

**ECELS Moving and Munching Self-Learning Module**  
**Assessment and Implementation Questions**  
**Supporting Physical Activity and Nutrition in Early Learning Programs**

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Name \_\_\_\_\_ Early Learning Program Name \_\_\_\_\_

Director Name \_\_\_\_\_ Early Learning Program Phone # \_\_\_\_\_

Director E-Mail \_\_\_\_\_

**Directions:** Please choose the letter that best answers the question or completes the statement. There is only one correct answer for each question. If more than one staff member is completing this module at the same time, it is acceptable to discuss this self-assessment, but each person should submit the self-assessment separately.

1. What type of milk is the best choice for children 2 years of age and older to drink?
  - a. Skim or 1%
  - b. 2%
  - c. Whole milk
  - d. Any type of milk
  
2. How should drinking water be made available to children in early care and education programs?
  - a. When requested by the children
  - b. At meal and snack times only
  - c. Readily available, indoors only
  - d. Readily available, indoors and outdoors throughout the day
  
3. Why is it important for preschool-age children to be served fruits and vegetables daily?
  - a. It helps keep them feeling full longer
  - b. They are high in fiber and good for overall health
  - c. They provide children opportunities to learn about colors, textures and tastes
  - d. All of the above
  
4. What is the best way to serve foods to preschool age children in early care and education programs?
  - a. On individual trays
  - b. Family style
  - c. Out of single-serve containers
  - d. Any of the above
  
5. True or False: Supervised tummy time is an important physical activity for infants.
  - a. True
  - b. False

6. How many age-appropriate servings of 100% fruit or vegetable juice should be allowed each day for children 2-5 years of age ?
  - a. One
  - b. Two
  - c. Three
  - d. Four
  
7. True or False: Programs that care for infants and toddlers should have a breastfeeding-friendly space.
  - a. True
  - b. False
  
8. Exclusive breastfeeding is recommended until an infant is:
  - a. Three months of age
  - b. Six months of age
  - c. Nine months of age
  - d. Twelve months of age
  
9. Limit screen time in early care and education programs to no more than 30 minutes per week for which age group?
  - a. Infants
  - b. Toddlers
  - c. Preschoolers
  - d. All of the above
  
10. Which resource has “10 Tips” nutrition education sheets that can be used with staff and families?
  - a. Healthy Habits for Life
  - b. Keystone Kids Go!
  - c. MyPlate
  - d. I Am Moving, I Am Learning
  
11. Refer to the Let’s Move! Action Plan which you created after completing the Let’s Move! Checklist. List three best practice goals. For each goal, list three actions you will take to achieve that goal, the persons who will be involved, and the target date for completion.

<i>Example:</i> <i>Best Practice Goal: Increase physical activity during the day</i>	<i>Person Responsible</i>	<i>Target Date</i>
<i>Action 1: Staff training on activities to use</i>	<i>Asst. Director</i>	<i>7/14</i>
<i>Action 2: Review and update policy</i>	<i>Director</i>	<i>8/14</i>
<i>Action 3: Share policy with staff and families</i>	<i>Director</i>	<i>9/14</i>

LMCC Best Practice Goal 1:	Person Responsible	Target Date
Action 1:		

Name \_\_\_\_\_ Early Learning Program \_\_\_\_\_

Action 2:		
Action 3:		

LMCC Best Practice Goal 2:	Person Responsible	Target Date
Action 1:		
Action 2:		
Action 3:		

LMCC Best Practice Goal 3:	Person Responsible	Target Date
Action 1:		
Action 2:		
Action 3:		

12. Refer to the Go NAP SACC self-assessment area you completed. List one specific goal related to that area. For the goal list three actions you will take to achieve that goal, the persons who will be involved and the target date for completion.

<i>Example</i> <i>Best Practice Goal 1: Increase support for breastfeeding</i>	<i>Person Responsible</i>	<i>Target Date</i>
<i>Action 1: Staff training on benefits of breastfeeding</i>	<i>Child Care Health Consultant</i>	<i>7/14</i>
<i>Action 2: Review and update policy</i>	<i>Director</i>	<i>8/14</i>
<i>Action 3: Share policy with staff and families</i>	<i>Director</i>	<i>9/14</i>

Go NAP SACC Best Practice Goal 1:	Person Responsible	Target Date
Action 1:		
Action 2:		
Action 3:		

13. **Resources:** List three resources you will use to help you meet the goals in your action plans. (Select resources from Section 3 of this module.)

1.	
2.	
3.	

Name \_\_\_\_\_ Early Learning Program \_\_\_\_\_

**14. Parent Education/Family Engagement:** List three ways you will engage families during the next year. (Select resources from Section 4 of this module.)

1.	
2.	
3.	

**15. Policy:** List three types of policies from *Model Child Care Health Policies* you will explore with your staff, families and others who will be impacted by the policy. ( Select from Section 5 of this module.)

1.	
2.	
3.	

16. Please share your ideas for improving the Moving and Munching Self-Learning Module.