

Nutrition Education and Wellness Training for Food Service Staff

*Harvard School of Public Health
Baltimore City Public Schools*

Overview of the Nutrition Education and Wellness Training Modules

The *Eat Well & Keep Moving* nutrition education and wellness training modules provide exciting and important information to food service employees while helping a school system fulfill its back-to-school food service training requirements.

The six training sessions and lunch break contained in this (Training 1) packet provide a comprehensive overview of the latest topics in nutrition education as well as a detailed introduction to the *Eat Well & Keep Moving* program.

Module 1 provides an overview of the *Eat Well & Keep Moving* program. Module 2 is an introduction to wellness that teaches staff members the concept that overall health and personal wellness are important to promoting student wellness. Module 3 and module 4 focus on healthy eating and active living, covering the *Eat Well & Keep Moving* Principles of Healthy Living (Additional Resources), the Balanced Plate for Health (Additional Resources), and the Nutrition Facts food label. Module 5 and module 6 focus on the role of food services in *Eat Well & Keep Moving*, making links between the classroom lessons and the school-wide promotional campaigns. Finally, there is an optional lunch break that highlights *Eat Well & Keep Moving* food dishes.

Who Uses These Modules?

This set of training modules is designed to be used by a school system's food service training personnel.

Whom Do These Modules Target?

These modules train food service workers from individual schools.

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

Format of the Training Modules

The six training modules can be held in succession during a half-day *Eat Well & Keep Moving* food service workshop (but keep sessions to no longer than 45 minutes), or they can be spaced over 2 or 3 days of training.

Each module follows a similar format. The estimated length and learning objectives are listed, as are the materials, equipment, and participant handouts needed for each module. The Procedure section then leads a trainer step by step through each training session.

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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Module 1

Let's *Eat Well* & *Keep Moving*: An Introduction to the Program

Estimated Length of Workshop

30 minutes

Learning Objectives

1. To understand the scope and goals of *Eat Well & Keep Moving*
2. To excite individuals about participating in the program

Equipment and Materials Needed

1. Overhead projector or computer with projector
2. Screen or white wall
3. PowerPoint presentation or transparencies made from PDF of PowerPoint presentation (see Training 1 Module 1 in the Training Sessions folder on this CD-ROM)
4. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Training 1 Module 1 PDF of Talking Points in the Training Sessions folder on this CD-ROM)

Handouts for Participants

1. *Eat Well & Keep Moving* Brochure (Additional Resources)
2. Copy of the presentation

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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Module 2

The Good Life— Wellness

Estimated Length of Workshop

1 hour, 10 minutes

Learning Objectives

1. To understand the concept of wellness
2. To excite individuals about participating in the program

Equipment and Materials Needed

1. Overhead projector or computer with projector
2. Screen or white wall
3. Flip chart
4. Three pages of newsprint
5. Markers for writing
6. Small prizes (optional)
7. PowerPoint presentation or transparencies made from PDF of PowerPoint presentation (see Training 1 Module 2 in the Training Sessions folder on this CD-ROM)
8. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Training 1 Module 2 PDF of Talking Points in the Training Sessions folder on this CD-ROM)

Handouts for Participants

1. Copy of presentation
2. Can You Ring the Wellness Bell? (see Wellness Bell in the Additional Resources folder on this CD-ROM))
3. Lifestyle Change Card (Additional Resources)

For a list of Web sites that offer staff wellness resources, see Staff Wellness in the Web Sites folder on this CD-ROM.

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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Module 3

Eat Well & Keep Moving Principles of Healthy Living

Estimated Length of Workshop

1 hour

Learning Objectives

1. To understand the concept of healthy living
2. To describe why healthy eating and active living are important at all ages
3. To identify the relationship between physical activity and healthy eating
4. To describe each of the Principles of Healthy Living and its importance

Equipment and Materials Needed

1. Overhead projector or computer with projector
2. Screen or white wall
3. Six different colors of paper
4. PowerPoint presentation or transparencies made from PDF of PowerPoint presentation (see Training 1 Module 3 in the Training Sessions folder on this CD-ROM)
5. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Training 1 Module 3 PDF of Talking Points in the Training Sessions folder on this CD-ROM)
6. Markers and pens for writing

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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Handouts for Participants

1. Copy of presentation
2. *Eat Well & Keep Moving* Principles of Healthy Living (provided, also in Additional Resources)
3. Four Food and Physical Activity Facts (provided, see also Food Facts in the Additional Resources folder on this CD-ROM)

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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Module 4

Tour de Health and Nutrition Facts

Estimated Length of Workshop

1 hour

Learning Objectives

1. To recognize the five food groups
2. To understand how the *Eat Well & Keep Moving* Principles of Healthy Living help us make the best choices in each food group
3. To understand the Balanced Plate for Health and to describe why we should eat foods from all the food groups; choose a variety of foods from each food group; and choose more foods from the fruits, vegetables, and grains groups (especially whole grains)

Equipment and Materials Needed

1. Overhead projector or computer with projector
2. Screen or white wall
3. Markers
4. Small slips of paper (for writing down responses in the Tour de Health game)
5. PowerPoint presentation or transparencies made from PDF of PowerPoint presentation (see Training 1 Module 4 in the Training Sessions folder on this CD-ROM)
6. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Training 1 Module 4 PDF of Talking Points in the Training Sessions folder on this CD-ROM)
7. Tour de Health Game Cards (lesson 30)
8. Prizes (pens, T-shirts, gift certificates, trinkets, or hats)

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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Handouts for Participants

1. Copy of presentation
2. Food labels from lesson 10, pages 156-157 (you may wish to bring more)
3. Getting Acquainted (Additional Resources)
4. Food Group Examples (Additional Resources)
5. The Balanced Plate for Health (Additional Resources)
6. Tour de Health Scorecard (lesson 30, page 423)

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Lunch Break

If facilities and time allow, participants can be treated to a lunch break that demonstrates some of the *Eat Well & Keep Moving* food dishes. You can select any of the following dishes to see its recipe. Feature your own *Eat Well & Keep Moving* dishes if you have developed new healthy dishes.

Menu

Marinated black bean salad
Tabbouleh
Chicken stir-fry with vegetables on brown rice
Chunky vegetable stew
Sweet potatoes and orange juice
Peach salsa

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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Module 5

The Cafeteria: Partner in Nutrition Education

Estimated Length of Workshop

30 minutes

Learning Objectives

1. To identify uses for promotional materials in the cafeteria
2. To describe the ways Eat Well cards are used in the classroom and the cafeteria

Equipment and Materials Needed

1. Overhead projector or computer with projector
2. Screen or white wall
3. Flip chart
4. PowerPoint presentation or transparencies made from PDF of PowerPoint presentation (see Training 1 Module 5 in the Training Sessions folder on this CD-ROM)
5. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Training 1 Module 5 PDF of Talking Points in the Training Sessions folder on this CD-ROM)
6. Optional: Food posters (available from the USDA, www.usda.gov, or food vendors)
7. Prizes, such as pens, T-shirts, gift certificates, trinkets, or hats

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Handouts for Participants

1. Copy of presentation
2. *Eat Well & Keep Moving* Menu Boards from Additional Resources (letter-size versions)
3. Eat Well cards from appendix B in the book
4. Example *Eat Well & Keep Moving* Cycle Menu (Additional Resources)
5. *Eat Well & Keep Moving* Food Ovals (Additional Resources)

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Module 6

Classroom Units: What's Being Taught

Estimated Length of Workshop

30 minutes

Learning Objectives

1. To learn the nutrition and activity messages being taught to students in the classroom
2. To develop ideas to promote these nutrition and activity messages in the cafeteria

Equipment and Materials Needed

1. Overhead projector or computer with projector
2. Flip chart
3. PowerPoint presentation or transparencies made from PDF of PowerPoint presentation (see Training 1 Module 6 in the Training Sessions folder on this CD-ROM)
4. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Training 1 Module 6 PDF of Talking Points in the Training Sessions folder on this CD-ROM)

Handouts for Participants

Classroom Lessons from Eat Well & Keep Moving, 2nd Edition book

- Carb Smart (lesson 2)
- The Safe Workout: An Introduction (lesson 3)
- Freeze My TV (lesson 21)
- Snack Attack (lesson 6)
- Balancing Act (lesson 4)

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