

## Professional Portfolio Tab C

*Once you have completed this assignment, upload it to your training platform to be reviewed by the trainer. Type directly in this form, save, and then upload it directly into your training. Mobile device users may find that a screen shot of their work is easier to upload.*

### CS I a Sample Menu (from RC I-2)

Reflect on the sample menu for *Resource Collection I-2* that you participated in serving and/or designing: If you designed the menu, how does it reflect your commitment to children's nutritional needs? If you served the menu but did not design it, what are its strengths and/or what would you change?

I did not design the menu, though I did serve it. What I think the strengths are is that it plays to some of the kids' preferences but also nudges them out of their initial comfort zone. Things such as hummus aren't typically part of a kids diet yet having it on the menu – and serving it family style – encourages the kids to try new things and expand their diets.