**Food and Farming Education Learning Collaborative**

**Learning Session 3: Nutrition Education Agenda**

The agenda below is based on the “Sections” included in Learning Session 3: Nutrition Education. The purpose of this Learning Session is to reflect on the Action Period 1 tasks, discuss the importance of nutrition and healthy eating habits, and to share some simple, hands-on nutrition education activities.

Objectives for this Learning Session are to:

* Reflect on the first two Learning Sessions and progress to work through the Action Period Tasks.
* Discuss the importance of nutrition and healthy eating habits.
* Explore ideas for nutrition education with children.

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| **Training Component/Content** | **Estimated Time (60 minutes)** |
| Welcome and Introductions   * Agenda * Group Norms * Icebreaker * Learning Objectives | 5 minutes |
| Action Period 1 Check-In   * Action Period 1 Task Review * Your Self-Assessment Results * TA Group Discussion (Split into small group when possible) | 15 minutes |
| Importance of Nutrition and Healthy Eating Habits   * What is Nutrition? * Food and Nutrition Security * Developing Healthy Eating Habits * CACFP Best Practices | 10 minutes |
| Physical Activity Break | 5 minutes |
| Nutrition Education in ECE Programs   * Nutrition Education in Early Childhood * Hands on Activities * Nutrition Education Books * Get Moving with Nutrition Education * Discussion Prompt: Walmart? What other ideas do you have to help children understand that their food doesn’t just come from the grocery store? * Outside of the Classroom | 20 minutes |
| Resources and Next Steps   * Resources * Tasks to Complete * Key Dates * Questions * Coach Information | 5 minutes |