



Reflect on your own experiences with children, families, and colleagues. If you are an supervisor, administrator, or adult educator, how might you use these questions and activities to help other adults reflect on their experiences?

Know Yourself

What do you bring to the table?

How do you describe your diet? Is it based on a set of beliefs (possibly faith-based) or do you follow a published diet plan? Are you a vegetarian? Do you crash diet? Select foods for a detox diet, or have a prescribed diet for medical reasons? Or are you an “opportunivore” (one who eats whatever comes their way)? Your food choices can be influenced by several factors that include: Culture, where you live (Are you a “loca-vore”?), based on family tradition, or on eating habits established early in life. The way you eat may be a combination of any of these things. Food choices change overtime- with economics, lifestyle, location and availability of foods, age and health. And similar to a child’s experience, exposure to new foods influences your diet.

How do your view of food and your own nutrition inform or limit your understanding of healthy food choices for all of the children in your program?

What restricts you in making the best choices for children in your program?

Try This!

Go to ChooseMyPlate.gov site and poke around. Look for resources that support your program's nutrition education program. If you do not currently have a strand in your curriculum planning process for nutrition and health, consider what it would take to add it.

Create a plan for nutrition awareness, using resources from this site as the underpinnings. Write the questions and topics that interest you. Explore them with families, with staff, and children. Identify five outcomes you could anticipate from your action. Write up the plan with interactive elements for all members of your learning community.