

Teacher Workshop: The Classroom

*Harvard School of Public Health
Baltimore City Public Schools*

Workshop Overview

The *Eat Well & Keep Moving* Teacher Workshop provides exciting and important information to teachers about the *Eat Well & Keep Moving* program.

The workshop's six training sessions (Training 2) discuss the latest topics in nutrition education and physical activity as well as provide a detailed overview of the *Eat Well & Keep Moving* program.

Session 1 is an overview of the *Eat Well & Keep Moving* program. Session 2 introduces wellness and the concept of overall health and teaches that personal wellness is important to promoting student wellness. Session 3, session 4, and session 5 focus on the nutrition and physical activity information that appears throughout the classroom materials, covering topics such as the *Eat Well & Keep Moving* Principles of Healthy Living (Additional Resources), the Balanced Plate for Health (Additional Resources), and the safe workout. Finally, session 6 is a detailed review of *Eat Well & Keep Moving* classroom materials.

Who Uses These Sessions?

This set of training sessions is designed to be used by a school system's health curriculum training personnel. However, the sessions may also be led by a school's lead or master teacher, although this person may need some assistance with the technical information contained in the nutrition and physical activity sessions.

Whom Do These Sessions Target?

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

Format of the Training Sessions

These six training sessions are designed to be held in succession during a full-day *Eat Well & Keep Moving* workshop. If necessary, they may also be spaced over 2 or 3 days of training.

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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Each session follows a similar format. The estimated duration and learning objectives of each session are listed, as are the materials, equipment, and participant handouts needed. Instructions are provided on the Start page and throughout the CD-ROM text to help you find these materials. The Procedure section then leads a trainer step by step through each training session.

Estimated Duration of the Eat Well & Keep Moving Teacher Workshop

Session 1: Introduction to *Eat Well & Keep Moving*

1 hour

Session 2: The Good Life—Wellness

1 hour

Session 3: *Eat Well & Keep Moving* Principles of Healthy Living

45 minutes

Session 4: The Five Food Groups and Nutrition Facts

45 minutes

Session 5: The Safe Workout

30 minutes

Session 6: Review of Classroom Materials

2 hours

Total length of workshop

6 hours

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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Session 1

Introduction to *Eat Well & Keep Moving*

Estimated Length of Session

1 hour

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 2 Session 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 2 Session 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
3. Getting Acquainted (Additional Resources)

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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Session 2

The Good Life— Wellness

Estimated Length of Workshop

1 hour

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 2 Session 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 2 Session 2 PDF of Talking Points in the Training Sessions folder on this CD-ROM)

Handouts for Participants

1. Copy of the 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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Session 3

Eat Well & Keep Moving Principles of Healthy Living

Estimated Length of Session

45 minutes

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
2. Screen or white wall
3. PowerPoint presentation or transparencies made from PDF of PowerPoint presentation (see Training 2 Session 3 in the Training Sessions folder on this CD-ROM)
4. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Training 2 Session 3 PDF of Talking Points in the Training Sessions folder on this CD-ROM)
5. 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 the presentation
2. *Eat Well & Keep Moving* Principles of Healthy Living (provided, also in Additional Resources)
3. Teacher Background: Principles of Healthy Living (provided, see also Background 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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Session 4

The Five Food Groups and Nutrition Facts

Estimated Length of Workshop

45 minutes

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. PowerPoint presentation or transparencies made from PDF of PowerPoint presentation (see Training 2 Session 4 in the Training Sessions folder on this CD-ROM)
5. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Training 2 Session 4 PDF of Talking Points in the Training Sessions folder on this CD-ROM)
6. Tour de Health Game Cards (lesson 30)
7. Prizes (pens, T-shirts, gift certificates, trinkets, or hats)

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Handouts for Participants

1. Copy of presentation
2. Food Group Examples (Additional Resources)
3. Food labels from lesson 10, pages 156-157 (for each group; you may want to bring in more)
4. The Balanced Plate for Health (Additional Resources)
5. Optional: Percent Daily Values of Saturated Fat and Grams of Trans Fat for Fast Food (table 5.1 in lesson 5, pages 86-88)
6. Tour de Health Scorecard (lesson 30, page 423)

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Session 5

The Safe Workout

Estimated Length of Workshop

30 minutes

Learning Objectives

1. To become familiar with the different parts of the safe workout
2. To understand how the safe workout can benefit you personally
3. To be able to safely and effectively lead students through the different parts of a safe workout

Equipment and Materials Needed

1. Overhead projector or computer and projector
2. Screen or white wall
3. PowerPoint presentation or transparencies made from PDF of PowerPoint presentation (see Training 2 Session 5 in the Training Sessions folder on this CD-ROM)
4. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Training 2 Session 5 PDF of Talking Points in the Training Sessions folder on this CD-ROM)

Handouts for Participants

1. Copy of presentation
2. Stretch and Strength Fitness Diagrams (appendix A in the book)

This session, as well as a portion of the one that follows, addresses issues of physical activity. Depending on your background, you may want to ask a physical educator to help lead the following session. However, any trainer familiar with the basics of flexibility and fitness can lead this 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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Session 6

Review of Classroom Lessons

Estimated Length of Workshop

2 hours

Learning Objectives

1. To become familiar with the format and approach of the *Eat Well & Keep Moving* classroom materials
2. To share ideas for implementing the *Eat Well & Keep Moving* classroom materials

Equipment and Materials Needed

1. Overhead projector or computer and projector
2. Screen or white wall
3. PowerPoint presentation or transparencies made from PDF of PowerPoint presentation (see Training 2 Session 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 2 Session 6 PDF of Talking Points in the Training Sessions folder on this CD-ROM)
5. Complete set of *Eat Well & Keep Moving* classroom materials
6. Flip chart
7. Pens and pencils

Handouts for Participants

1. *Eat Well & Keep Moving* Group Breakout Review Guide (see Breakout in the Additional Resources folder on this CD-ROM)
2. Workshop evaluation form (not provided—optional)

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3. Classroom lessons from *Eat Well & Keep Moving, 2nd Edition* book
 - The Safe Workout: An Introduction (fourth grade) in lesson 3
 - Snack Attack (fourth grade) in lesson 6
 - Keeping the Balance (fifth grade) in lesson 15
 - Beverage Buzz (fifth grade) in lesson 18
4. Promotions (part III of the book)
 - Freeze My TV (lesson 27)
 - Get 3 At School and 5 A Day (lesson 28)
 - Class Walking Clubs (lesson 29)
 - Tour de Health (lesson 30)
5. Eat Well cards and Keep Moving cards (appendix B in the book; see also the Art folder on this CD-ROM)
 - What a Treat to Eat a Sweet Peach! (Eat Well card)
 - Stir-Fry With Healthy Fat! (Eat Well card)
 - A Piece of the Pie? (Keep Moving card)
 - Be Wise . . . Warm Up for 5 Before You Exercise (Keep Moving card)

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