

Learning Packet Order Form

For: CCFP Workshop Credit

Read about exciting nutrition topics and get the latest information from The American Dietetic Association. All chapters are taken from The American Dietetic Association's Complete Food & Nutrition Guide, written by Roberta Larson Duyff, MS, RD, CFCS, copyright-1998. Choose a topic listed below and send this order form to the Child Care Food Program.

The CCFP will send your packet in 1-2 weeks. Read the enclosed chapter, then fill out a brief questionnaire and a workshop attendance form. Send the questionnaire and attendance form back to us (*see address below*) and receive your food program workshop credit for the year*. Keep the "handout", or book chapter, for yourself-or share it with a parent, family member, or friend!

*The CCFP year runs for 10/1 – 9/30. One nutrition/health related workshop, or equivalent training, is required each year.

Your Name: _____ **Date:** _____

“X” off the topic you are most interested in & mail this form to the address below:
Due to the cost of copying & postage, please select only one topic at a time.

- #2. Your Healthy Weight (body basics & weight management)
- #3. Fat Facts (types, cholesterol, amounts)
- #4. Vitamins & Minerals: Enough, But Not Too Much
- #5/6. Sweet Talk about Sugar/&Fiber: Your Body's Broom
- #7/8. Sodium: A Salty Subject/&Fluids: Often Overlooked
- #10. Planning to Eat Smart (wise eating strategies: using the food pyramid well)
- #11. Supermarket Smarts (label reading; psychology of marketing; shopping guide)
- #12. The Safe Kitchen (clean & safe food handling practices)
- #13. Kitchen Nutrition (ideas to stock your kitchen for taste & health)
- #14. Your Food Away From Home (dining out; fast food; ethnic food)
- #15. Off to a Healthy Start (infant feeding; breast-feeding; solids)
- #16. Food to Grow On (feeding toddlers, preschoolers, school & teen-age children)
- #19. Athlete's Guide: Winning Nutrition (physical activity, nutrition, & peak performance)
- #20. The Vegetarian Way (main dish recipes, dining out)
- #22. Smart Eating (investing in your lifestyle & preventing health problems)

Mail to: **CCFP/Attn: Learning Packet, 181 Commerce Street, Williston, VT 05495**