**Logic Model leading to Impacts:**
The UW-Extension program on Rethinking Nutrition in Early Childhood Settings.

<table>
<thead>
<tr>
<th>INPUTS</th>
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<tr>
<td><strong>UW-Extension Activities</strong></td>
<td><strong>Knowledge Gained By Learners</strong></td>
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| Workshop 1.  
Yummy Carrot Sticks!  
How Children Learn to Like Nutritious Foods. | Why early nutrition is so important (it predicts lifelong health outcomes).  
The many ways we influence children’s attitudes toward foods. | Write letter to parents explaining the program’s mealtime expectations and practices.  
Identify the sugars, fats, and salt in food product labels. | Increase children’s exposure to and acceptance of a wider variety of healthy foods, particularly vegetables and fruits.  
Improve children’s positive attitudes toward mealtime. |
| Workshop 2.  
What’s for Snack?  
Nutrition to Support Healthy Growth. | How to encourage children to try new foods.  
What good nutrition is for children of different ages. | Examine and modify the ingredients in their program snacks to make them healthier.  
Respond to a challenge to the program’s nutrition policy, in a way that explains and justifies it. | Reduce consumption of sugar-added foods.  
Increase consumption of fruits, vegetables, and whole grains.  
Increase parents’ knowledge of childhood nutrition and effective mealtime practices. |
| Workshop 3.  
Cupcakes for Lunch:  
Creating a Food and Nutrition Policy for your Program. | How to change mealtimes so children learn positive attitudes toward food.  
Reasons a child care program should develop a written nutrition policy. | Plan changes to their program mealtimes, to make them more effective settings for social and intellectual development. | Improve children’s social & intellectual development. |
| Workshop 4.  
Count, Read, Share: The Meal Table as a Learning Center. | How to use mealtime as a learning center. |  |  |