

Teacher Workshop (Short Version)

Workshop Overview

The *Eat Well & Keep Moving* Teacher Workshop (Short Version) provides exciting and important information to teachers about the *Eat Well & Keep Moving* program. The workshop discusses the latest topics in nutrition education and physical activity and provides a detailed overview of the *Eat Well & Keep Moving* program.

Who Uses This Training?

This training (Training 3) is designed to be used by a trainer of groups of teachers. The presentation may be led by a health educator, by a school's lead or master teacher, or by a health curriculum coordinator. Presenters not specializing in health may need some assistance with the technical information in the nutrition and physical activity sections.

Individual teachers can also use this slide presentation to gain background information on *Eat Well & Keep Moving* and familiarize themselves with the lessons. Teachers will need a copy of the *Eat Well & Keep Moving* book and will need to download and read the materials in the Handouts for Participants section. Of course, teachers will not get the experience of the hands-on activities, reflection, and group discussion.

Whom Do These Sessions Target?

These sessions train fourth- and fifth-grade teachers who will implement the *Eat Well & Keep Moving* program. Physical education teachers and teachers of the lower grades (third and below) interested in adapting the materials to their classes may also benefit from the sessions.

Duration of the Teacher Workshop

The total length of the training is approximately 4 hours. It can be delivered in one 4 1/2-hour session (such as on a Saturday or a professional day, with a half-hour break for lunch between section 2 and section 3), or it can spread over two 2-hour sessions.

Adding an optional curriculum planning session (slide 62) would add 30 to 60 minutes to the workshop; adding a session on the Safe Workout (Training 2) would add an additional 60 minutes to the training.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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Here are estimates of the duration of each section of the presentation:

Section 1: What Is *Eat Well & Keep Moving*? (Presentation); Are You Concerned About Your Students' Nutrition and Physical Activity Habits? (Discussion); slides 3 to 18: 40 minutes.

Section 2: The Health of Young People: Alarming Trends in Nutrition, Physical Activity, and Inactivity (Presentation); Turning the Tables: Why Schools Need to be Part of the Solution; slides 19 to 36: 1 hour, 20 minutes.

Section 3: *Eat Well & Keep Moving* Curriculum Overview (Presentation); *Eat Well & Keep Moving's* Nutrition and Physical Activity Messages (Demonstration Lessons); slides 37 to 57: 1 hour, 30 minutes.

Section 4: Talking to Youth About Nutrition and Physical Activity Habits (Role Play, Discussions); slides 58 to 60: 30 minutes.

Learning Objectives

1. To understand the scope and goals of *Eat Well & Keep Moving*
2. To understand the background material on which *Eat Well & Keep Moving* is based
3. To understand the importance of healthy eating and active living
4. To understand the overall design and whole-school approach of *Eat Well & Keep Moving*
5. To become familiar with the format and approach of the *Eat Well & Keep Moving* classroom materials
6. To describe each of the *Eat Well & Keep Moving* Principles of Healthy Living and discuss its importance
7. To understand how the *Eat Well & Keep Moving* Principles of Healthy Living help us make the best choices in each food group
8. To understand the Kid's Healthy Eating Plate and to describe why we should choose a variety of the best-choice foods from all of the food groups
9. To discuss how to respond to students' questions about nutrition and physical activity and *Eat Well & Keep Moving*

Equipment and Materials Needed

1. Computer with projector
2. Screen or white wall
3. PowerPoint presentation (see Training 3 in the Training Sessions folder on this web resource)
4. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Training 3 PDF of Talking Points in the Training Sessions folder on this web resource)
5. A white board or flip chart and markers, or a blackboard and chalk
6. Pictures of various foods (cut out from magazines or food packages; the Healthy Kid's Challenge produces cards for approximately 150 foods and beverages that can be purchased and downloaded from healthykidschallenge.com/products/food-cards) (optional; could be used in Chain Five activity described on slide 44)

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7. Materials for Lesson 11 Chain Five activity described on slide 44 (a pencil case)
8. A collection of food labels from soups, crackers, cereals, canned fruits, chips, and so on, which are suggested in notes on slide 52 and lesson 18, Hunting for Healthy Fat

Handouts for Participants

1. *Eat Well & Keep Moving* Brochure (Additional Resources)
2. Copy of the presentation
3. Agenda and list of demonstration lessons (presentation slides 2 and 3, copied back to back)
4. Optional: Information on how *Eat Well & Keep Moving* lessons align with your state's educational requirements (available from the *Eat Well & Keep Moving* Web site, www.eatwellandkeepmoving.org)
5. Background on fat from lesson 18
6. Worksheet 1 from lesson 11, Chain Five
7. Worksheet 1 from lesson 19, Beverage Buzz
8. Optional: Question strips (cut up questions on slides 59 and 60)
9. Optional: Implementation Grids (from *Eat Well & Keep Moving* Introduction)

You may also wish to include information from the popular press or scientific publications on the Dietary Guidelines for Americans, Fact Sheets on nutrition and physical activity, and recent articles on nutrition, physical activity, TV viewing, and obesity. Refer participants to EatWellAndKeepMoving.org for links to additional resources on nutrition, physical activity, and reduction of screen time.