

TOP Star Training Homework

In 4-5 sentences, briefly answer the questions below. Once complete, send a copy along with your quizzes, TOP Star certificate, and Professional Development Application to CCPDI.

1. What do you feel is a child care provider's role in preventing childhood obesity?
2. Why did you choose to participate in the TOP Star program? What improvements have you seen since you've been participating?
3. How do you incorporate physical activity into your daily routine (such as curriculum, circle time, outdoor time, etc)?
4. How do you teach the children about healthy nutrition habits?
5. How do you set a healthy example for the children in your care?