



(Note to the presenter: Comments in parentheses are instructions to follow while giving the presentation. Do not read these comments to participants. This convention will be followed throughout the notes in this slide show.)

(Each school district tackles nutrition education differently, as do schools within districts. You might run into occasional barriers to linking the cafeteria with the classroom, such as curricula written for the whole year with no chance for variation; teachers who are unwilling to work with food services or who don't realize that option is available to them; staffing skill and knowledge; and time. Although barriers may appear, it is important to create links between the cafeteria and the classroom. One way to do this is to start with the administration. While the link between learning and food services may not be readily apparent to some, take the time to show administrators that food services can create an important learning environment for students.)

(Give participants a copy of the presentation, obtained by printing the PDF version of these slides from the Training 1 folder on this Web Resource.)

Welcome to the final *Eat Well & Keep Moving* training session. This session focuses on the messages students are learning through the *Eat Well & Keep Moving* classroom materials.

Eat Well & Keep Moving Lesson Review

- **Group 1: Carb Smart**
- **Group 2: Safe Workout: An Introduction**
- **Group 3: Water Water Everywhere . . . And It's the Thing to Drink**
- **Group 4: Freeze My TV**
- **Group 5: Snack Attack**
- **Group 6: Balancing Act**

(Have participants form six groups and designate group leaders, perhaps the person in each group whose birthday is closest to the day's date.)

(Distribute to each group an Eat Well & Keep Moving classroom lesson from the book:

Group 1: Carb Smart [lesson 2]

Group 2: Safe Workout: An Introduction [lesson 3]

Group 3: Water Water Everywhere . . . And It's the Thing to Drink [lesson 8]

Group 4: Freeze My TV [lesson 23]

Group 5: Snack Attack [lesson 6]

Group 6: Balancing Act [lesson 4])

(All the lessons do not have to be reviewed in 1 day. They can be reviewed one at a time at individual training sessions throughout the school year.)

Each group will have 10 minutes to quickly review the lesson and 2 minutes each to report back to the overall group. Each group leader will take notes from her group's discussion and report back to the group as a whole.

Reports From Each Group

Each group should provide the following:

- **A brief overview of the lesson**
- **Ideas on how you can help reinforce and promote the messages of the lesson in the cafeteria**
- **Ideas on how the cafeteria can serve as a learning laboratory for the lesson**

Let's report back. Each group should provide a brief overview of the lesson, ideas on how you can help reinforce and promote the messages of the lesson in the cafeteria, and ideas on how the cafeteria can serve as a learning laboratory for the lesson.

(As the groups report back, write their comments on the flip chart.)

(After every group has reported, review all the comments with the group, focusing in particular on ways participants can help promote the messages of the lessons to students.)



Questions?

Any questions?

Thank you all for completing the *Eat Well & Keep Moving* training sessions.