



**Training Instructions**  
**Preventing Obesity and Promoting Wellness**  
**Module 3**  
**5 Training Hours**

**COMPONENT 8: HEALTH, SAFETY, AND NUTRITION**

**DESCRIPTION**

*This IdahoSTARS training series consists of 4 separate training modules. Each Preventing Obesity and Promoting Wellness training module will be taken separately for 5 training hours. Providers must complete each module in sequential order. The recommended time to complete each module is 1 – 3 months to allow an appropriate amount of time on the self-reflection component of each lesson. Child care providers will watch the video vignettes and complete the corresponding quizzes and activities. Quizzes will be submitted to the IdahoSTARS Training Office for approval. Reflective activities will be stored in a file or binder, to be reviewed with the regional Child Care Health Consultant. Training hours will be posted after quiz is processed, Child Care Health Consultant confirms the required activities during a visit and the completion of the IdahoSTARS Training Evaluation.*

**LEARNING OBJECTIVES**

**Module 3**

- Child care providers will demonstrate knowledge of what children need to eat.
- Child care providers will identify opportunities for children to make healthy choices.
- Child care providers will design and implement strategies for supporting healthy portions.
- Child care providers will design a system for communicating with children and families about nutrition and healthy choices in the child care setting.

## **IDAHO EARLY LEARNING EGUIDELINES**

Multiple strategies in the Idaho Early Learning eGuidelines emphasize the importance of a safe and healthy child care environment which includes responsive caregivers and evidence based practices. These are summarized in the Essential Practices within the guidelines:

“Promote trust, security, and exploration through nurturing relationships and safe, consistent, and stimulating environments.”

“Engage and play with children; supporting and encouraging their exploration.”

## **MATERIALS**

1. Preventing Obesity and Promoting Wellness in Early Childhood Settings Presentation available via DVD at the lending library OR login to provider account to view presentations at [idahostars.org](http://idahostars.org).
2. Handouts:
  - a. Preventing Obesity and Promoting Wellness Training Instructions
  - b. Quiz (1 for each module)
  - c. 3 Lessons (each module consists of 3 -4 lessons)

## **INSTRUCTIONS**

- Review training instructions
- Watch training vignettes; Module 3: Lessons 8, 9, and 10
- Submit quiz
- Quiz approval received
- Reflective Activity complete and documented
- CCHC technical assistance visit scheduled
- CCHC technical assistance visit complete
- Complete IdahoSTARS Training Evaluation

***Training hours are approved after CCHC visit and training evaluation is complete.***

## Module 3

### Watch Module 3: Lessons 8 - 10

1. Complete each reflective activity. Complete the portion which best matches your current role: Teacher or Director. Keep a record of your activities in a secure place. This will be reviewed by a Child Care Health Consultant.
2. Complete Quiz and submit to IdahoSTARS Training Office. Each quiz must meet 80% mastery to receive training hours.

**Mail to:** IdahoSTARS Training Office

Center on Disabilities and Human Development

University of Idaho

1187 Alturas Dr

Moscow, ID 83843-8331

**Email:** [idahostars@uidaho.edu](mailto:idahostars@uidaho.edu)

3. Schedule a visit with your regional CCHC by calling 211 and requesting your regional Child Care Resource Center to speak with or leave a message for the Child Care Health Consultant to review the reflective activities.

***Providers completing all 4 modules:*** After completing all of the materials, you will have compiled a portfolio of reflective activities from the Preventing Obesity and Promoting Wellness in Early Childhood Settings materials. The final visit with the regional CCHC to review the last materials and final portfolio will encompass all of the training materials (Modules 1 – 4).