

TOP Star Workshops Homework

Please either fill this out and mail it with the other workshop handouts to me or e-mail me the details. Once I receive this information from you and you view the six online workshops, you will receive your 10 hours of career ladder credit certificate. Please call me with any questions.

You will need to do 1 hour of homework. You can choose what you want to do with the kids to fulfill your homework assignment. You just need to implement something that you learned or re-learned with the kids. Some ideas of homework are:

Nutrition or physical activity presentation with kids

Add another structured physical activity with the kids during the day and participate!

Make circle time more interactive and get the kids moving

Incorporate physical activity into art, music, math, etc.

Increase whole grains in the menu

Introduce a new fruit or vegetable to the children every day for a week

Change a recipe to use beans in place of oil or meat

Talk to the kids about childhood obesity

Or anything creative you come up with!!

Please list what you did for your 1 hour of homework:

_____ 1 hour

Thank you,

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