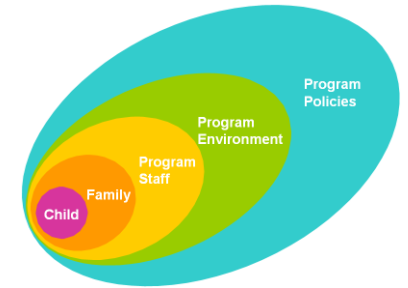


# Action Plan Worksheet

Start Date:

Provider Name:

Goal: Increase the consumption of fruits and vegetables.



Model adapted from: Bronfenbrenner, U. *The Ecology of Human Development*. Cambridge, MA: Harvard University Press, 1979.

Objectives / Steps	Provider	Environment	Child	Family	Program Policies
<p>Increase the knowledge and consumption of fruits and vegetables through cooking activities.</p>	<p>Identify recipes for weekly cooking activities.</p> <p>Identify books that support cooking activities and discuss healthy food choices.</p> <p>Develop a bulletin board to display photos of cooking activities.</p> <p>Find new recipes to use with the children and families.</p>	<p>Gather appropriate supplies and equipment needed for cooking activities.</p> <p>Update bulletin board with weekly cooking activities.</p> <p>Place books on healthy eating around the home for children and families to read independently.</p> <p>Add plastic fruits and vegetables as toys for children to play with.</p>	<p>Introduce the project to the children by reading an appropriate book promoting healthy foods.</p> <p>Discuss the importance of hand washing and cooking preparation.</p> <p>Allow children to do the dipping, pouring, cutting, and mixing during cooking activities.</p> <p>Allow children to set the table for family-style dining meals.</p>	<p>Have weekly cooking activities and invite families to volunteer.</p> <p>Develop a newsletter to share with families the cooking activities done during the day.</p> <p>Ask families to share their favorite recipes.</p>	<p>Develop a healthy eating policy that informs parents about cooking activities being included into the curriculum.</p> <p>Develop a healthy celebrations policy.</p> <p>Develop a healthy fundraising policy.</p>
Who is responsible?	Self	Self	Self and Children	Self, Children and Families	Self
Date	April 30 <sup>th</sup>	May 15 <sup>th</sup>	June 5 <sup>th</sup>	August 31 <sup>st</sup>	October 1 <sup>st</sup>