



## Preventing Obesity and Promoting Wellness in Early Childhood Settings

### *REFLECTIVE ACTIVITY*

#### *MODULE 3, LESSON 9: HOW MUCH TO EAT*

**Child Care Provider – Reflect on teaching strategies and practices you use related to snack and meal times.**

- Create a list of behavioral expectations and rules you have for children at either snack or mealtime.
- Reflect on the words you use to describe food and communicate eating expectations to children.
- Analyze how the messages you are giving children match the goals you have for learning to eat appropriate portions of a variety of foods thought-out each day.
- Write a revised set of expectations include some the phrases you will use with children. Consider the amount of time allowed, your role in eating with children, and the overall atmosphere.
- Devise a way to communicate to families what you are helping children learn through your meal expectations at school.

**Director – Discuss cultural considerations when introducing new foods.**

#### **Action Step:**

Create a plan for inviting families to share favorite healthy recipes with your program. Include in your plan some way that those recipes can be shared through a program cookbook, recipe tasting parties, potluck dinners, or another way.

### **Reflection/Discussion Questions**

- *How do you support teachers and staff to serve visually appealing and diverse foods?*
- *How does your program support healthy food preparation and involve children in food preparations?*
- *Consider how your meal and snack time routines support children's ability to make choices and desire for independence.*
- *How does your program learn from families about their favorite foods, recipes, and mealtime traditions?*