



Preventing Obesity and Promoting Wellness in Early Childhood Settings

REFLECTIVE ACTIVITY

MODULE 4, LESSON 13: HEALTHY PIZZA FIELD TRIP

Child Care Provider – Write a plan for a field trip that focuses on healthy food choices or healthy activity using the three recommended steps.

- Preparing to go: Before your trip, what experiences will you support to fuel children’s interest in the topic and create connections to your curriculum?
- During the event: Identify hands-on roles for children at the site. Consider how the visit relates to past experiences, but also offers something new that expands their perspectives.
- Reinforcing the message: Plan for ways to reflect on the field trip experience. How are you discovering the knowledge that children gained? How are you providing consistent messages about key concepts from the trip in multiple ways over time?

Director – Conduct a materials review.

Action Step: Commit to finding new materials to spark excitement and learning about health and nutrition.

Reflection/Discussion Questions

- *What materials are available to children when they express an interest in health and nutrition concepts?*
- *How can the materials you have be used to support children’s emerging interests?*
- *Brainstorm a list of additional materials you would like to add.*