

# Eat Right, Grow Strong

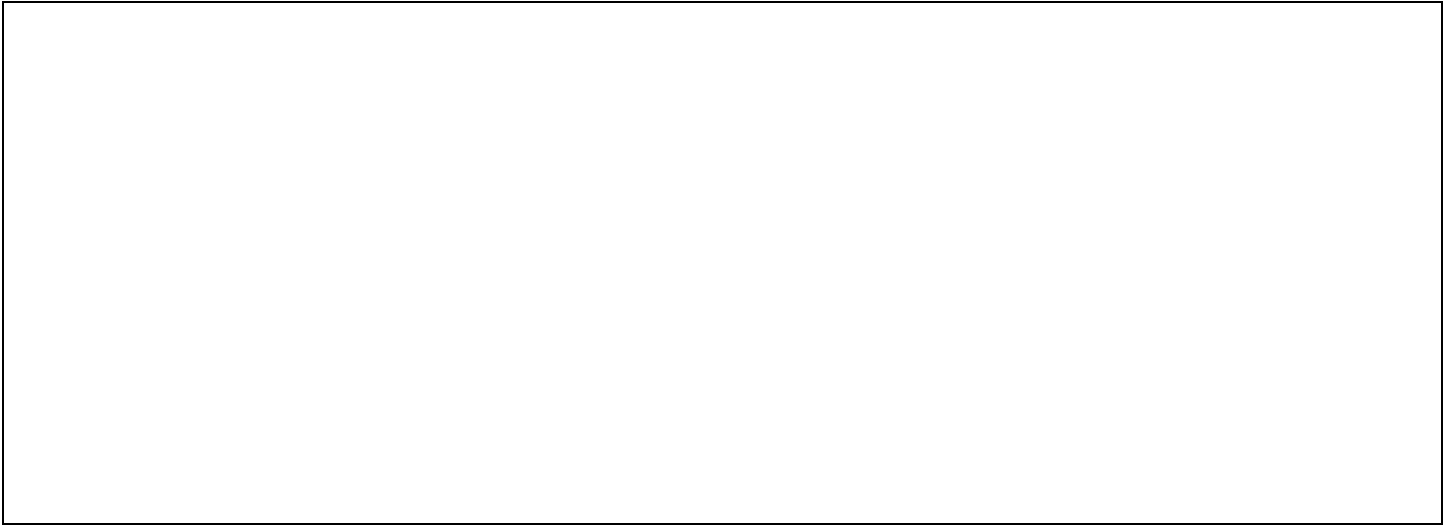


You may print this document or keep track of your answers on a piece of paper. Read the following questions and think about the children and families you work with. When you are finished, click the “Back” arrow button on your browser to return to the activities.

Based on your interactions with children at meal and snack time, do the children in your child care center know about good nutrition? What do they know about healthy eating habits?

What is the greatest challenge you face in encouraging the children in your center to eat healthy?

Do you think parents are concerned about nutrition? What makes you think so?



Are the children in your child care facility willing to eat fruits and vegetables?

