



## Healthy Starts in Early Childhood Care and Education Training Assignments

made possible with support from the Blue Cross and Blue Shield of North Carolina Foundation

### Assignments Overview

The *Healthy Starts in Early Childhood Care and Education Training Series* is a 10-hour series of recorded webinars. Each webinar is 30 to 60 minutes in length. A minimum of 1 assignment per learning module content is required. Each assignment has been developed to help you try or practice what you learned.

The assignments below are in addition to time spent in completing the online module and are intended to take a minimum of 4 total hours (all assignments combined) to complete.

No partial credit is available for this training series.

### Module 1 Introduction (No Assignment).

### Module 2 Overview of Obesity Assignment Options - Choose one.

#### **Obesity (OB):**

- OB1. Childhood Obesity Prevention Initiatives in NC (15-30 minutes): Search online to learn more about SHAPE NC and the organizations partnering to bring you this webinar. Learn what these organizations are doing for child health in North Carolina and what resources and materials are available on their websites that could support your work.
- OB2. Communities Fighting Obesity (15-30 minutes): Take a look at some of the obesity prevention projects going on around the country. Choose a couple of videos to watch from among the winners of the Let's Move Faith & Communities "Communities on the Move" Video Challenge <http://communities.challenge.gov/>. Reflect on how your neighborhood or faith community might be able to take similar steps to the groups you learned about in the videos.

## **Module 2 Overview of Obesity Assignment Options Continued - Choose one.**

- OB3. Weight of the Nation (30 minutes): Watch a few chapters in the Part 1 film *Consequences* and Part 3 *Children in Crisis* (<http://theweightofthenation.hbo.com/films/main-films/Consequences>). The most relevant and suggested chapters to watch include: Chapter 2 (The Childhood origins of Adult Diseases) and 6 (Childhood prevalence and health impact) and Part 3 film *Children in Crisis*: Chapter 1 (Health consequences of Childhood Obesity). What was new or surprising to you in what you watched?
- OB4. How Is Your Child Care Program Supporting Healthy Weight? (30 minutes) Use a portion of the SHAPE NC assessment to look at how your center is promoting good nutrition and physical activity. (*Note: This assignment can be applied to all learning modules*)

## **Module 3 Physical Activity & Play Assignment Options - Choose one.**

### **Physical Activity & Play (PA):**

- PA1. Observe children at your center throughout the day, in different settings such as classroom and outdoors, and take notes about the types of physical activity/movement they are involved in and the level of effort they are demonstrating (30 minutes).
- PA2. Conduct an internet search and find 10 websites that provide physical activity ideas for young children ages 0-5 (30 minutes).
- PA3. Create a 10 minute physical activity lesson idea for your children that include the following parts: objective of the lesson, equipment needed, management considerations, description of the activity, and a layout of the space where the activity will be conducted (45-60 minutes).
- PA4. Spend at least 15 minutes being physically activity with your children in their outdoor learning environment doing some of the following things: guiding a child's movement to help them be more successful, facilitating physical activity by starting something new, walking around and telling the children positive things about how they are moving, participate in a game or activity with the children, take a walk, etc (15-30 minutes) OR  
Implement at least one new structured physical activity with your class focusing on a specific motor skill and/or movement concept (15-30 minutes).

## **Module 4 Nutrition & Healthy Eating Assignment Options - Choose one.**

### **Nutrition & Healthy Eating (NUTRI):**

- NUTR1. Classroom Healthy Eating Messages (20 minutes): Turn your classroom into a healthy classroom by sending a positive message about healthy eating using a poster, books, toys, activities, or anything visual. Try the Myplate website for ordering and downloading free materials to get you started. <http://www.choosemyplate.gov/print-materials-ordering.html>
- NUTR2. Integrate Nutrition (60 minutes): Choose a lesson or activity that you like to do with your class and think about how you could incorporate nutrition themes into this activity. Try it out with your class, then, reflect on how it went. What did you learn from this experience that could guide you the next time you integrate nutrition themes into a lesson? (Ex. Fall theme, try a recipe made with pumpkin)
- NUTR3. Encourage Healthy Eating Behaviors (60 minutes): Choose one of the strategies covered in the module for encouraging children's healthy eating. Make it your goal to try this strategy for a week. Before you begin, think about what might make it difficult to add this into your routine, and what you'll need to do to prepare for success. After the week is over, reflect back on how it went, if it's something you could keep doing, and overall what kind of impact you think you can make with your class by trying out the strategies recommended in the module.
- NUTR4. Try Family Style Dining (60 minutes): Think about how you can begin to implement family style dining in your classroom. Start small with snacks or maybe just serving 1 item at lunch such as pouring milk using a child size pitcher. Give it a try and see what worked well what didn't. Make appropriate changes and try again. Maybe you can encourage other teachers in your program to give it a try.

## **Module 5 Outdoor Learning Environments Assignment Options- Choose one.**

### **Outdoor Learning Environments (OLE):**

- OLE1. Using the best practices provided on naturalizing OLEs, conduct a review of your own child care center, and identify up to three ways to add natural elements to your OLE. (60 minutes)
- OLE2. Identify one new activity that you will develop and/or try out to support physical activity and nutrition using natural elements. Describe the role of the teacher, and how children will be encouraged to participate (30 minutes).

## **Module 5 Outdoor Learning Environments Assignment Options Continued - Choose one.**

- OLE3. Review your own child care center policies regarding outdoor play and the outdoor environments (60 minutes). What policies currently support outdoor play and what could be added?
- OLE4. Considering the resources provided in this section, how would you encourage parents to become more supportive of outdoor play in naturalized OLEs (30 minutes)? OR What activities can children do outside when the weather is hot, cold, or rainy? Share one activity that you have tried or will try in the future to encourage children to be active outside in all kinds of weather? How will these activities be incorporated into daily schedules (30 minutes)?

## **Module 6 Personal Wellness Assignment Options – Choose one.**

### **Personal Wellness (PW):**

- PW1. Energy Balance (15 minutes): Look up the number of calories in your favorite meal or snack item from a fast food restaurant (all nutrition information is posted on restaurants' websites). Then see how long you would have to do your favorite type of activity or activities to burn the calories. Look up the number of calories burned when doing a couple of your favorite activities (using a phone app or an online tool/chart like <http://www.webmd.com/diet/healthtool-fitness-calorie-counter>). Determine how much time it would take doing these activities to use the calories contained in the food you chose. What surprised as you were doing this activity?
- PW2. MyPlate (30 minutes): Take a photo of a plate containing a healthy meal that follows the MyPlate recommendations for variety.
- PW3. New Physical Activity (15-60 minutes): Try a new type of physical activity that you are interested in, but have never tried. It could be a class, a sport, or just a couple new exercises you pick out of a book or online. What did you like and dislike? Would you try it again?
- PW4. New Recipe (60-120 minutes): Think about one of your favorite meals to make that is high in added sugar, added salt, or fat. Search online and think about how you could change the recipe- what alternative ingredients could you substitute to lower the sugar, salt or fat? Make the new recipe and see what it's like. If it's good maybe you can add it into your routine, if not, look into some other substitutions or similar recipes that might be a healthier version.

## **Module 6 Personal Wellness Assignment Options Continued – Choose one.**

- PW5. Tracking Nutrition and Physical Activity (120 minutes): For the next week, keep a food and physical activity diary, logging what you eat throughout the day and what kinds of activities you do. Use a phone app, the [MyPlate SuperTracker](https://www.choosemyplate.gov/SuperTracker/default.aspx) <https://www.choosemyplate.gov/SuperTracker/default.aspx> or pencil and paper (we can provide a template) to track the calories you eat each day. Use the WebMD activity tracker to log calories burned (<http://www.webmd.com/diet/healthtool-fitness-calorie-counter>). At the end of the week, take a look at your diary and reflect on how you did with the nutrition or physical activity goal you set during the module. Did you have a good energy balance everyday or at least for the entire week? Look broadly over the week at what successes and challenges you had- congratulate yourself on your successes and note your challenges as they could turn into future goals!
- PW6. Weight of the Nation (30 minutes): Watch a few chapters in the Part 2 film: Choices. The most relevant and suggested chapters to watch include: Chapter 4 (Energy Balance), 5 (Why is it so hard to lose weight?), 7 (What are the facts and myths about exercise?) and 8 (What can I do at work to improve my health?). Did anything surprise you and did you learn anything new? Think about the messages that really stuck with you and try to make one new small behavior change (Ex. drink an extra glass of water each day and eliminate one other drink).