**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 |