



Head Start is a national commitment to give every vulnerable child an opportunity to succeed.

## National Head Start Initiatives



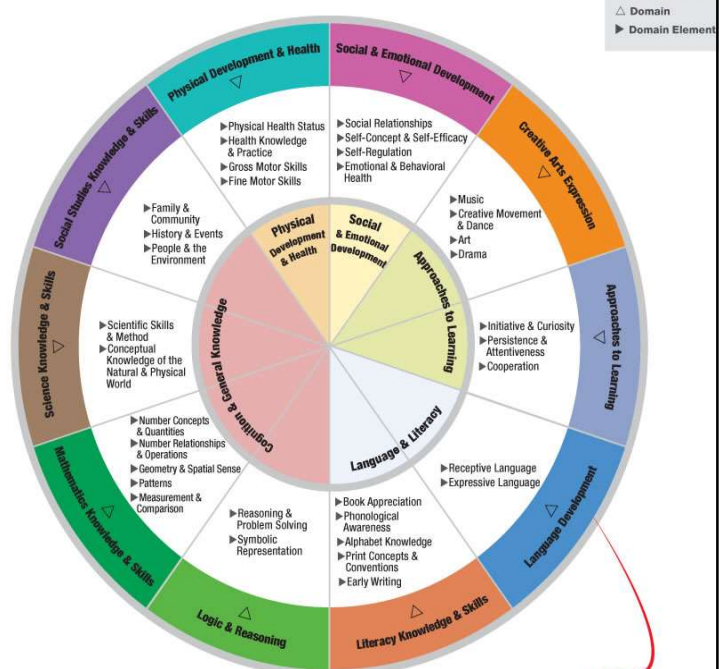
## Hands-on Nutrition & Garden Experiences Provide Young Children with Life-enhancing Benefits

- Access to healthy food
- Increased physical activity
- Reduced risk of obesity
- Improved behavior
- Decreased stress/ anxiety
- Positive social integration
- Greater engagement with learning
- Better academic performance

## Head Start Early Learning Outcomes Framework

- Age-appropriate expectations for birth to 5-year-olds
- Experiences/ activities to match child's skills and abilities

<https://eclkc.ohs.acf.hhs.gov/school-readiness/article/head-start-early-learning-outcomes-framework>



# Come, EXPLORE Nutrition from the Garden!



Photo Credit: Randy Seagraves, Curriculum Director, International Junior Master Gardener Program & Extension Program Specialist  
January, 2019.

<https://www.gograph.com/vector-clip-art/vegetable-garden.html>



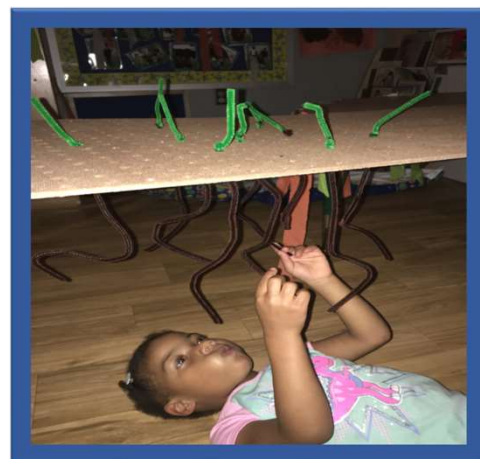
## Engage the Young Learner:

- Age-appropriate skills
- Real experiences
- Three-dimensional manipulatives
- Relevance to a child's life
- Map



## User-Friendly Curricula:

- Specific instructions
- Expanded learning options
- Scaffolding content
- Readily available materials
- Easy, time efficient preparation
- Strong literacy component



## Strategies for Introducing Healthy Foods

- Be a good role model
- Provide positive food offerings/experiences
- Repeat exposures of nutrient-dense foods
- Offer the same foods to everyone (exception: religious beliefs or allergies)

<https://www.choosemyplate.gov/ten-tips-be-a-healthy-role-model>

“What is the one key factor or element that has helped your program to find success?”





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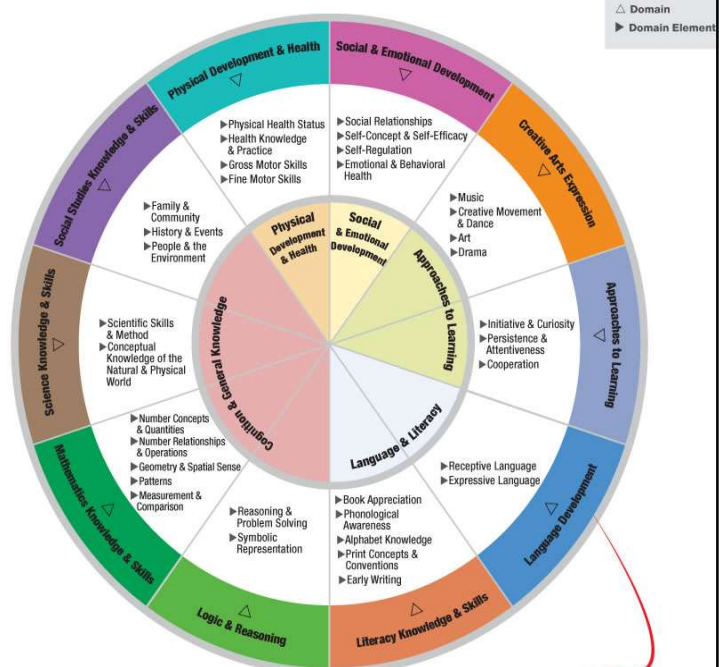
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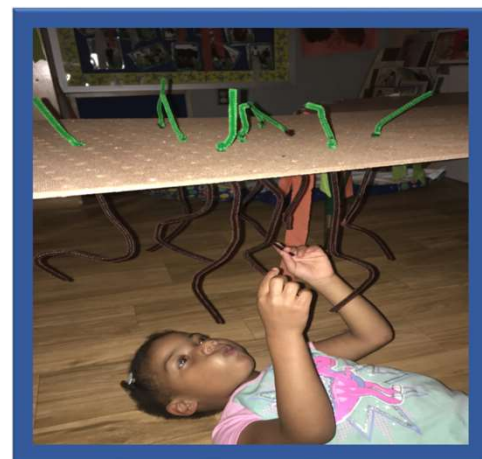
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