



Training Instructions
Preventing Obesity and Promoting Wellness
Module 4: Nutrition Activities
5 Training Hours

COMPONENT 8: HEALTH, SAFETY, AND NUTRITION

COURSE DESCRIPTION

- Module 4: Nutrition Activities: Family Style Dining, The People's Garden, Healthy Pizza Field Trip, and We're All Special

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 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

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 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 11, 12, 13, and 14)
 - a. Videos available through local CCHC
2. Handouts:
 - a. Module 4 Training Instructions
 - b. Module 4 Training Quiz
 - c. Reflective Activities for Lessons 11, 12, 13, and 14

INSTRUCTIONS

Step 1: Review Training Instructions

Step 2: Watch Training Videos (Lessons 11, 12, 13, and 14)

Step 3: Complete Module 4 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 4 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

- After completing all 4 Modules, you will have compiled a folder/binder of reflective activities. The final visit with your local CCHC will encompass all of the training materials for Modules 1 through 4.

Step 7: Complete the Module 4 Training Evaluation through your provider account