

Training

3

Eat Well & Keep Moving

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Eat Well & Keep Moving Introductory Workshop Agenda Topics

- I. Introductions
- II. What Is *Eat Well & Keep Moving*? **(Presentation)**
- III. Are You Concerned About Your Students' Nutrition and Physical Activity Habits? **(Discussion)**
- IV. The Health of Young People: Alarming Trends in Nutrition, Physical Activity, and Inactivity **(Presentation)**
- V. Turning the Tables: Why Schools Need to Be Part of the Solution **(Presentation)**
- VI. *Eat Well & Keep Moving* Curriculum Overview **(Presentation)**
- VII. *Eat Well & Keep Moving's* Nutrition and Physical Activity Messages **(Demonstration Lessons)**
- VIII. Talking to Youth About Nutrition and Physical Activity Habits **(Role Play, Discussions)**

Eat Well & Keep Moving **Demonstration Lessons**

- **Healthy Living: Lesson 1 (4th grade)**
- **Chain Five: Lesson 11 (4th grade)**
- **Hunting for Healthy Fat: Lesson 18 (5th grade)**
- **Beverage Buzz: Lesson 19 (5th grade)**
- **Thinking About Activity, Exercise, and Fitness: Lesson 44 (physical education lesson)**
- **Safe Workout: An Introduction: Lesson 3 (4th grade)**
- **Freeze My TV: Lesson 29 (promotional campaign)**

What Is *Eat Well & Keep Moving*?

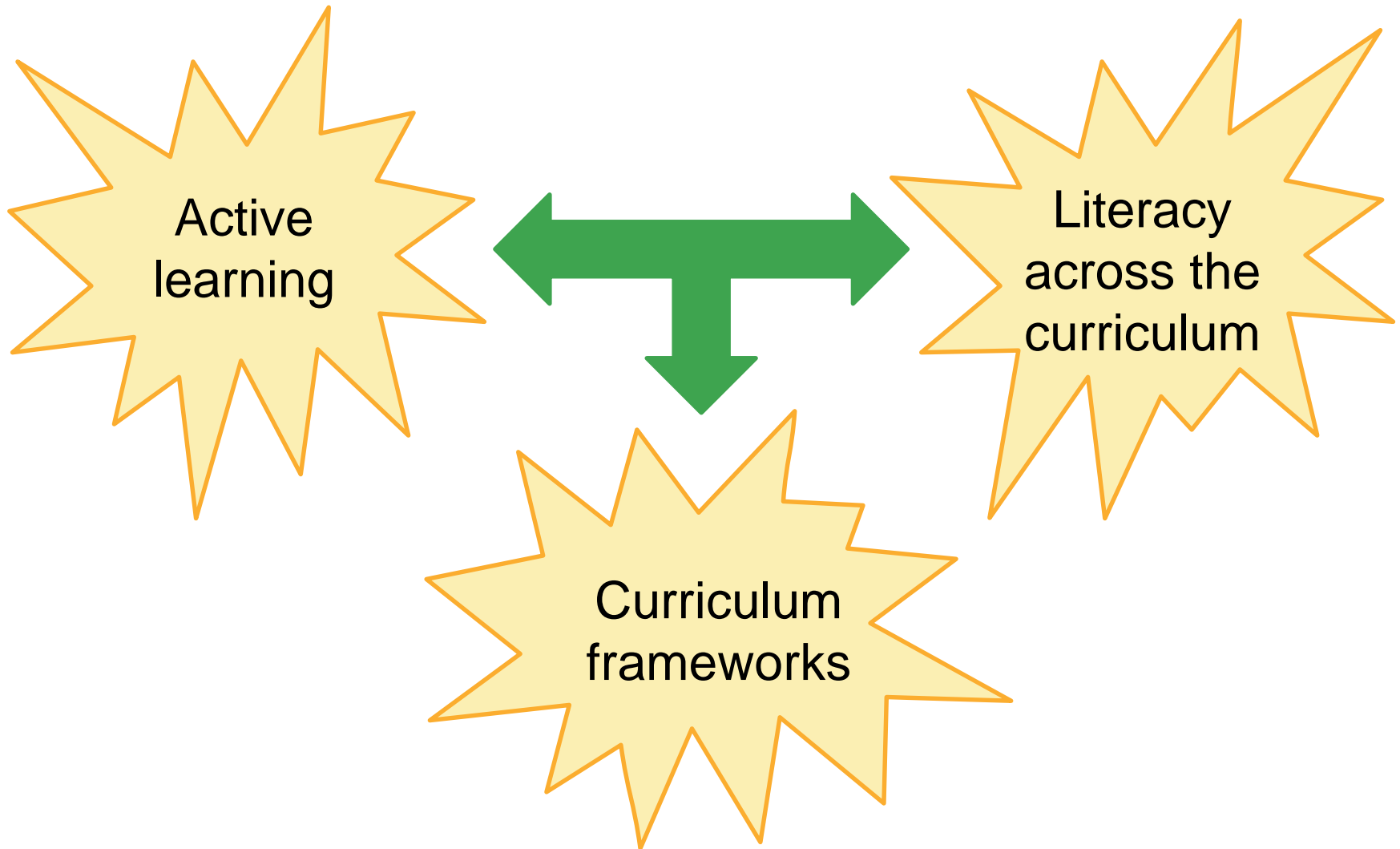
- It's an interdisciplinary health program for 4th- and 5th-grade students that teaches students about nutrition and physical activity.
- It builds skills and competencies in language arts, math, science, social studies, and physical education.

Eat Well & Keep Moving Health Goals: The Principles of Healthy Living

- Make the switch from sugary drinks to water.
- Choose colorful fruits and vegetables instead of junk food.
- Choose whole-grain foods and limit foods with added sugar.
- Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.
- Eat a nutritious breakfast every morning.
- Be physically active every day for at least an hour.
- Limit TV and other recreational screen time to 2 hours or less per day.
- Get enough sleep to give the brain and body the rest they need.



Eat Well & Keep Moving Promotes...





Active
learning

is

Student centered

encourages

Critical thinking,
problem solving,
inquiry, cooperative
learning, a variety of
learning styles

uses

Constructivist
approach

Constructivist Approach

Get them thinking

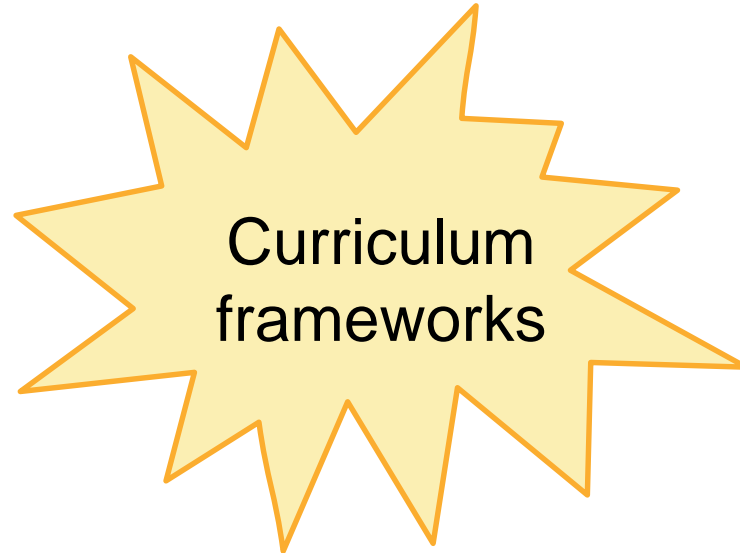


Find out what they know



Use active learning to build
on what they know

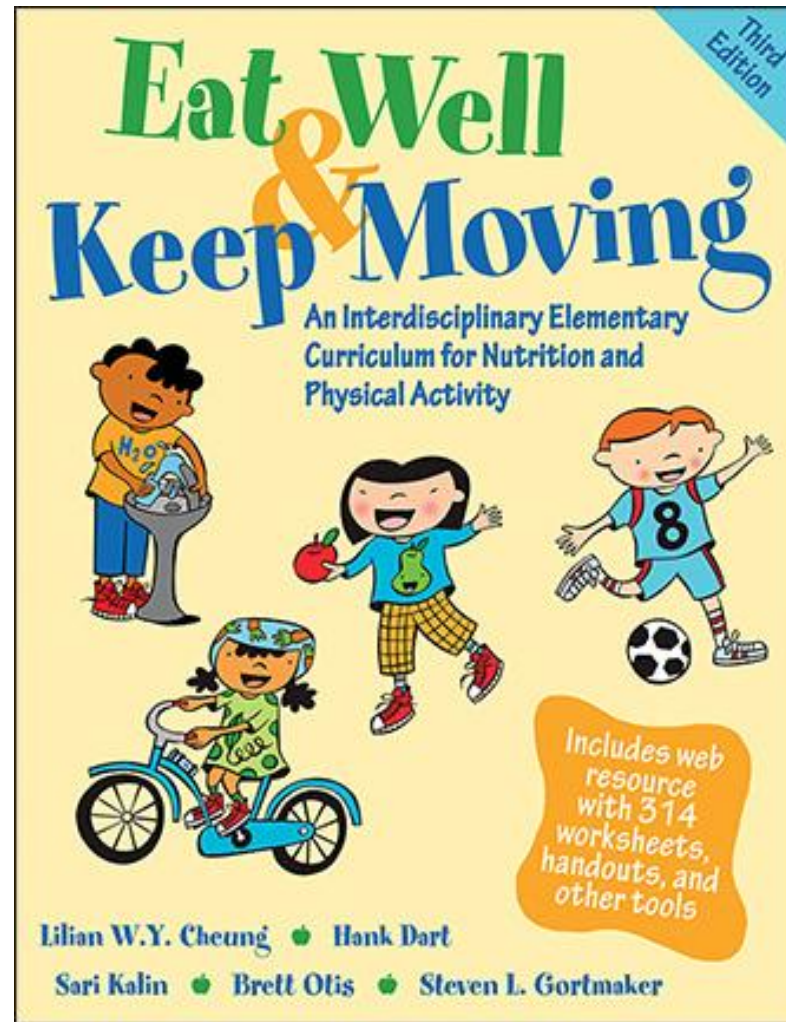




***Eat Well & Keep Moving* classroom lessons**

- address learning standards in core subjects,
- use content and skills specific to one of the academic subject areas,
- address one or more of the health learning standards, and
- incorporate language skills.

Why Use This Program?



Available at www.HumanKinetics.com

Research on *Eat Well & Keep Moving*

- **4th- and 5th-grade students in 14 Baltimore public schools**
- **Program is designed to meet these goals:**
 - Increase fruit and vegetable consumption
 - Reduce saturated fat intake
 - Reduce TV watching
 - Increase moderate and vigorous physical activity
- **Classroom, food service, school-wide campaign, and community components**

Eat Well & Keep Moving **Has Been Evaluated and Shown to Be Effective**

Effective in

- reducing saturated fat intake,
- increasing fruit and vegetable intake,
- increasing fiber and vitamin C intake, and
- reducing TV viewing.

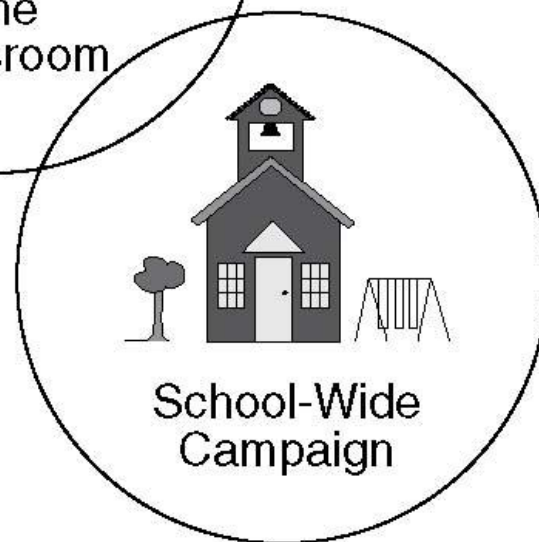
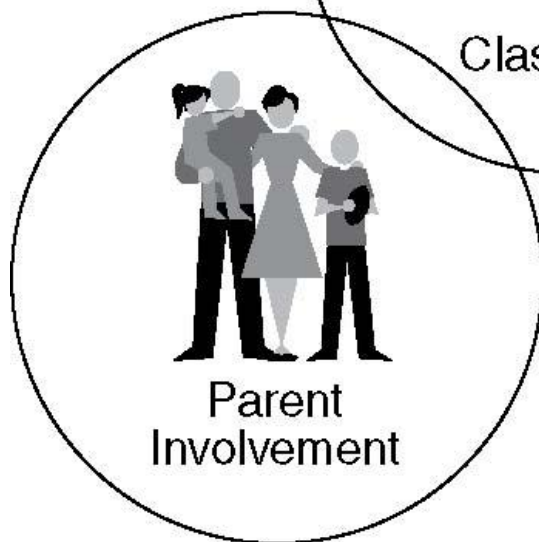
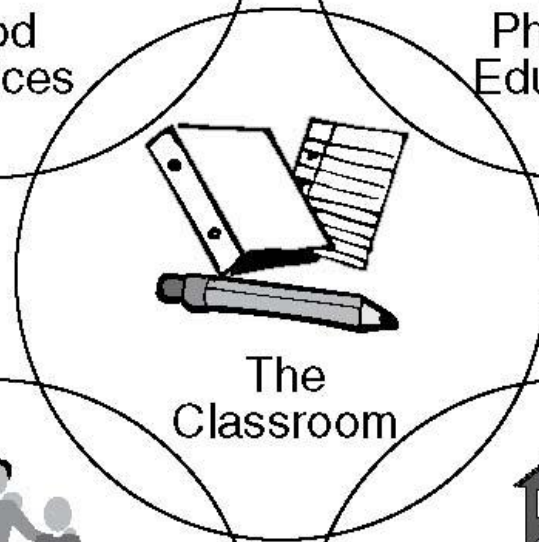
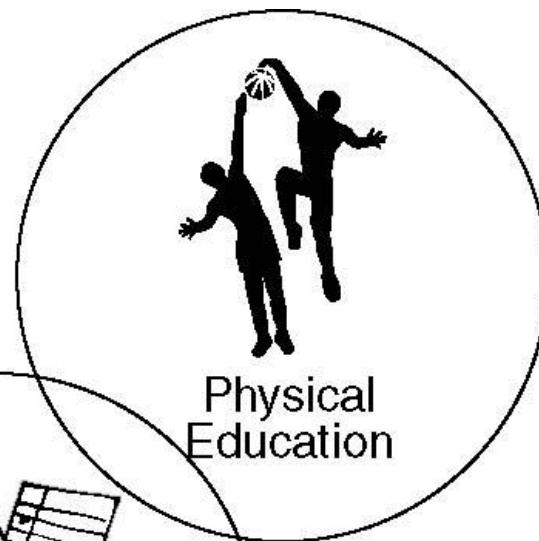
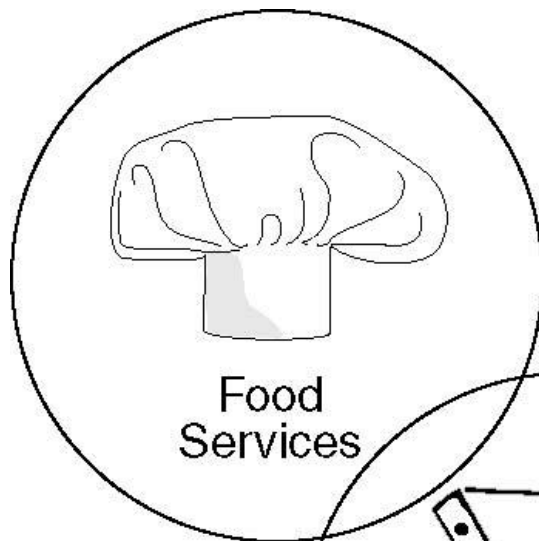
It was well received by school staff and students.

Acceptability of *Eat Well & Keep Moving*

100% of responding teachers said they would teach the curriculum again.

“What impresses me most about this program is its integrative quality.... Principals, teachers, students, food staff, and parents benefit from increased knowledge and awareness of issues that are fundamental to improving one’s life.”

Principal, elementary school



What Are the Benefits of Good Nutrition and Physical Activity?

Healthy Eating and Active Living...

- **Promote normal physical growth and development.**
- **Prevent childhood and adolescent health problems such as obesity, dental cavities, iron-deficiency anemia, and even diabetes.**
- **Provide nutrients for brain development, immunity, healing, and healthy skin and eyes, among other functions.**
- **Lower the risk of chronic diseases such as heart disease, diabetes, osteoporosis, and some cancers.**

(continued)

Healthy Eating and Active Living... *(continued)*

- **Make you strong and fit.**
- **Brighten your mood and build a positive self-image.**
- **Help you maintain a healthy weight.**
- **Are important for learning.**
- **Are fun!**

**Are You Concerned About Your
Students' Nutrition and Physical
Activity Habits?**

The Health of Young People

**Trends in Nutrition,
Physical Activity, and Inactivity**

Children Are At Risk!

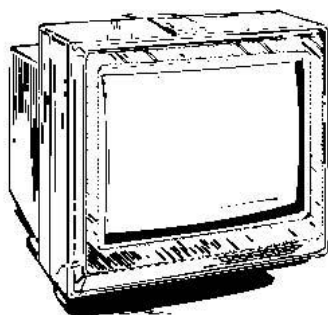
Trends in Nutrition

- **Too many sugary drinks!**
 - 27% of teens drink one or more soda a day
 - 19.4% drink two
 - 11.2% drink three or more
- **Children and youth still consume too much saturated fat.**
- **Four out of five children do not eat enough fruits and vegetables.**
 - 1/3 of children eat less than a serving of vegetables per day
 - Half of children eat less than a serving of fruit per day

Children Are At Risk!

Trends in Screen Time

Amount of time youth spend on screen time activities for fun



7.5
hrs./day

Amount of
time youth
spend doing
homework



50 min./
day

Children Are At Risk!

Trends in Physical Activity

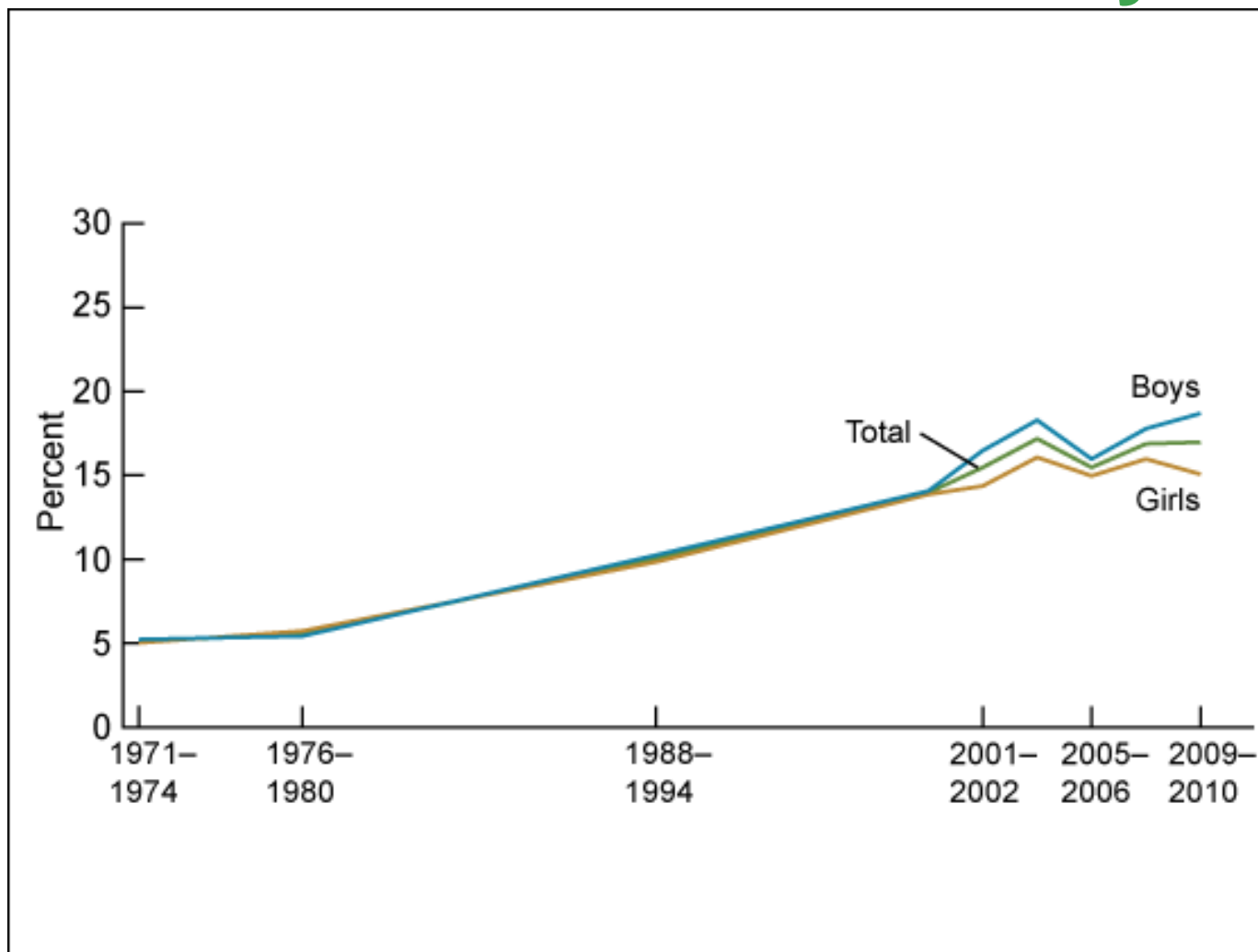
- **Only 4% of elementary schools provide daily PE for all grades.**
- **23% of children do not participate in any free time physical activity in a typical week.**
- **Participation in organized physical activity is declining: Children ages 6-12 who played sports regularly fell from 44.5% in 2008 to 40% in 2013.**

Children Are at Risk!

Trends in Overweight

- **The percentage of children who are overweight has risen dramatically over the past 30 years.**

Children Are At Risk! Trends in Child and Adolescent Obesity

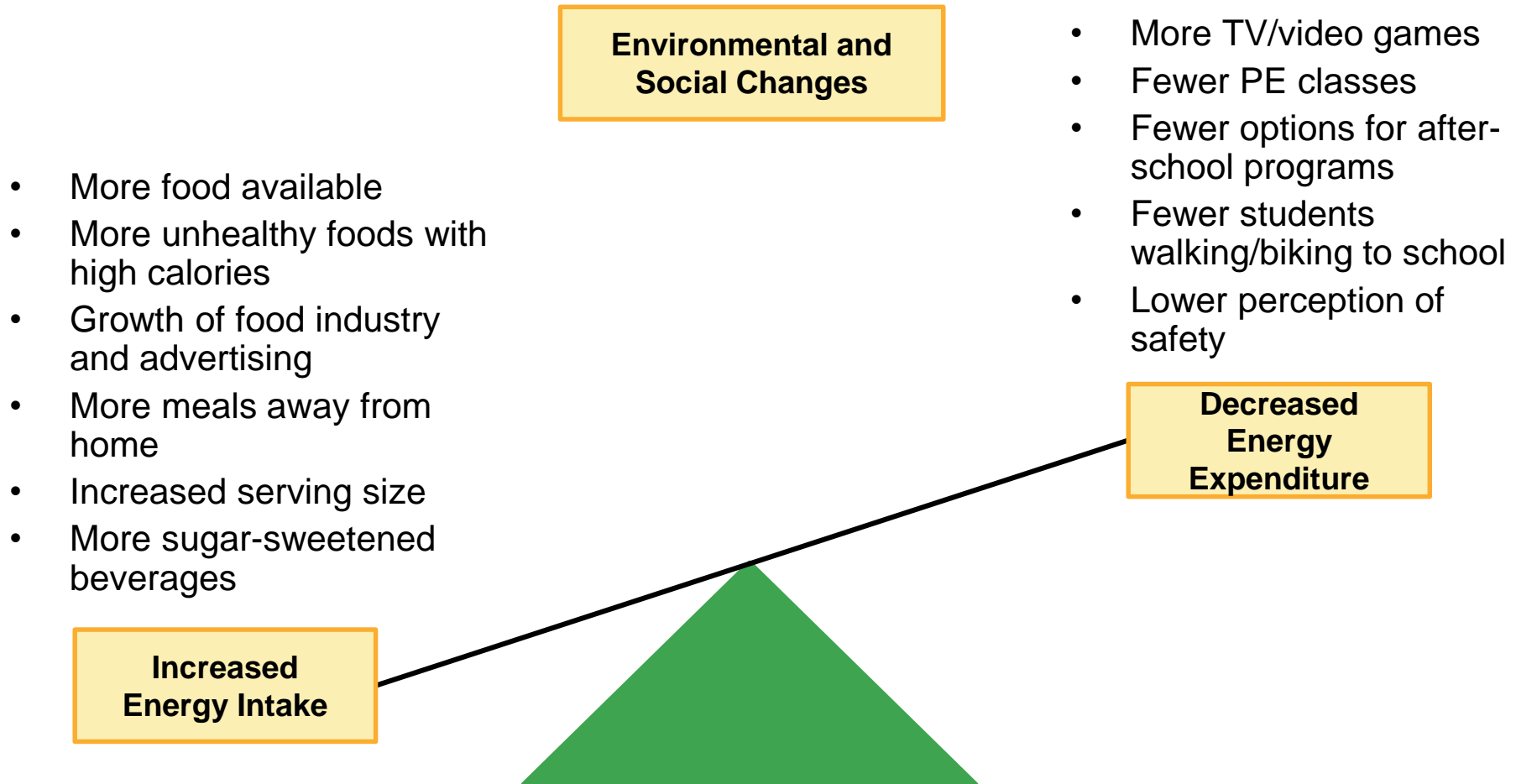


Health Consequences of Overweight

Overweight and obese people are at increased risk for the following:

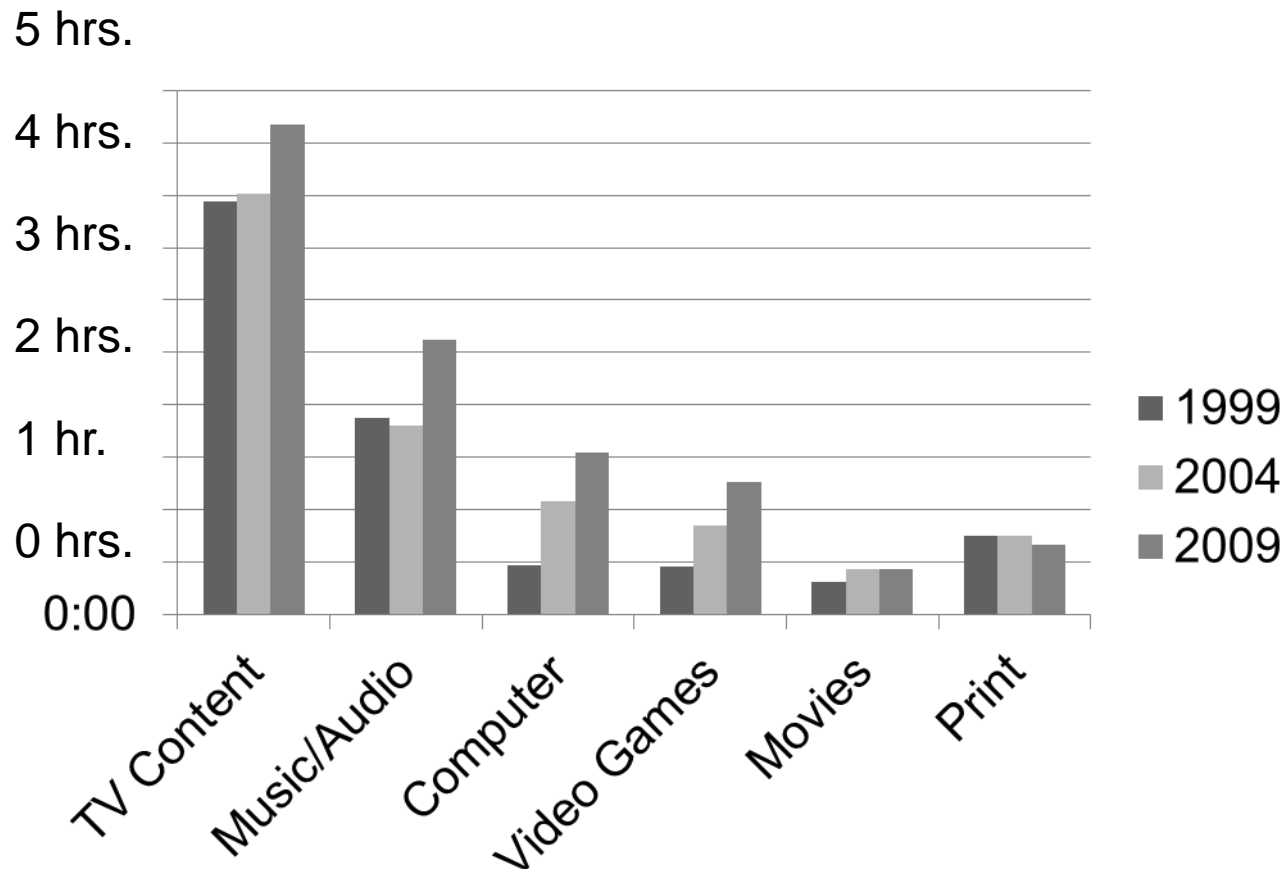
- **Type 2 diabetes**
- **Heart disease**
- **Depression**
- **High blood cholesterol**
- **Premature death**
- **Stroke**
- **Hypertension**
- **Asthma**
- **Some cancers**

What Is Causing This Epidemic of Poor Lifestyle?



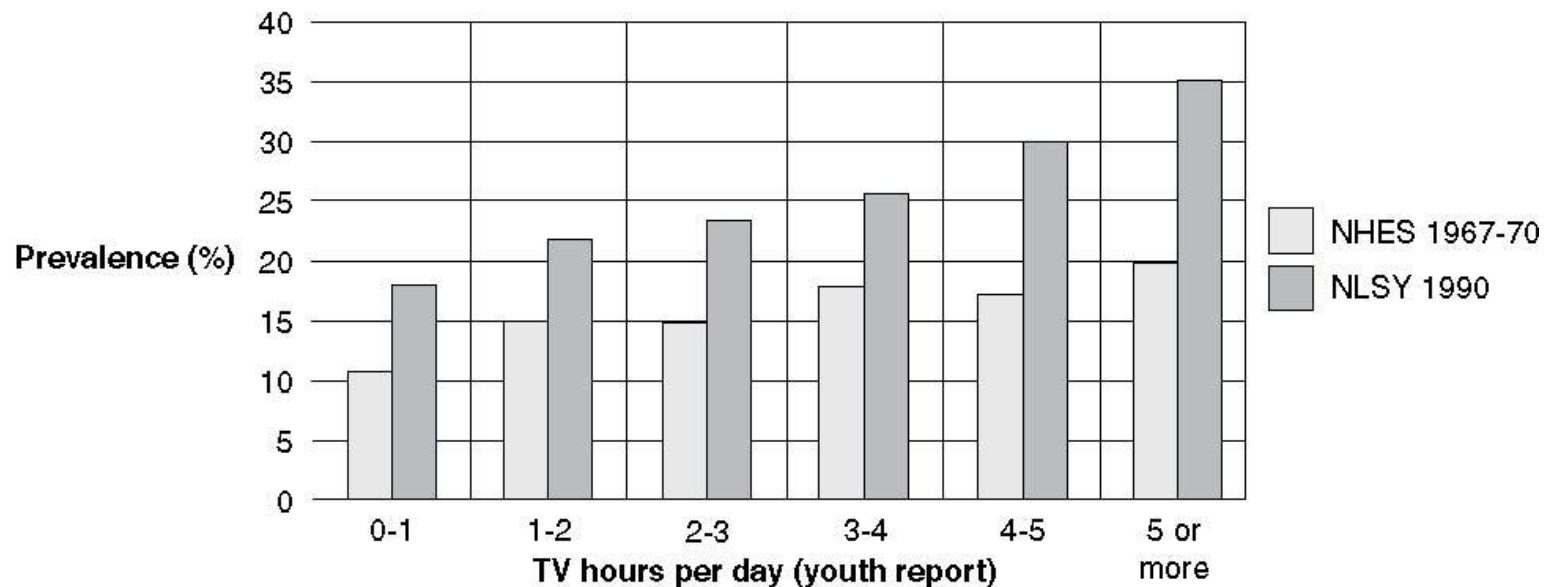
What Does Screen Time and Sugary Drink Consumption Have to Do With It?

Media Use Over Time by Children 8-18 Years Old



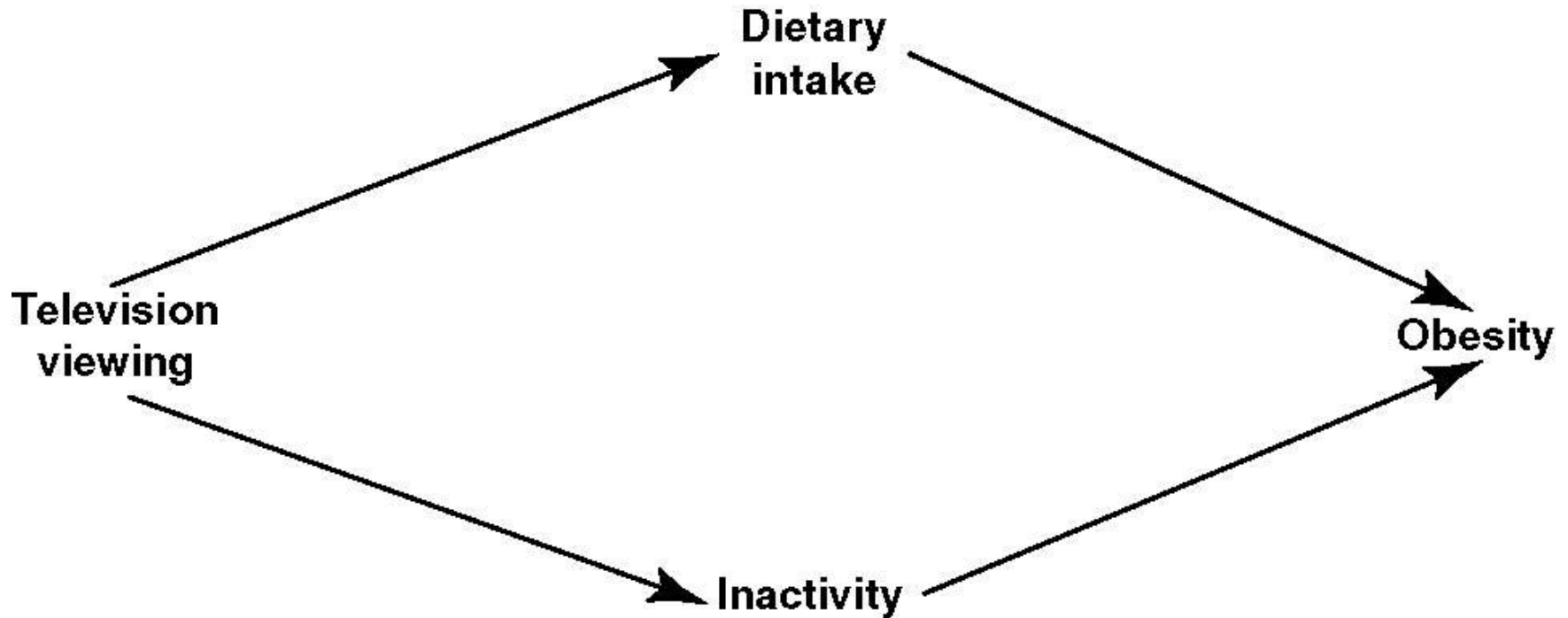
Prevalence of Obesity by Hours of TV per Day

NHES Youth Aged 12-17 in 1967-70 and NLSY Youth Aged 10-15 in 1990

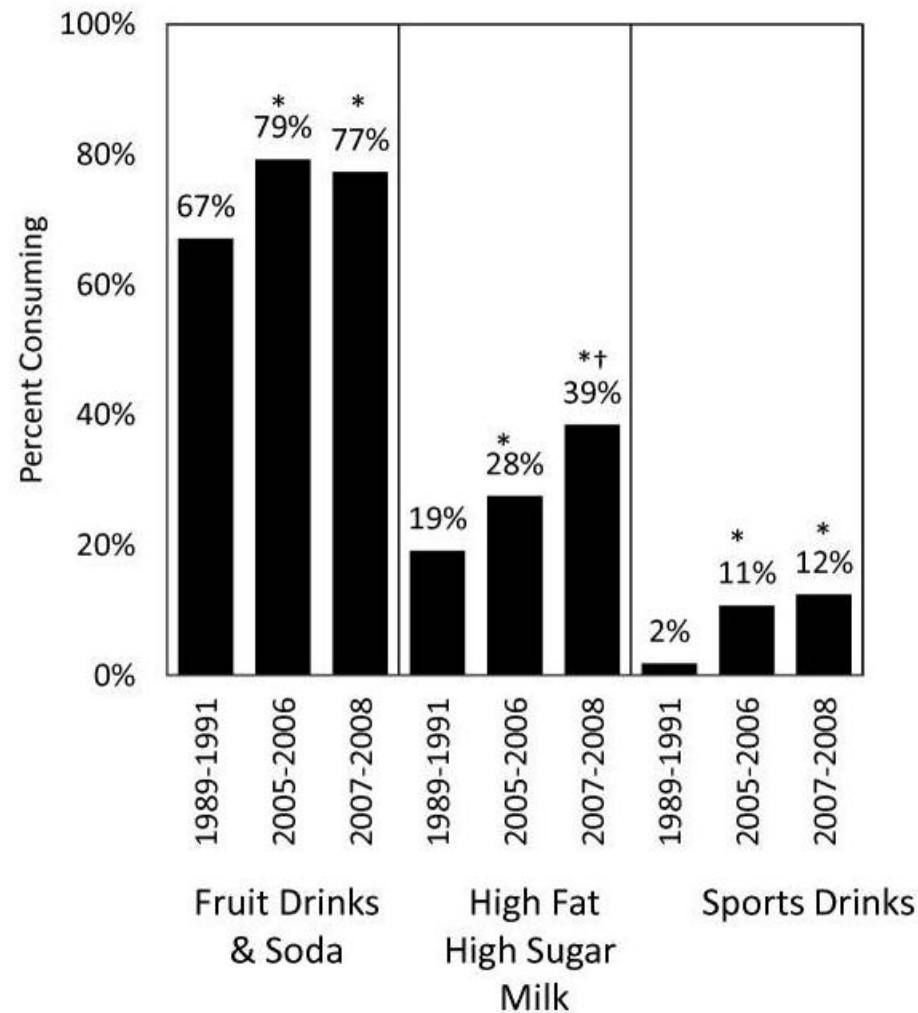


NHES = National Health Examination Survey
NLSY = National Longitudinal Survey of Youth

Hypothesized Impact of Television Viewing on Obesity



Beverage Intake Among School-Aged Children in the U.S., 1989-2008

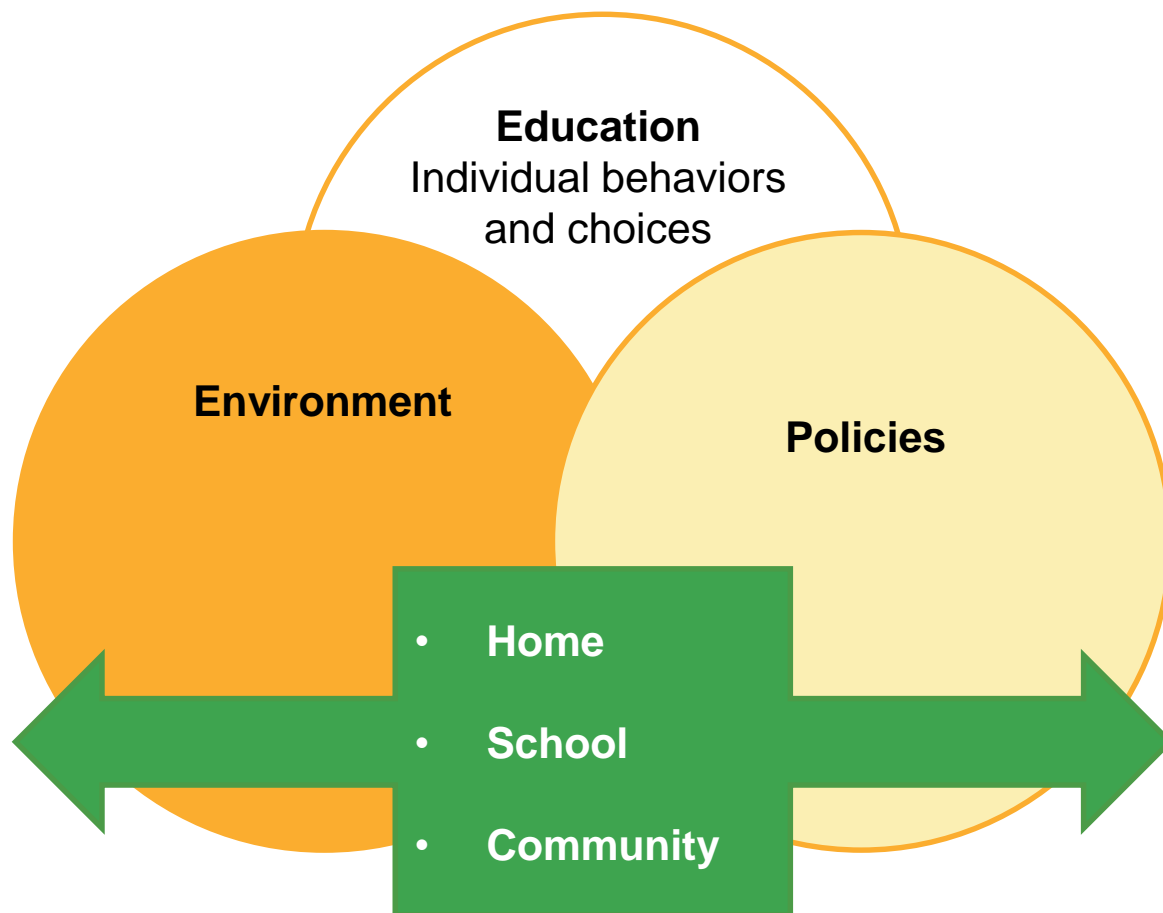


Sugar-Sweetened Beverage Consumption and Overweight

- **Sugar-sweetened beverages contribute to childhood obesity and to adult obesity and type 2 diabetes.**
- **Reducing intake of sugar-sweetened beverages can reduce the prevalence of overweight among youth.**

**Turning the Tables:
Why Schools Need to Be Part of
the Solution!**

Promoting Healthy Eating and Active Living



Surgeon General's Recommendation: School-Based Action

A comprehensive wellness plan that includes effective health education for all.

- A sequential health education curriculum, a school wellness policy, professional development for teachers and staff, partnerships with families, and external community members
- Nutrition: Ensure availability of healthy foods at every eating occasion at school, promote healthy choices, limit vending machine access, provide adequate time to eat meals, availability of water throughout the day
- Physical Activity: Daily PE, recess, extracurricular PA opportunities, active transportation programs, community use of facilities for out of school time hours

Healthy Eating and Physical Activity Are a Critical Part of Learning and Achievement

- Brain development and function require an adequate supply of nutrients.
- Eating breakfast increases academic test scores, daily attendance, concentration, and class participation.
- Children learn through movement.
- Physical activity increases alertness.
- Schools that offer intensive physical activity programs see no negative effects on academic achievement scores even when time for physical education is taken from the academic day.
- Children spend more time reading and doing homework when parents set limits on TV viewing and other recreational screen time.

Eat Well & Keep Moving
**Curriculum Overview and
Educational Approach**

Eat Well & Keep Moving Lessons



Principles of Healthy Living

- Make the switch from sugary drinks to water.
- Choose colorful fruits and vegetables instead of junk food.
- Choose whole-grain foods and limit foods with added sugar.
- Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.
- Eat a nutritious breakfast every morning.
- Be physically active every day for at least an hour.
- Limit TV and other screen viewing to 2 hours or less per day.
- Get enough sleep to give the brain and body the rest they need.

Classroom Lessons

14
fourth-
grade
lessons

14
fifth-grade
lessons

Physical Education Lessons

4 School-
wide
promotions

5 PE lessons

FitCheck +
4 microunits
and 5 PE
microunits



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Lesson Components

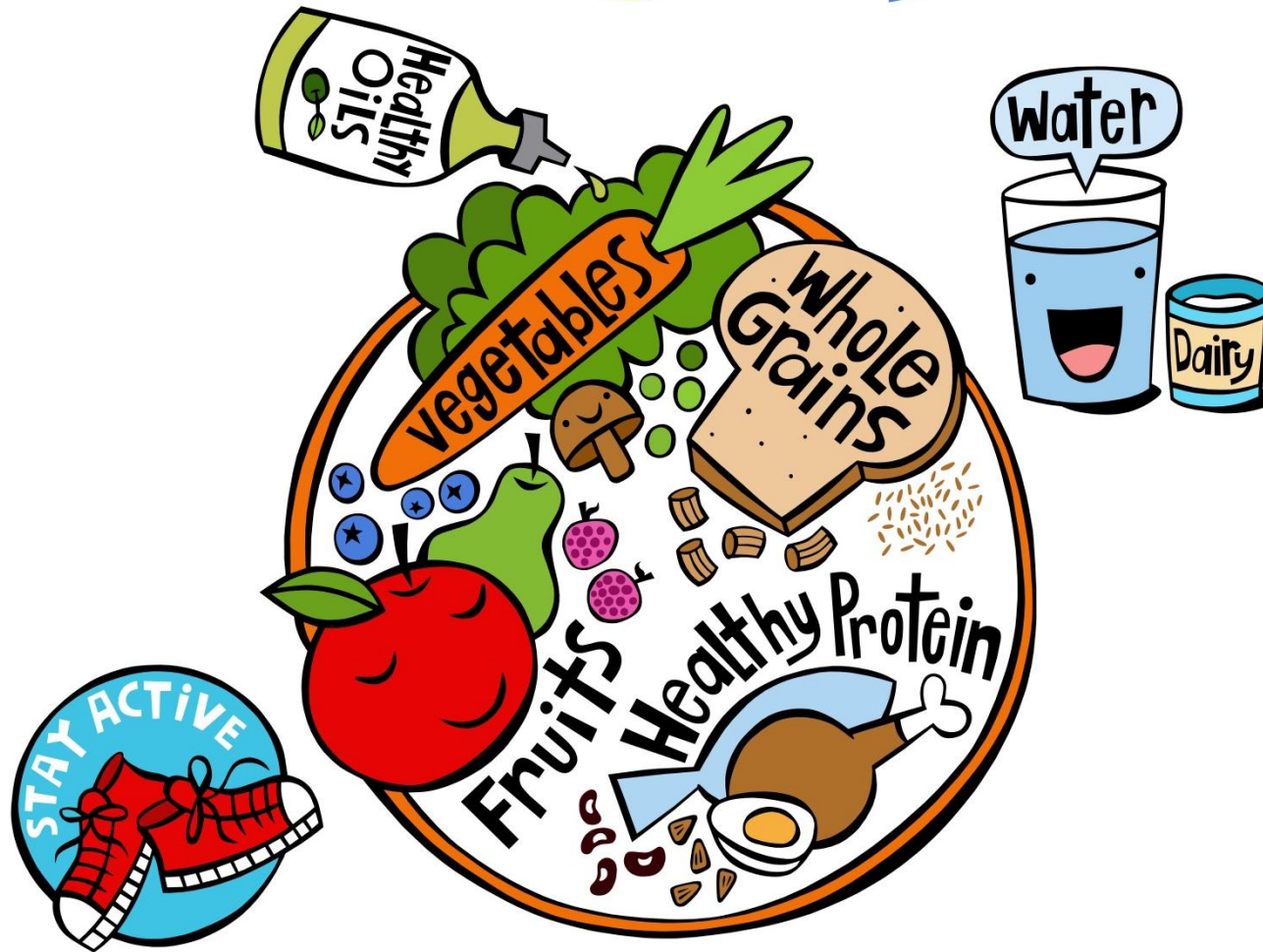
- **Teacher resource pages**
- **Lesson procedures**
- **Worksheets and activities**
- **Illustrations**
- **Charts and tables**
- **Eat Well cards and Keep Moving cards**
- **Strength and stretching diagrams**

Eat Well & Keep Moving Health Goals: The Principles of Healthy Living

- Make the switch from sugary drinks to water.
- Choose colorful fruits and vegetables instead of junk food.
- Choose whole-grain foods and limit foods with added sugar.
- Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.
- Eat a nutritious breakfast every morning.
- Be physically active every day for at least an hour.
- Limit TV and other recreational screen time to 2 hours or less per day.
- Get enough sleep to give the brain and body the rest they need.



Kid's Healthy Eating Plate



Eat Well & Keep Moving

Fruits and Vegetables Message

Choose colorful fruits and vegetables instead of junk food.



- Fruits and vegetables provide vitamins, minerals, and carbohydrate.
- Choose fruits and vegetables in a rainbow of colors (choose especially dark-green and orange vegetables).
- Getting 5 or more servings each day can reduce the risk of diabetes, heart disease, obesity, and possibly some cancers.

Vitamins and Minerals Chart

Name _____

TABLE 11.2 Vitamins and Minerals Chart

What's the nutrient?	Where can I get it?
Vitamin A	Carrots, sweet potatoes, greens, kale, spinach, broccoli, romaine lettuce, cantaloupes, apricots, papayas, mangoes
Vitamin C	Oranges, grapefruits, tangerines, cantaloupe, mangoes, papaya, strawberries, broccoli, bell peppers, tomatoes, sweet potatoes
Vitamin D***	Vitamin D-fortified unflavored milk, nondairy milks (soy, rice, almond)*, salmon, egg yolks
Vitamin E	Seed oils, canola oil, corn oil, soybean oil, almonds, sunflower seed kernels
Vitamin K	Green leafy vegetables such as cabbage, turnip greens, kale, parsley, and broccoli
Folate	Beans, green leafy vegetables, kale, spinach, yeast, soybeans, wheat germ, oranges, most fortified commercial breakfast cereals, and breads
B vitamins such as B ₁ (thiamine), B ₂ (riboflavin), B ₃ (niacin)	100% whole-grain breads and cereals, whole grains (such as barley, quinoa, whole wheat), poultry, lean red meat**, plain yogurt, unflavored milk, eggs
Calcium	Unflavored milk, cheese, plain yogurt, cottage cheese, fortified nondairy milks*, kale, broccoli, greens, calcium-set tofu (bean curd), black-eyed peas, baked beans, bok choy
Potassium	Sweet potatoes, tomatoes, winter squash, peaches, apricots, cantaloupe, bananas, greens, avocados, spinach, dried beans (white beans, lentils, kidney beans), bran, peanuts, unflavored milk, plain yogurt, poultry, seafood, lean red meat**
Iron	Chicken, fish and shellfish, eggs, lean red meat**, 100% whole-wheat bread, dark leafy greens, lima beans, kidney beans, lentils, tofu
Zinc	Lean red meat**, poultry (especially dark meat), seafood, 100% whole-wheat bread, eggs, beans, nuts
Iodine	Seafood

*Best choices do not have caffeine or sugar.

**Limit red meat; avoid bacon, cold cuts, and other processed meats.

***If you do not eat enough vitamin D-rich foods, or if you aren't regularly exposed to sunlight, talk to a doctor about the possible need to take a vitamin D supplement.

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

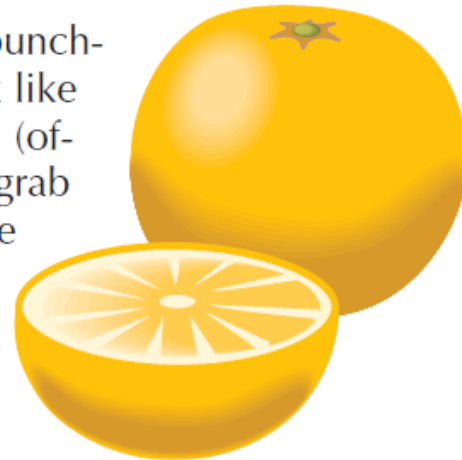


Punch Out Fruit Punch—Pick Whole Fruit



It's easy to tell the difference between fruit punch and 100% fruit juice. Only the pure juice will say "100% juice" right on the label—this goes for orange juice, grapefruit juice, or any kind of juice. It is even better to eat whole fruit instead of juice. While 100% juice is packed with vitamins and minerals, whole fruit has that and more! Whole fruit can have up to three times the fiber that juice has, and it is easy to grab on the go.

Other fruit drinks and colored punches that don't say "100% juice" on the label may look like pure juice, but they usually contain very little juice (often none at all) and a lot of sugar. When in doubt, grab a whole piece of fruit instead of juice! And if you're thirsty, water is always the best option.



Eat Well & Keep Moving Water Message

Make the switch from
sugary drinks to water.



- Water is essential to human survival, optimal functioning, and health.
- Sugary beverages such as soda, sports drinks, energy drinks, and fruit drinks are filled with empty calories, meaning they provide many calories but almost none of the nutrients the body needs to stay healthy and grow strong.

Worksheet: Where's the Sugar?

TABLE 19.1 Beverage Count

	Soda—12 oz (355 ml) can (10 tsp of sugar)	Sports drink—16 oz (475 ml) bottle (7 tsp of sugar)	Fruit punch—7 oz (210 ml) pouch (7 tsp of sugar)
How many did you drink yesterday?			
How many did you drink the day before yesterday?			
Total drinks			

Eat Well & Keep Moving Fat Message

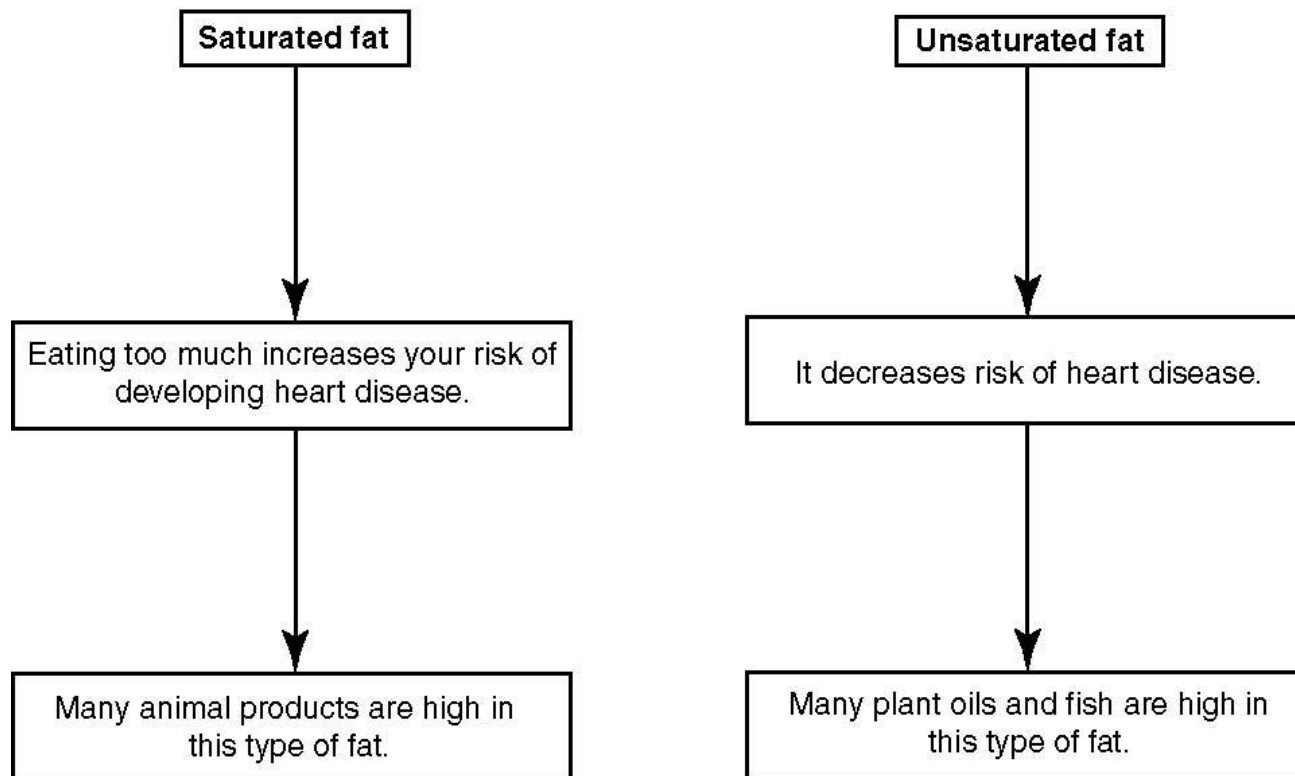
Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.



- Healthy fat can help lower the risk of heart disease and stroke.
- Unhealthy fat—including saturated fat and especially trans fat—increases the risk of heart disease and stroke.
- Avoid trans fat, since it raises the risk for heart disease in many ways and may increase the risk for diabetes.

What's the Rap on Fat?

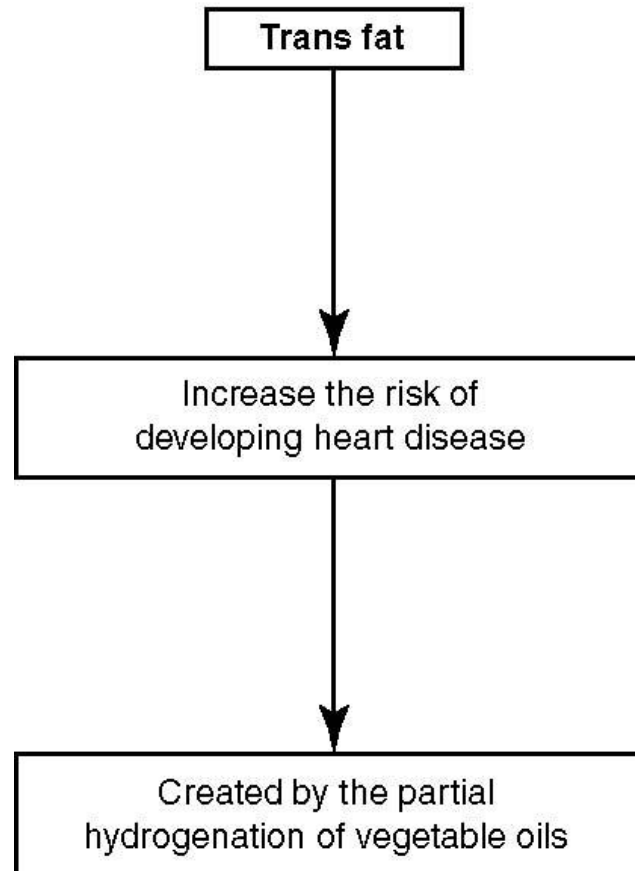
Not All Fat Is Created Equal



(continued)

What's the Rap on Fat? (*continued*)

Not All Fat Is Created Equal



Nutrition Facts

Serving Size 1/8 cup (31g) about 8 pieces

Serving size

Servings Per Container 9

Servings per container

Amount Per Serving

Calories 160 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated fat per serving

Saturated Fat 3g 15%

Trans fat per serving:
Choose foods that have
0g of trans fat, and make
sure to check for partially
hydrogenated oil in the
ingredients list.

Trans Fat 0g

Cholesterol 0mg 0%

Potassium 90mg 3%

Sodium 160mg 7%

Total Carbohydrate 18g 6%

Dietary Fiber 0g 0%

Sugars 4g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000
calorie diet. Your daily values may be higher
or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

% DV of saturated fat:
Foods with a DV for saturated
fat of 5 or less are low in
saturated fat. Foods with a
% DV for saturated fat of 20 or
more are high in saturated fat.
The daily goal is to choose
foods that together contain
less than 100% of the DV for
saturated fat.

Eat Well & Keep Moving Activity Message

Be physically active every day for at least an hour.



- Regular physical activity helps prevent unhealthy weight gain, obesity, and several chronic diseases.
- Children and teenagers need at least 60 minutes per day.
- This can include active free play, as well as structured activities that are age-appropriate, enjoyable, and offer variety. Any episode of moderate- or vigorous-intensity physical activity, however brief, counts toward the daily goal.

LESSON 44



Thinking About Activity, Exercise, and Fitness

All or parts of this lesson are from J. Carter et al., 2007, *Planet Health*, 2nd ed. (Champaign, IL: Human Kinetics), microunit 1.

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Positive Effects of Physical Fitness

- **Being physically fit does the following:**
 - Makes you healthier.
 - Helps you build a positive self-image.
 - Helps you feel better about yourself.
- **Fitness is fun, and it feels great!**

Eat Well & Keep Moving Inactivity Message

Limit TV and other recreational screen time to two hours or less per day.



Recreational screen time = TV + movies + texting
+ video and computer games + social media


***Does not include educational screen time, such as
school work completed on computer***



Graph-It Worksheet

Name _____

1. Using the information from your Screen Time Chart, graph the number of hours you spent in screen activities for fun each day.



2. Using the information from your Screen Time Chart, create a graph that compares the number of hours you spent in screen activities each day during the Freeze My TV week with the daily two-hour (or less) goal.



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).

Talking to Youth About Nutrition and Physical Activity Habits

What would you say if your students ask . . .

- Why do we need to do these *Eat Well & Keep Moving* lessons?
- Is fat bad for me?
- I don't like exercise. Why is it important?
- I like to watch TV. Why do I need to stop watching TV?

(continued)

What would you say if your students ask . . . *(continued)*

- **Are soda and candy bad for me?**
- **Vegetables are nasty! Why do I need to eat them?**
- **The cafeteria food is awful! How can I eat a healthy lunch at school?**
- **It's not safe to play outside where I live. My mom tells me to stay at home and watch TV. What can I do to get more physical activity?**

Questions?

Planning the *Eat Well & Keep Moving* Implementation

TABLE I.3 Fourth-Grade Implementation Grid

Classroom lessons	Promotions	Eat Well cards and Keep Moving cards	Physical education lessons*	Sample cafeteria activities**	Parent involvement
1. Healthy Living	32. Tour de Health		34. Five-Foods Countdown		<ul style="list-style-type: none"> Reprint "Food Groups and the Kid's Healthy Eating Plate at a Glance" in the parent newsletter. Print and send home "The Principles of Healthy Living."
2. Carb Smart		The Power of Whole Grains Amber Waves of Grain What's the New Food? Tabouleh	35. Musical Fare	<ul style="list-style-type: none"> Promotional menu item: tabouleh Discuss the Eat Well cards before lunch. Post the Eat Well cards and tabouleh food oval on the menu board and throughout the cafeteria. 	<ul style="list-style-type: none"> Reprint the Eat Well cards and the "Whole Grains" article in the parent newsletter. Send home the "Eat More Whole Grains" parent fact sheet.**
3. Safe Workout: An Introduction		Be Wise . . . Warm Up for 5 Before You Exercise			<ul style="list-style-type: none"> Reprint the Keep Moving card and "Keep Moving!" article in the parent newsletter. Send home the "Activate Your Family" parent fact sheet.**
4. Balancing Act					
5. Fast-Food Frenzy		Stir-Fry With Healthy Oils!		<ul style="list-style-type: none"> Promotional menu item: chicken stir-fry with vegetables on brown rice Discuss the Eat Well cards before lunch. Post the Eat Well cards and chicken stir-fry food oval on the menu board and throughout the cafeteria. 	<ul style="list-style-type: none"> Reprint the Eat Well card and the "Fat in Foods" article in the parent newsletter. Send home the "Healthy Fats" parent fact sheet.**
6. Snack Attack			36. Bowling for Snacks		<ul style="list-style-type: none"> Reprint the "Super Snacks" article in the parent newsletter. Send home the "Super Snacks" parent fact sheet.**
7. Sugar Water: Think About Your Drink		Punch Out Fruit Punch—Pick Whole Fruit		<ul style="list-style-type: none"> Discuss the Eat Well card before lunch. Display the Eat Well card near fruit options. 	<ul style="list-style-type: none"> Reprint the "Be Sugar Smart" article in the parent newsletter. Send home the "Hydration" parent fact sheet.**
8. Water Water Everywhere . . . And It's the Thing to Drink		Cool Water		<ul style="list-style-type: none"> Discuss the Eat Well card before lunch. Display the Eat Well card near water fountains and throughout the cafeteria. 	<ul style="list-style-type: none"> Reprint the Keep Moving card and "Stay Cool" article in the parent newsletter. Send home the "Hydration" parent fact sheet (if not already sent).**

(continued)

TABLE I.3 (continued)

Classroom lessons	Promotions	Eat Well cards and Keep Moving cards	Physical education lessons*	Sample cafeteria activities**	Parent involvement
9. Safe Workout: Snacking's Just Fine, If You Choose the Right Kind		Be Wise . . . Warm Up for 5 Before You Exercise	33. Three Kinds of Fitness Fun: Endurance, Strength, and Flexibility		<ul style="list-style-type: none"> Reprint the Keep Moving card in the parent newsletter.
10. Prime-Time Smartness	29. Freeze My TV	A Piece of the Pie?			<ul style="list-style-type: none"> Reprint the Keep Moving card in the parent newsletter. Reprint the "Tune Out the TV" article in the parent newsletter. Send home the "Take Control of TV" and "Sleep" parent fact sheets.**
11. Chain Five	30. Get 3 At School and 5+ A Day	To Nourish Your Body as Well as Your Soul . . . Eating Fruits and Vegetables Instead of Junk Food Should Be Your Goal! What's the New Food? It's Chunky Vegetable Stew	37. Fruits and Vegetables	<ul style="list-style-type: none"> Promotional menu item: chunky vegetable stew Discuss the Eat Well cards before lunch. Post the Eat Well cards and chunky vegetable stew food oval on the menu board and throughout the cafeteria. 	<ul style="list-style-type: none"> Reprint the Eat Well cards in the parent newsletter.
12. Alphabet Fruit (and Vegetables)		Punch Out Fruit Punch—Pick Whole Fruit Have You Ever Heard of Pineapple Oranges? Oranges for Each Day's Journey		<ul style="list-style-type: none"> Discuss the Eat Well cards before lunch. Display the Eat Well cards near the fruit options and throughout the cafeteria. 	<ul style="list-style-type: none"> Reprint the "Fruits and Veggies" article in the parent newsletter. Send home the "Fruits and Vegetables" parent fact sheet.**
13. Brilliant Breakfast	32. Tour de Health (repeat)				<ul style="list-style-type: none"> Reprint the "Whole Grains" article in the parent newsletter.
14. Fitness Walking	31. Class Walking Clubs				<ul style="list-style-type: none"> Reprint the "Keep Moving!" article in the parent newsletter.

*Teaching FitCheck, the FitCheck microunits, and the additional physical education microunits: Use the FitCheck student self-assessment tool if it matches your students' abilities and fits into your curriculum. If you decide to use it, we recommend scheduling FitChecks two or three times during the school year (try to make one time close to the end of the school year). The FitCheck introduction (lesson 39) and the four FitCheck microunits (lessons 40-43) build on one another and are best taught sequentially as a set. However, the microunits can also be used intermittently, such as on days when no full-length Eat Well & Keep Moving physical education lesson is taught, as long as the units are taught in the correct order.

**The parent fact sheet is also available in Spanish.

***The cafeteria activities listed are just a sample of the many opportunities for promotion between the classroom and food service. Manuals 2 and 4 on the web resource provide detailed information for implementing the food service component.