



Training Instructions
Preventing Obesity and Promoting Wellness
Module 3: Nutrition and Healthy Choices
5 Training Hours

COMPONENT 8: HEALTH, SAFETY, AND NUTRITION

COURSE DESCRIPTION

- Module 3: Nutrition and Healthy Choices: What Children Need to Eat, How Much to Eat, and Making It Work

Child obesity is at epidemic levels. One-third of the children in America are carrying too much weight. Early childhood programs can lead the way in educating young children and their parents on the importance of diet and exercise. This Turn-Key adapted training series will give early childhood educators the knowledge base and practical strategies they need to make a difference. The time is now for early childhood programs to aggressively address childhood obesity and promote wellness. This training will help you start the process of causing change that will benefit young children for the rest of their lives.

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

This training series is to be completed in order, starting with Module 1. The recommended amount of time to complete each module is 1 to 3 months to allow an appropriate amount of time on the Reflective Activity components of each lesson. Training hours will post to your Training Log after completing all steps (1 through 7) for this module of Preventing Obesity and Promoting Wellness. The completion date reflected on your Training Log will be the date the Training Office received your Training Quiz.

1. Preventing Obesity and Promoting Wellness training videos (Lessons 8, 9, and 10)
 - a. Videos available through your local CCHC
2. Handouts:
 - a. Module 3 Training Instructions
 - b. Module 3 Training Quiz
 - c. Reflective Activities for Lessons 8, 9, and 10

INSTRUCTIONS

Step 1: Review Training Instructions

Step 2: Watch Training Videos (Lessons 8, 9, and 10)

Step 3: Complete Module 3 Training Quiz

Submit Training Quiz to the IdahoSTARS Training Office for Review

Mail to: IdahoSTARS Training Office

Center on Disabilities and Human Development

University of Idaho

1187 Alturas Drive

Moscow, ID 83843-8331

Email to: idahostars@uidaho.edu

- You will receive a notification to contact your local Child Care Health Consultant (CCHC) once your quiz is processed.

Step 4: Complete all 3 Reflective Activities (portion that best matches your role: Director or Child Care Provider)

- Keep Reflective Activities for review during your Technical Assistance (TA) visit

Step 5: Schedule TA visit with your local CCHC

- Call 2-1-1 (the Idaho CareLine) or 1-800-926-2588 and ask for your local CCHC

Step 6: Complete TA visit with your local CCHC

Step 7: Complete the Module 3 Training Evaluation through your provider account

If you wish to continue this training series, Module 4 Training Instructions and Materials are available to you (after your completion of Module 1) through your local CCHC.