

Nutrition Education and Wellness Training for Food Service Staff

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 Kid's Healthy Eating Plate (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, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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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, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd 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. 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 1 Module 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

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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. 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 1 Module 2 PDF of Talking Points in the Training Sessions folder on this web resource)

Handouts for Participants

1. Copy of 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)

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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. Computer with projector
2. Screen or white wall
3. Six different colors of paper
4. PowerPoint presentation
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 web resource)
6. 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 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 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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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 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. Small slips of paper (for writing down responses in the Tour de Health game)
5. PowerPoint presentation
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 web resource)
7. Tour de Health Game Cards (lesson 32)
8. 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. Food labels from lesson 10 (you may wish to bring more)
3. Getting Acquainted (Additional Resources)
4. Best-Choice Foods (Additional Resources)
5. Kid's Healthy Eating Plate (Additional Resources)
6. Tour de Health Scorecard (lesson 32)

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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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
Tabouleh
Chicken stir-fry with vegetables on brown rice
Chunky vegetable stew
Peach salsa

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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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. Computer with projector
2. Screen or white wall
3. Flip chart
4. PowerPoint presentation
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 web resource)
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 (Eat Well Cards and Keep Moving Cards)
4. *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. Computer with projector
2. Screen or white wall
3. Flip chart
4. PowerPoint presentation
5. 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 web resource)

Handouts for Participants

Classroom Lessons from Eat Well & Keep Moving, 3rd Edition book

- Carb Smart (lesson 2)
- The Safe Workout: An Introduction (lesson 3)
- Water Water Everywhere . . . And It's the Thing to Drink (lesson 8)
- Freeze My TV (lesson 23)
- Snack Attack (lesson 6)
- Balancing Act (lesson 4)

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