



**Training Instructions**  
**Preventing Obesity and Promoting Wellness**  
**Module 4**  
**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 4**

- Child care providers will identify the characteristics of family style dining and their value.
- Child care providers will explore a variety of nutrition activities to implement in an early childhood setting.
- Child care providers will recognize the value of and demonstrate strategies for positive messaging in early childhood settings, specific to food, nutrition, and active physical play.

## **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.”

“Have access to nutritious foods and feeding strategies that promote children’s optimal health and development.”

“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. 4 Lessons (each module consists of 3 - 4 lessons)

## **INSTRUCTIONS**

- Review training instructions
- Watch training vignettes; Module 4: Lessons 11, 12, 13, and 14
- 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 4**

### **Watch Module 4: Lessons 11 – 14**

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 and consultation with Child Care Health Consultant.

**Mail to:** IdahoSTARS Training Office  
Center on Disabilities and Human Development  
University of Idaho  
1187 Alturas Drive  
Moscow, ID 83843

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

3. After receiving an email that you have received a minimum of 80% in the quiz, 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).