

## Unit 7 Discussion Scenario

### **Chapter 12 Read Wrapping it Up Essay Scenario: Becoming more physically active**

The Learning Tree Early Education program director, teachers, and support staff have expressed a desire to focus more time and effort on improving children's nutrition and fitness during the coming school year. They are especially interested in increasing the amount and rigor of physical activity that the 3-, 4-, and 5-year-olds participate in each day. Since their initial meeting, the teachers have been reading journal articles and reviewing online lessons for information that can be incorporated into their curriculum plan. They also have consulted with a local dietitian and recreational therapist for ideas about preparing healthier meals, increasing children's participation in developmentally appropriate physical activity, and designing meaningful learning experiences. One teacher has offered to work with the school cook in a joint effort to revise the weekly menu plans. Their goal is to incorporate more fresh fruits, vegetables, and whole-grain products into the meals and to increase children's acceptance of these food items. In the meantime, the director has recruited a local volunteer group to build a new climbing structure and to make modifications in the existing play yard so that it will be more accessible for children who have motor limitations.