

Logic Model leading to Impacts:

The UW-Extension program on Rethinking Nutrition in Early Childhood Settings.

<u>INPUTS</u>	<u>OUTPUTS</u>	<u>OUTPUTS</u>	<u>IMPACTS</u>
<u>UW-Extension Activities</u>	<u>Knowledge Gained By Learners</u>	<u>Skills Practiced By Learners</u>	<u>Anticipated Changes in Children and Families</u>
<u>Workshop 1.</u> Yummy Carrot Sticks! How Children Learn to Like Nutritious Foods.	Why early nutrition is so important (it predicts lifelong health outcomes). The many ways we influence children's attitudes toward foods.	Write letter to parents explaining the program's mealtime expectations and practices. Identify the sugars, fats, and salt in food product labels.	Increase children's exposure to and acceptance of a wider variety of healthy foods, particularly vegetables and fruits.
<u>Workshop 2.</u> What's for Snack? Nutrition to Support Healthy Growth.	How to encourage children to try new foods. What good nutrition is for children of different ages.	Examine and modify the ingredients in their program snacks to make them healthier.	Improve children's positive attitudes toward mealtime. Reduce consumption of sugar-added foods. Increase consumption of fruits, vegetables, and whole grains.
<u>Workshop 3.</u> Cupcakes for Lunch: Creating a Food and Nutrition Policy for your Program.	How to change mealtimes so children learn positive attitudes toward food. Reasons a child care program should develop a written nutrition policy.	Respond to a challenge to the program's nutrition policy, in a way that explains and justifies it. Plan changes to their program mealtimes, to make them more effective settings for social and intellectual development.	Increase parents' knowledge of childhood nutrition and effective mealtime practices.
<u>Workshop 4.</u> Count, Read, Share: The Meal Table as a Learning Center.	How to use mealtime as a learning center.		Improve children's social & intellectual development.