



2014

# CROSSWALK

PA'S Nutrition and Physical Activity Self-Assessment for Child Care  
(PA NAP SACC)



Pennsylvania Office of Child  
Development and Early Learning



The objective of developing this crosswalk for the PA NAP SACC is to provide insight on how this program can aid child care providers in boosting their scores within the STARS system, ERS, the Pennsylvania ELS, and the Pennsylvania CKC.

The Nutrition and Physical Activity Self-Assessment for Child Care (*NAP SACC*) originated and was developed out of UNC Chapel Hill in 2002 with the Nutrition Service branch at the North Carolina Division of Public Health ([www.gonapsacc.org](http://www.gonapsacc.org)). The *PA NAP SACC* was adapted from the NAP SACC developed in North Carolina and is an online continuous quality improvement intervention, meets several STARS requirements, and is designed to help child care providers improve the nutrition and physical activity practices within their early childhood care settings.

The Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (*PA NAP SACC*) was adapted into a sustainable, online intervention that can be completed by child care centers and homes. The content of the PA NAP SACC provides a wealth of practical resources, as well as easily accessible professional development modules for child care directors and staff (hours for Keystone STARS, DPW and Act 48), in addition to education for families. This crosswalk of the *PA NAP SACC* program will demonstrate how this can work alongside other health initiatives such as *the Keystone Kids Go* and *I am Moving, I am Learning*.

**RESOURCES FOR MORE INFORMATION:**

Pennsylvania Keys  
[www.pakeys.org](http://www.pakeys.org)

Pennsylvania’s Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)  
<http://panapsacc.tiu11.org/>

Keystone Kids Go  
[www.panen.org/keystone-kids-go](http://www.panen.org/keystone-kids-go)

PA CKC: Core Knowledge Competencies for Early Childhood and School-age Professionals  
[http://www.pakeys.org/pages/get.aspx?page=Career\\_CBK](http://www.pakeys.org/pages/get.aspx?page=Career_CBK)

Choose My Plate  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program  
[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

Promising Practices- PA NAP SACC  
[www.panapsacc-promisingpractices.weebly.com](http://www.panapsacc-promisingpractices.weebly.com)

USDA: Food and Nutrition  
[www.usda.gov](http://www.usda.gov)

USDA: Child Care and Adult Food Program  
[www.fns.usda.gov/cnd/care](http://www.fns.usda.gov/cnd/care)

ECELS: Early Childhood Education Linkage System  
[www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org)

Better Kid Care  
<http://extension.psu.edu/youth/betterkidcare>



<b>PA NAP SACC GOAL</b>	<b>Pennsylvania Early Learning Standards</b>	<b>ERS (Environmental Rating Scale)</b>	<b>STARS Standards</b>	<b>Pennsylvania CKC (Core Knowledge Competencies)</b>
<p><b>GOAL 1:</b> Improve the Nutritional Quality of Food Served.</p>	<p><b>Standard 10.1-3.4: Nutrition</b> Name foods that keep us healthy and classify foods by their food groups. <i>(Model healthy eating, discusses the importance of making healthy choices, displays the food pyramid and provides a variety of healthy choices at snack/meal time).</i></p>	<p><b>Personal Care Routines: Meals/Snacks</b> 3.2 Well-balanced meals/snacks. <i>*(The intent of this indicator is to determine whether the correct components of a meal/snack are being served to children. No analysis of the nutritional value of foods is necessary. Use the USDA Meal Guidelines to determine whether components are present).</i></p> <p><b>Personal Care Routines: Meals/Snacks</b> 3.5 Allergies posted and food/beverage substitutions made. <i>*(A food/beverage substitution made in case of allergies or family dietary restrictions must meet primary meal/snack nutrient contribution of the food/beverage it replaces).</i></p>	<p><b>Staff Qualifications &amp; Professional Development: STAR 2</b> All staff must have two hours of health and safety professional development annually.</p> <hr/> <p style="text-align: center;"><b>CLARIFICATION</b></p> <p><u>Stars Standards</u> <b>Staff Qualifications &amp; Professional Development: STAR 2</b></p> <ol style="list-style-type: none"> <li>1. College credit offered through an accredited institution of higher education in health and safety. (Ex. EDUC 135; Health, Safety and Nutrition in ECE).</li> <li>2. Act 48/Act 45 professional development for health and safety.</li> <li>3. CEU's related to health and safety.</li> <li>4. Pennsylvania Quality Assurance System (POAS)</li> </ol> <p><i>*Information from <a href="http://www.pakeys.org">www.pakeys.org</a></i></p>	<p><b>Knowledge Area (K7) Health, Safety &amp; Nutrition</b> K7.12 Evaluate meal plans and menus to ensure they meet guidelines for sound nutrition including special dietary concerns.</p> <p><b>Knowledge Area (D7) Health, Safety &amp; Nutrition</b> D7.12 Evaluate program menu and food policies to ensure nutritional value of snacks and meals, and are inclusive of children's special nutritional needs and family preference.</p> <p><b>Knowledge Area (D7) Health, Safety &amp; Nutrition</b> D7. 14 Design program policies and procedures that promote safe food handling practices, based on current national and state research.</p> <hr/> <p style="text-align: center;"><b>CLARIFICATION</b></p> <p>Knowledge Area (D7) Health, Safety &amp; Nutrition <b>D7.12 and D7.14</b> Can refer to health and nutrition information from the USDA guidelines at <a href="http://www.usda.gov">www.usda.gov</a></p>

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<p><b>GOAL 2:</b> Improve Amount and Quality of Physical Activity.</p>	<p><b>Standard 9.1a.1:</b> <b>Aesthetic Response</b> Respond to different forms of music and dance through participation and discussion and practice rhythms in different forms of music and dance. <i>*(Relate opportunities for children to express themselves through a variety of music forms through dance or body movements).*</i></p> <p><b>Standard 10.4.1:</b> <b>Control and Coordination</b> Combine large motor movements with the use of equipment and demonstrate coordination of body movements in active play.</p>	<p><b>Space and Furnishings: Space for Gross Motor Play</b> 7.1 Outdoor gross motor space has a variety of surfaces permitting different types of play. <i>*(At least one hard and one soft play surface large enough to permit a type of play must be accessible daily outdoors).*</i></p> <hr/> <p><b>CLARIFICATION</b> <u>Space and Furnishings: Space for Gross Motor Play: 7.1</u> Examples: Sand, wood chips, blacktop, grass.</p> <hr/> <p><b>Space and Furnishings: Gross Motor Equipment</b> 5.2 Equipment stimulates a variety of skills. <i>*(To meet the requirement for a "variety of skills", the equipment children can use should stimulate the development of 7-9 different skills).*</i></p> <hr/> <p><b>Space and Furnishings: Gross Motor Equipment</b> 7.2 Gross motor equipment stimulates skills on different levels. <i>*(Consider ages of children and what challenges them to determine whether equipment stimulates skills on different levels).*</i></p> <hr/> <p><b>Program Structure: Free Play</b> 3.1 Some free play occurs daily indoors and outdoors, weather permitting. <i>*(Outdoor free play must be carried out if the weather allows children to play outdoors, children must be able to participate in free play for at least 1 hour daily in full-day programs of 8 hours or more).*</i></p>	<p><b>Staff Qualifications &amp; Professional Development: STAR 2</b> All staff must have two hours of health and safety professional development annually.</p> <hr/> <p><b>CLARIFICATION</b> <u>Stars Standards</u> <b>Staff Qualifications &amp; Professional Development: STAR 2</b> 1. College credit offered through an accredited institution of higher education in health and safety. (Ex. EDUC 135; Health, Safety and Nutrition in ECE). 2. Act 48/Act 45 professional development for health and safety. 3. CEU's related to health and safety. 4. Pennsylvania Quality Assurance System (POAS) <i>*Information from <a href="http://www.pakeys.org">www.pakeys.org</a></i></p>	<p><b>Knowledge Area (K2) Curriculum and Learning Experiences</b> K2.4 Design indoor and outdoor environments based on assessment information, using a variety of assessment tools that are appropriate for assessing learning.</p> <hr/> <p><b>CLARIFICATION</b> <u>Knowledge Area (K2) Curriculum and Learning Experiences: K2.4</u> Examples: Including but not limited to; ERS, Teaching Pyramid Observation Tool, Classroom Assessment Scoring System.</p> <hr/> <p><b>Knowledge Area (K7) Health, Safety &amp; Nutrition</b> K7. 4 Assess policies and procedures that ensure children's healthy participation in the life of the program.</p> <hr/> <p><b>Knowledge Area (D7) Health, Safety &amp; Nutrition</b> D7. 3 Develop, implement and assess program policies to ensure compliance with local, state, and national health/safety standards, and incorporate health and fitness activities in daily curriculum for every child.</p>

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<p><b>GOAL 3:</b> Improve Staff/Child Interactions Around Nutrition and Physical Activity.</p>	<p><b>Standard 10.1-3.2: Body Awareness</b> Identify specific practices that support body development and function. <i>(Discuss the concepts of rest, exercise and good eating related to good health and encourage children to engage in healthy practices).</i></p> <p><b>Standard 10.1-3.4: Nutrition</b> Name foods that keep us healthy and classify foods by their food groups.</p>	<p><b>Interaction: Supervision of Gross Motor Activities</b> 7.2 Staff helps with resources to enhance play.</p> <p><b>Interaction: Supervision of Gross Motor Activities</b> 7.3 Staff helps children develop positive social interactions. <i>*(Help children take turns on popular equipment; provide equipment that encourages cooperation.</i></p> <p><b>Program Structure: Schedule</b> 5.2 A variety of play activities occur each day, some teacher directed and some child initiated.</p>	<p><b>Staff Qualifications &amp; Professional Development: STAR 3</b> Teachers/Assistant Teachers must attend at least two hours of professional development annually on curriculum, program or child assessment, the age-appropriate Learning Standards and/or ERS.</p> <hr/> <p style="text-align: center;"><b>CLARIFICATION</b></p> <p><u>Stars Standards</u> <b>Staff Qualifications &amp; Professional Development: STAR 3</b></p> <ol style="list-style-type: none"> <li>1. College credit offered through an accredited institution of higher education in health and safety. (Ex. EDUC 135; Health, Safety and Nutrition in ECE).</li> <li>2. Act 48/Act 45 professional development for health and safety.</li> <li>3. CEU's related to health and safety.</li> <li>4. Pennsylvania Quality Assurance System (POAS)</li> </ol> <p><i>*Information from <a href="http://www.pakeys.org">www.pakeys.org</a></i></p>	<p><b>Knowledge Area (K7) Health, Safety &amp; Nutrition</b> K7. 12 Evaluate meal plans and menus to ensure that they meet guidelines for sound nutrition, including special dietary concerns.</p> <p><b>Knowledge Area (D7) Health, Safety &amp; Nutrition</b> D7. 13 Revise as necessary program policies and classroom practices that incorporate safe, healthy, and enjoyable feeding and mealtime experiences.</p> <p><b>Knowledge Area (D7) Health, Safety &amp; Nutrition</b> D7. 3 Develop, implement and assess program policies to ensure compliance with local, state, and national health/safety standards, and incorporate health and fitness activities in daily curriculum for every child.</p> <hr/> <p style="text-align: center;"><b>CLARIFICATION</b></p> <p>Knowledge Area (D7) Health, Safety &amp; Nutrition D7.3 Can refer to health and nutrition information from the USDA guidelines at <a href="http://www.usda.gov">www.usda.gov</a></p>

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<p><b>GOAL 4:</b> Improve Quality and Frequency of Nutrition and Physical Activity for Children, Parents, and Staff.</p>	<p><b>Standard 10.1-3.2: Body Awareness</b> Identify specific practices that support body development and function. <i>(Discuss the concepts of rest, exercise and good eating related to good health and encourage children to engage in healthy practices).</i></p> <p><b>Standard 20.2.1: Shared Governance or Decision-Making</b> Post regulations and program requirements in strategic locations within the school so family members can review it regularly.</p>	<p><b>Parents and Staff: Provisions for Parents</b> 7.1 Parents ask for an evaluation of the program annually.</p> <p><b>Parents and Staff: Supervision and Evaluation of Staff</b> 7.2 Frequent observations and feedback is given to staff in addition to annual observation.</p>	<p><b>Partnerships with Family &amp; Community: STAR 2</b> At a minimum of once per year, written information on topics including health and human services, wellness, nutrition and fitness, and/or child development is given and explained to families and staff.</p>	<p><b>Knowledge Area (K1) Child Growth and Development</b> K1.8 Evaluate play environments, experiences and activities in program settings, which facilitate the construction of knowledge through play.</p> <p><b>Knowledge Area (K7) Health, Safety &amp; Nutrition</b> K7.13 Develop with family's ways to incorporate their mealtime practices into family-style eating policies.</p> <p><b>Knowledge Area (D7) Health, Safety &amp; Nutrition</b> D7.12 Evaluate program menu and food policies to ensure nutritional value of snacks and meals, and are inclusive of children's special nutritional needs and family preference.</p>

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<p><b>GOAL 5:</b> Improve Nutrition and Physical Activity Policies and Related Environmental Characteristics.</p>	<p><b>Standard 20.3.1: Screening and Assessment</b> Utilize multiple sources of evidence to understand individual children's growth and development, including parent report, observations, and standardized checklists.</p> <p><b>Standard 20.3.2: Goal Development</b> Meet periodically to discuss previously determined goals, identify any strengths or improvements and make new decisions about learning goals and activities, and meet periodically to discuss previously determined goals, identify any strengths or improvements and make new decisions about learning goals and activities.</p>	<p><b>Interaction: Opportunities for Professional Growth</b> 5.3 Monthly staff meeting held that include staff development activities.</p> <p><b>Interaction: Opportunities for Professional Growth</b> 7.2 Good professional library containing current materials on a variety of early childhood subjects available on premises. *(Current materials are books that have been published within the last 10 years, and journals/magazines from the past 2 years. Books, such as the works of Piaget and Erikson are exceptions).</p>	<p><b>Staff Qualifications &amp; Professional Development: STAR 2</b> All staff must have two hours of health and safety professional development annually.</p> <hr/> <p style="text-align: center;"><b>CLARIFICATION</b></p> <p><u>Stars Standards</u> <b>Staff Qualifications &amp; Professional Development: STAR 2</b> 1. College credit offered through an accredited institution of higher education in health and safety. (Ex. EDUC 135; Health, Safety and Nutrition in ECE). 2. Act 48/Act 45 professional development for health and safety. 3. CEU's related to health and safety. 4. Pennsylvania Quality Assurance System (PQAS) <i>*Information from <a href="http://www.pakeys.org">www.pakeys.org</a></i></p> <p><b>Staff Qualifications &amp; Professional Development: STAR 2</b> Complete professional development on Continuous Quality Improvement (CQI), the Facility Professional Development Plan (FPDP), and the Learning Standards.</p>	<p><b>Knowledge Area (D2) Curriculum and Learning Experiences</b> D2.4 Examine indoor and outdoor environments based on assessment information, using a variety of assessment tools that are appropriate for assessing learning.</p> <p><b>Knowledge Area (K7) Health, Safety &amp; Nutrition</b> K7. 5 Evaluate policies for the development and implementation of individualized plans that meet the health-related needs of children, in cooperation with families and external authorities.</p> <p><b>Knowledge Area (K7) Health, Safety &amp; Nutrition</b> K7. 14 Review national and state research on best practices to keep nutrition and safe food handling policies current.</p> <p><b>Knowledge Area (D7) Health, Safety &amp; Nutrition</b> D7. 14 Design program policies and procedures that promote safe food handling practices, based on current national and state research.</p>