children. Teachers are expected to model openness to new experiences and new foods. Tips are provided for positive mealtime interactions. The program uses a Lana the Iguana puppet and offers suggestions to help children interact and share with each other through stories, songs, games, and other activities.</p>
<p>ELEMENT: Self-Concept & Self-Efficacy</p> <p>The perception that one is capable of successfully making decisions, accomplishing tasks, and meeting goals.</p>	<p>Children are introduced to new fruits and vegetables through classroom tasting and cooking activities. Teachers are expected to honor and respect child preferences and choices.</p>
<p>ELEMENT: Self-Regulation</p> <p>The ability to recognize and regulate emotions, attention, impulses, and behavior.</p>	<p>Children learn self-control and self-regulation through participation in the classroom cooking activities. Teachers and children are expected to follow good health, safety, and sanitation procedures when preparing and serving food.</p>
<p>ELEMENT: Emotional & Behavioral Health</p> <p>A healthy range of emotional expression and learning positive alternatives to aggressive or isolating behaviors.</p>	<p>A Lana the Iguana puppet is introduced to engage children in new activities and to encourage positive social interaction among the children. A series of Lana books also promote pro-social behavior and positive ways of resolving conflict.</p>

DOMAIN: Approaches to Learning

Head Start Child Development and Early Learning Framework (Domain Elements)	LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)
<p>ELEMENT: Initiative & Curiosity</p> <p>An interest in varied topics and activities, desire to learn, creativeness, and independence in learning.</p>	<p>Children’s natural interest and curiosity are supported by introducing new fruits and vegetables for them to learn about and to taste. The theme units provide many suggestions for ways to engage children in fun and interesting ways such as learning about how things look on the outside and the inside through examining real fruits and vegetables.</p>
<p>ELEMENT: Persistence & Attentiveness</p> <p>The ability to begin and finish activities with persistence and attention.</p>	<p>The classroom cooking activities provide opportunities for the children to plan, participate, and enjoy the results of their effort. Planning sheets are provided so that teachers and children can successfully carry out the activities together.</p>
<p>ELEMENT: Cooperation</p> <p>An interest and engagement in group experiences.</p>	<p>Cooperation and positive interaction is modeled in all of the Lana the Iguana stories. In each story Lana interacts with a child to learn something new or to solve a problem. The use of the Lana the Iguana puppet also models and encourages positive interactions with others.</p>

DOMAIN: Logic and Reasoning

Head Start Child Development and Early Learning Framework (Domain Elements)	LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)
<p>ELEMENT: Reasoning & Problem Solving</p> <p>The ability to recognize, understand, and analyze a problem and draw on knowledge or experience to seek solutions to a problem.</p>	<p>Problem solving is encouraged and modeled in the Lana the Iguana stories. For example, Lana works with her friend to try to solve the riddle of why they are eating some fruits and vegetables inside and others outside.</p>
<p>ELEMENT: Symbolic Representation</p> <p>The use of symbols or objects to represent something else.</p>	<p>Children are provided with many opportunities for dramatic play including setting up a grocery store or food market in the classroom. Cloth models of LANA fruits and vegetables are available for pretend play along with toy cooking pots and baking pans.</p>

DOMAIN: Language Development

Head Start Child Development and Early Learning Framework (Domain Elements)	LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)
<p>ELEMENT: Receptive Language</p> <p>The ability to comprehend or understand language.</p>	<p>Each of the monthly theme units includes a list of recommended storybooks related to the unit and a specially written Lana the Iguana story. Discussion ideas related to the featured books are provided for teachers, and children have many opportunities to practice receptive and expressive language skills.</p>
<p>ELEMENT: Expressive Language</p> <p>The ability to use language.</p>	<p>The LANA Program has a strong emphasis on language interaction and storytelling using the Lana the Iguana puppet and Lana stories. New vocabulary is introduced with fruits and vegetables and through the related activities.</p>

DOMAIN: Literacy Knowledge and Skills

<p align="center">Head Start Child Development and Early Learning Framework (Domain Elements)</p>	<p align="center">LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)</p>
<p>ELEMENT: Book Appreciation and Knowledge</p> <p>The interest in books and their characteristics, and the ability to understand and get meaning from stories and information from books and other texts.</p>	<p>Children enjoy the Lana the Iguana stories written and illustrated especially for the LANA Program. The books and stories are used to communicate important concepts related to the theme units. There are many opportunities to engage the children in learning more about the topics that are introduced in books, such as inside and outside of fruits and vegetables or which fruits and vegetables grow above the ground and which grow below the ground.</p>
<p>ELEMENT: Phonological Awareness</p> <p>An awareness that language can be broken into words, syllables, and smaller pieces of sound.</p>	<p>Some of the games that Lana the Iguana plays with the children include sound and rhyme riddles and poems, such as the “Animal Edibles” poem. There are many opportunities to learn new vocabulary words when identifying and learning about new fruits and vegetables.</p>
<p>ELEMENT: Alphabet Knowledge</p> <p>The names and sounds associated with letters.</p>	<p>The first theme unit in the LANA Program is entitled “Eating the Alphabet”. It is used to introduce children to fruits and vegetables that start with different letters of the alphabet. Several of the activities suggested for this unit also reinforce the use of the alphabet and letter sounds to identify and remember different fruits and vegetables.</p>
<p>ELEMENT: Print Concepts & Conventions</p> <p>The concepts about print and early decoding (identifying letter-sound relationships).</p>	<p>The tasting activities provide an opportunity to introduce graphing and making charts. The children can then record how many children tasted a new fruit or vegetable. Special stickers that say, “I tried it”, introduce some new words in print. Learning to “read” a recipe when doing a cooking activity is another way of building associations between the words, pictures, and the actions.</p>
<p>ELEMENT: Early Writing</p> <p>The familiarity with writing implements, conventions, and emerging skills to communicate through written representations, symbols, and letters.</p>	<p>Children are encouraged to label the seeds that they plant and to record their observations as they watch the seeds grow into plants. Children are provided many opportunities to use writing (real or pretend) in the classroom such as making a grocery list, writing a recipe, or creating a menu for the restaurant in the dramatic play area.</p>

DOMAIN: Mathematics Knowledge and Skills

<p align="center">Head Start Child Development and Early Learning Framework (Domain Elements)</p>	<p align="center">LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)</p>
<p>ELEMENT: Number Concepts & Quantities</p> <p>The understanding that numbers represent quantities and have ordinal properties (number words represent a rank order, particular size, or position in a list).</p>	<p>Math activities are included in the sample lesson plans and each theme unit includes suggested math activities, including counting and ordering numbers and objects.</p> <p>A special recipe book, Lana’s Favorite Recipes, provides pictures, an ingredient list, and numbered directions so children can learn what comes first, second, third, etc. in preparing food.</p>
<p>ELEMENT: Number Relationships and Operations</p> <p>The use of numbers to describe relationships and solve problems.</p>	<p>A variety of sorting and matching activities are provided. For example, fruits and vegetables may be sorted by color, which part of the plant they are, whether they grow above or below the ground, or whether we eat the inside or the outside. Children can count or group the fruits and vegetables to see how many there are of the different types and which groups have more objects.</p>
<p>ELEMENT: Geometry and Spatial Sense</p> <p>The understanding of shapes, their properties, and how objects are related to one another.</p>	<p>Fruits and vegetables come in different shapes and sizes and some can be described using geometric terms such as round, oval, long, or short. Growing plants also helps to teach about directionality and which parts grow above the ground and which parts grow under the ground.</p>
<p>ELEMENT: Patterns</p> <p>The recognition of patterns, sequencing, and critical thinking skills necessary to predict and classify objects in a pattern.</p>	<p>There are many opportunities for sorting and classifying fruits and vegetables and graphing information about children’s preferences. The tasting activities also provide an opportunity to record tasting choices in chart form. Patterns can then be observed using the children’s choices.</p>
<p>ELEMENT: Measurement and Comparison</p> <p>The understanding of attributes and relative properties of objects as related to size, capacity, and area.</p>	<p>Children are able to use their observation and measurement skills during tasting and cooking activities in the classroom. During tasting activities children are encouraged to compare something new they taste to other fruits and vegetables. For example, they can compare the taste of dried apricots to that of canned apricots.</p>

DOMAIN: Science Knowledge and Skills

Head Start Child Development and Early Learning Framework (Domain Elements)	LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)
<p>ELEMENT: Scientific Skills & Method</p> <p>The skills to observe and collect information and use it to ask questions, predict, explain, and draw conclusions.</p>	<p>Several of the units of the LANA Program have a strong emphasis on science including units on vegetarian animals, the five senses, and growing things. For example, children learn to identify fruits and vegetables by using their senses.</p> <p>All of the units include suggestions for activities and projects using science concepts and methods, such as observing and describing what happens to vegetables when they are cooked.</p>
<p>ELEMENT: Conceptual Knowledge of the Natural & Physical World</p> <p>The acquisition of concepts and facts related to the natural and physical world and the understanding of naturally-occurring relationships.</p>	<p>In the “Growing Things” unit, the children plant seeds and use their skills to observe the changes in the plants. They also learn in one of the Lana the Iguana stories why some things grow when you plant them (like seeds) and other things don’t.</p>

DOMAIN: Creative Arts Expression

Head Start Child Development and Early Learning Framework (Domain Elements)	LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)
<p>ELEMENT: Music</p> <p>The use of voice and instruments to create sounds.</p>	<p>Several of the theme units introduce songs and music to learn about fruits and vegetables and their characteristics.</p>
<p>ELEMENT: Creative Movement and Dance</p> <p>The use of the body to move to music and express oneself.</p>	<p>Movement activities are included in the sample lesson plans with songs, finger plays, and games suggested for each unit. Physical activity and exercise are encouraged to maintain a healthy balance with eating nutritious food.</p>
<p>ELEMENT: Art</p> <p>The use of a range of media and materials to create drawings, pictures, or other objects.</p>	<p>Children are provided with many opportunities to use art and creative expression in exploring the content and materials included in the LANA Program. Each of the theme units includes several art activities that are available for teachers to use with the children.</p>
<p>ELEMENT: Drama</p> <p>The portrayal of events, characters, or stories through acting and using props and language.</p>	<p>Children are encouraged to act out the stories with Lana the Iguana puppet. They learn about the rain forest and can make props for Lana in her special tree.</p> <p>There are other opportunities for dramatic play described in the theme units including setting up a grocery store, kitchen, restaurant, or vegetable market.</p>

DOMAIN: Social Studies Knowledge and Skills

Head Start Child Development and Early Learning Framework (Domain Elements)	LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)
<p>ELEMENT: Self, Family, and Community</p> <p>The understanding of one’s relationship to the family and community, roles in the family and community, and respect for diversity.</p>	<p>The LANA Program provides many ways to engage families in their child’s learning and acknowledges their role in improving the nutrition of young children. A parent letter introduces each theme unit and copies of the LANA stories are sent home for parents and children to read together.</p> <p>Take-Home Tasting Kits provide an opportunity for parents and children to taste the fruits and vegetables the children are learning about at school.</p>
<p>ELEMENT: People and the Environment</p> <p>The understanding of the relationship between people and the environment in which they live.</p>	<p>The closing theme unit of the LANA Program, “Foods for Everyone,” emphasizes the different types of fruits and vegetables that are grown and eaten in different parts of the world and different climates and are special to families in various cultures. Children and families are invited to participate in a multicultural celebration featuring children’s cooking activities and experiences.</p>
<p>ELEMENT: History and Events</p> <p>The understanding that events happened in the past and how these events relate to one’s self, family, and community.</p>	<p>Children learn about how food grows and how it comes to the supermarket or grocery store. Many children no longer have experience with farms and growing their own food to eat like their parents or grandparents may have.</p>

DOMAIN: English Language Development

Head Start Child Development and Early Learning Framework (Domain Elements)	LANA Preschool Program (Learning About Nutrition Through Activities) (Content and Practice)
<p>ELEMENT: Receptive Language Skills</p> <p>The ability to comprehend or understand the English language.</p>	<p>The activities and hands-on learning experiences of the LANA program are accessible to children learning English as dual language learners.</p>
<p>ELEMENT: Expressive Language Skills</p> <p>The ability to speak or use English.</p>	<p>There are not specific lessons related to learning English, but there are many opportunities to learn to use English in real, concrete situations.</p>
<p>ELEMENT: Engagement in English Literacy Activities</p> <p>Understanding and responding to books, storytelling, and songs presented in English.</p>	<p>The Lana the Iguana puppet and the picture storybooks featuring Lana are attractive and engaging for young children. They provide a resource for discussion and re-telling of stories.</p>