

Approved CARES Plus Component A Training

Title: From Food to Physical Activity – Online

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Training Information

- **Type:** Locally developed
- **Delivery Method:** Online
- **Length:** One four-hour session
- **Availability:** Statewide
- **Language:** English
- **Age-level Focus:** Infant, Toddler, Preschool, and Kindergarten
- **Cost:** \$30 per person (individual and group member discounts)

Training Description: Participants will learn how to promote healthy eating, proper nutrition, and physical activity. They will also know how to safeguard against food allergies and way to prevent childhood obesity.

Training Methods: Lecture, handouts, demonstration and practice during training, written reflection, required reading, self or program assessment, facilitated peer discussion, interactive learning activities, quizzes, games, videos, case studies, and examples.

Learning Objectives

| Competency Area | Performance Area | Topic/Competency Context(s) |
|-------------------------------|-------------------|-----------------------------------|
| Health, Safety, and Nutrition | Physical activity | Physical activity |
| Health, Safety, and Nutrition | Nutrition | Healthful food choices and habits |
| Health, Safety, and Nutrition | Nutrition | Individual dietary requirements |

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Training Provider: First 5 California-Approved Statewide Training

Training Category (Competency): Health, Safety, and Nutrition

Training Topic: Physical Activity