

Family Style Dining: Promoting Positive Eating Habits Training Module

***The Family Style Dining: Promoting Positive Eating Habits* training module includes:**

- Initial and follow-up training opportunities
- Trainer's guide
- Objectives
- PowerPoint presentation
- Instructor notes
- Small group activities
- Assessment (test your knowledge)
- Self-evaluation (observation and feedback)
- Training evaluation
- Training certificates for participants
- Training log to track number of training hours

The objectives of this training module address the following:

- Standard 2 of NAEYC Accreditation Criteria for Curriculum Standard
- Standard 3 of NAEYC Accreditation Criteria for Teaching Standard
- Section 1304.23 of Head Start Performance Standards (Federal Register: Nov. 5, 1996, Volume 61, Number 215)

Initial Training Objectives

Teachers will:

- Describe family style dining.
- Discuss the benefits of family style dining.
- Summarize the typical eating habits of the children in their care.
- Share information on how to encourage positive eating habits.

Duration: Approximately 1 hour

Audience: For those who work with toddlers through school-age

Follow-up Training Objectives

Teachers will:

- Review the information that was presented in the initial *Family Style Dining: Promoting Positive Eating Habits* training.
- Discuss some of the activities that children can participate in to help them learn positive eating habits.
- Develop a lesson plan that incorporates activities that children will participate in to help them learn positive eating habits.

Duration: Approximately 1.5 hours

Audience: For those who work with toddlers through school-age