

# Teacher Workshop: The Classroom

## **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 Kid's Healthy Eating Plate (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.

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 web resource text to help you find these materials. The Procedure section then leads a trainer step by step through each training session.

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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***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, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd 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. Computer with projector
2. Screen or white wall
3. PowerPoint presentation
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 web resource)

### **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, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd 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. 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
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 web resource)

### **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 web resource)
3. Lifestyle Change Card (Additional Resources)
4. 7 Practices of a Mindful Eater (Additional Resources)

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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## 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. Computer with projector
2. Screen or white wall
3. PowerPoint presentation
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 web resource)
5. Markers and pens for writing

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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## 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 web resource)

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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## 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 Kid's Healthy Eating Plate and to describe why we should choose a variety of the best-choice foods from all the food groups

### **Equipment and Materials Needed**

1. Computer with projector
2. Screen or white wall
3. Markers
4. PowerPoint presentation
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 web resource)
6. Tour de Health Game Cards (lesson 32)
7. Prizes (pens, T-shirts, gift certificates, trinkets, or hats)

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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## Handouts for Participants

1. Copy of presentation
2. Best-Choice Foods (Additional Resources)
3. Food labels from lesson 10 (for each group; you may want to bring in more)
4. Kid's Healthy Eating Plate (Additional Resources)
5. Optional: Percent Daily Values of Saturated Fat and Grams of Trans Fat for Fast Food (table 5.1 in lesson 5)
6. Tour de Health Scorecard (lesson 32)

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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. Computer with projector
2. Screen or white wall
3. PowerPoint presentation
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 web resource)

### **Handouts for Participants**

1. Copy of presentation
2. Stretch and Strength Fitness Diagrams

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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.

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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. Computer with projector
2. Screen or white wall
3. PowerPoint presentation
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 web resource)
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 web resource)
2. Workshop evaluation form (not provided—optional)

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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3. Classroom lessons from *Eat Well & Keep Moving, 3<sup>d</sup> 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 16
  - Beverage Buzz (fifth grade) in lesson 19
4. Promotions (part III of the book)
  - Freeze My TV (lesson 29)
  - Get 3 At School and 5 A Day (lesson 30)
  - Class Walking Clubs (lesson 31)
  - Tour de Health (lesson 32)
5. Eat Well cards and Keep Moving cards (on this web resource)
  - What a Treat to Eat a Sweet Peach! (Eat Well card)
  - Stir-Fry With Healthy Oils! (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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