Exploring Nutrition & Wellness

Refer to the USDA's *Find Your Healthy Eating Style & Maintain It for a Lifetime* information sheet, also in the Explore section of this lesson. Then, reflect on your knowledge of the nutritional and physical activity needs of young children by completing the questions below. Share your responses with your administrator, trainer, or coach.

1. How do the meals served in your program meet the MyPlate guideline of serving a variety of grains, fruits, vegetables, dairy, and proteins at each meal? Provide examples of the various foods that are provided to children in each category.

2. Does your program serve family style meals to children? Why or why not?

3. List 2-3 ways that you support and encourage physical activity for the children in your care.

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