



Send completed CEU homework to:
URPD
6515 Old Main Hill
Logan, UT 84322

CEU Homework Cover Sheet

Course Title Targeting Obesity in Preschool / Child Care Settings (TOP Star)

Course Dates _____

Name _____

Mailing Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Please complete this form and submit it with your completed CEU homework assignments.

There is no cost for CEU credit. Please note that the CDA Council now accepts clock hours for CDA Renewal so completion of the CEU credit for this purpose might not be necessary. Please contact the CDA Council at 800-424-4310 or check their website <http://cdacouncil.org> for more information.

Homework assignments must be complete in order to be considered for credit. Incomplete assignments will be returned. You can re-submit a homework assignment for credit, as long as it is still before the due date. You **MUST** include a CEU Homework Cover Sheet with all requests.

Homework due dates will be strictly enforced. Homework is due 3 weeks after the last session of class. In order for homework to be considered for credit it needs to be postmarked on or before that date. There are no exceptions to this policy. Classes you are earning CEU credit for must be completed in full. If you make up a session in order to complete the course, the CEU homework is due 3 weeks from the make-up session date.

Please allow 3 weeks for processing of your certificate. If you have any questions, please contact CCPDI at 855-531-2468 or by email at ccpdi@usu.edu

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Targeting Obesity in Preschool / Child Care Settings (TOP Star)

Instructions:

- Complete the following assignments
 - Answer all parts of the assignments.
 - Represent what you learned from your participation in the *TOP Star Training*.
 - Please write in depth, but try to contain your answers to one page per question.
1. How did you learn about the top star program?
 2. Why did you choose to participate in the TOP Star Program?
 3. What do you feel is a child care provider's role in preventing childhood obesity?
 4. Since taking the training, what changes have you made to incorporate physical activity into the daily routine at your childcare (such as curriculum, circle time, outdoor time, ect.)?
 - A. For Children
 - B. For Staff
 5. Since taking the training, what changes have you made to improve healthy eating and nutrition at your child care?
 - A. For Children
 - B. For Staff
 6. Since taking the training, what changes have you made to support breastfeeding of infants at your facility?
 7. Has your childcare established written policies, made budgetary changes, or made changes to classrooms or building to support physical activity, healthy eating, and breastfeeding?
 8. What support or follow up would be helpful for you to continue to improve healthy eating and physical activity in your childcare program (i.e.,mentoring, linking with other TOP Star programs, educational materials, refresher courses)?