



Preventing Obesity and Promoting Wellness in Early Childhood Settings

REFLECTIVE ACTIVITY

MODULE 3, LESSON 8: WHAT CHILDREN NEED TO EAT

Child Care Provider – Take a close look at the daily routines in your classroom.

- Note and record all the times when children learn through observation or are given information in some way about nutrition and food choices.
- Consider the visuals on the walls in your classroom and halls and in the books you read to children.
- Consider what you eat in front of children.
- List at least three opportunities you have to model and provide better nutrition information. Make a commitment to implementing at least one right away.

Director – Reflect on how your policies and routines relate to eating and support of healthy nutrition choices.

Action Step:

Choose one policy or routine you would like to improve and write an action step for how you will make that change.

Reflection/Discussion Questions

- *How do you schedule time for children to enjoy eating?*
- *Do you set up a calm, quiet environment for meal times?*
- *How do you support children's frequent intake of water?*