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Observation Assignment

I observed a 5-year old child eating lunch at the Child Development lab on the Chico Campus. Since there were several children eating at once I observed all of them, but I used a boy for the diet analysis. The child at the meal provided by the facility. The menu for lunch was as follows: baked chicken with whole-wheat pasta, baby carrots, honeydew melon and low-fat 2% milk. From this meal, this child ate 32% of needed kcals, 13.7% kcals of carbohydrate, 11.3% kcals of fat, and 8.5% kcals of protein. The atmosphere of the facility was very kid-friendly. The room has two tables used for eating during meal times and another table in a separate room. The children were served breakfast earlier in the morning. They have lots of time to play inside and outside. They ran around a lot outside and were actively playing inside. Right before they had circle time the teacher told a few kids to go run outside before circle time and they did. Circle time consisted of a song and reading a story. The teacher then dismissed the children by name to go wash their hands before lunch. I think that the children had regular tables that they were assigned to eat at. There was a worker at each table to help serve and regulate the meal. The children had plates, cups and utensils. The helpers served the food onto the plates and the kids poured their own milk. As they finished the portions they could ask for more until they were full. As the meal was taking place they talked about what kinds of foods they liked and disliked. I noticed one table was thinking of words that rhymed with the food names. I think that the meal program at the Child Development Lab is very good. They follow the guidelines of the Child and Adult Food and Nutrition Program, and by looking through the menus I can see that they serve nutritious food that kids can enjoy. They are very organized and have a pattern down so the kids

know exactly what to expect and behave at meal times. They are given choices and have control over their food intake. I do not think that I would make any changes to the meal program because I think it is excellent.

I also observed at a senior congregate meal site through the Meals on Wheels program in Oakland. I believe that the senior I observed was 65 years old, 5'8", and approximately 180 pounds. This was a Thanksgiving meal with the traditional holiday foods such as: turkey, mashed potatoes, green beans, dinner rolls with butter, low-fat 2% milk and pumpkin pie. The nutrient contents consisted of 71.6% of total kcals, 35.9% kcals of carbohydrate, 22% kcals of fat, and 13.9% kcals of protein. For a low price of under \$2.25-4.25, they got a very nutrient dense meal. They also provided places to sit and eat the meal in dining halls. This service also provides delivery services on a weekly basis and other programs such as adult daycare, mental health services and transportation services. I did not see a whole lot of nutrition education available. I think that the likes and dislikes by these people would be determined by what they ate as they grew up, if they are poor or have low income, if they are being taken care of by family or not, and if tastes have changed (loss of taste). I think that programs like this are very valuable for communities. Even in the bay area many suffer from low-incomes, poverty and/or homelessness. I am sure that many people depend on these services everyday and benefit a lot from it. The only things I would do to improve the service might be to provide some nutrition education. They could at least put out pamphlets or have classes teaching about nutrition. They do however, low sodium and low fat meals are provided for delivery.