



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

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

Welcome to the fourth *Eat Well & Keep Moving* training session. Today's session delves deeper into the *Eat Well & Keep Moving* Principles of Healthy Living, the guidelines for healthy eating and physical activity that form the core of the *Eat Well & Keep Moving* program; it also introduces the Nutrition Facts food label.

(Introduce yourself. If the session is small enough, have participants introduce themselves.)

Agenda

- **Getting acquainted while learning about the Principles of Healthy Living**
- **Nutrition tools for consumers**
- **The healthiest food choices from the five food groups and the Kid's Healthy Eating Plate**
- **Tour de Health game**

(Briefly go over the agenda with participants.)

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.



(Distribute the Getting Acquainted handout from the Additional Resources folder on this Web Resource, and ask participants to follow the instructions and fill in the table with others' signatures.)

(When the activity is complete, ask for a show of hands of people who could have signed numbers 1 through 8 on the sheet.)

(Review the Principles of Healthy Living with participants, and remind them that these guidelines form the basis of the Eat Well & Keep Moving program.)

Health Promotion Through Healthy Eating and Active Living

- **Food choices can affect our health positively or negatively.**
- **Our challenge is to provide nutritious and tasty foods to students so they can make healthy food choices.**
- **Our obligation is to offer the best food choices.**

The focus today is on healthy eating and active living.

We Americans have many food choices, some of which affect our health positively or negatively.

As food service workers, we face the challenge of providing nutritious and tasty foods to students so that they can make healthy food choices. It's our obligation to offer the best food choices.

Nutrition Tools for Consumers

- ***Dietary Guidelines for Americans***
 - Nutrition and physical activity advice for healthy Americans aged 2 and up
 - Basis for school meals and National School Lunch Program
- **Nutrition Facts**
 - Food label
 - Provides nutrition information on individual foods

The U.S. Department of Agriculture (USDA), Department of Health and Human Services, and Food and Drug Administration (FDA) have taken the massive amounts of nutrient data, current research, and consumer studies and developed tools for consumers to use in making nutritious food choices. These tools require very little math to calculate the nutrient values in food choices.

The *Dietary Guidelines for Americans* provides basic guidance for individuals seeking a healthy lifestyle. These guidelines provide nutrition and physical activity advice for healthy Americans over the age of 2 years; they are also the basis for school meals and the National School Lunch Program.

The Nutrition Facts food label was developed to provide nutrition information on individual foods.

The Five Basic Food Groups

- **Vegetables**
- **Fruits**
- **Grains**
- **Protein**
- **Dairy**

Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients—both macronutrients (carbohydrate, protein, and fat) and micronutrients (vitamins and minerals).

Vegetables, fruits, grains, protein, and dairy make up the five basic food groups, but not all options within these groups are equally beneficial or healthy, and some foods—especially those from plants—are needed in greater proportion than others.



(Distribute the Kid's Healthy Eating Plate handout from the Additional Resources folder on this Web Resource.)

The **Kid's Healthy Eating Plate** provides a blueprint to help build a balanced meal with the best choices from each group:

Along with filling half of our plate with colorful **vegetables** and **fruits**, split the other half between **whole grains** and **healthy protein**. Healthy protein includes mostly plant-based options such as nuts, seeds, and beans, but poultry and fish are also excellent choices. Foods from the **dairy** group are needed in lower proportions than foods from the other groups, but milk and other dairy foods are common sources of calcium and vitamin D, so choose unflavored milk, plain yogurt, or other unsweetened dairy foods.

The Kid's Healthy Eating Plate also includes elements that are not part of the five food groups, but are additional important reminders for maintaining a healthy diet and lifestyle.

- Healthy oils (plant-based oils such as olive and canola oil) are a great source of healthy fat, and should be used when cooking or as

dressing on a salad.

- Water should be the drink of choice at every meal and snack, as well as when staying active.
- Note that the Kid's Healthy Eating Plate does not contain sugary drinks, sweets, and other junk foods. These are not everyday foods and should only be eaten rarely, if ever.

Finally, just like choosing the right foods, incorporating physical activity into our day by staying active is part of the recipe for keeping healthy.

Let's move on to discussing each of the food groups in a little more detail.

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.**

(Distribute the Best-Choice Foods handout from the Additional Resources folder on this Web Resource. Distribute food labels from lesson 10 for Sweet Potatoes, Plums, Chicken, and Milk. Distribute any other food labels you have collected. Review the following information with participants:)

Vegetables and fruits provide vitamins, minerals, and carbohydrate. In general they promote overall good health and can reduce the risk of diabetes, heart disease, obesity, and possibly some cancers. Eat at least 5 servings of colorful vegetables and fruits every day; eating more is better.

Fruits

- **Good source of vitamins A and C and potassium.**
- **Whole and sliced fruits have more fiber than juice and are better choices.**
- **One serving = 1 medium apple, banana, or orange; 1/2 cup chopped or cooked fruit; 1/4 cup of dried fruit, like raisins.**
- **Limit fruit juice to no more than 4-6 ounces per day.**

Fruits (e.g., oranges, cantaloupe, and strawberries) supply vitamins A and C as well as potassium. They are also high in fiber.

Choose whole fruits or sliced fruits rather than fruit juices, since they contain the most fiber; if eating canned fruit, choose fruit canned in 100% juice (rather than fruit canned in syrup or with other added sugars and ingredients).

(Review the Plums Nutrition Facts label in lesson 10 of the book, and discuss differences in serving sizes and nutrients.)

One serving of fruit is 1 medium apple, banana, or orange; 1/2 cup chopped or cooked fruit; 1/4 cup of dried fruit, like raisins.

Make sure to limit your consumption of 100% fruit juice to no more than 4 to 6 ounces per day; juice has vitamins and minerals, but it is naturally high in fruit sugar (fructose) and it lacks the fiber found in whole fruit.

Vegetables

- **Good source of vitamins A and C, folate, iron, and magnesium**
- **High in fiber**
- **Choose a rainbow of colors, especially dark green and deep orange**
- **One serving = 1/2 cup cooked vegetables, 1 cup of leafy salad greens**

Vegetables (e.g., broccoli, spinach, and carrots) provide vitamins A and C and folate as well as iron and magnesium. They are also high in fiber.

Choose vegetables in a rainbow of colors, especially dark green (e.g., broccoli, spinach, romaine lettuce, bok choy, kale) and orange (e.g., carrots, sweet potatoes, winter squash).

(Review the Sweet Potatoes Nutrition Facts label from lesson 10 in the book, and discuss serving sizes and nutrients.)

One serving of vegetables is 1/2 cup of cooked or raw vegetables (like baby carrots or green beans), or 1 cup of raw leafy vegetables.

Grains: *Get Whole Grains and Sack the Sugar!*

- **Grains contain carbohydrate, fiber, and some vitamins and minerals.**
- **Whole grains are the healthiest choices.**
- **Choose foods that list a whole grain as the first ingredient, and watch out for added sugar in the ingredients list.**
- **Examples of whole-grain foods include 100% whole-wheat bread and pasta, steel-cut oatmeal, whole-grain crackers and breakfast cereals, barley, brown rice, and quinoa.**

- Basic nutrients from the grains category are carbohydrate, fiber, and some vitamins and minerals.
- In the grains group, the healthiest choices are whole grains, the less processed the better. Whole grains are a much better choice than refined grains (such as white bread, white rice, and white pasta) because the refining process breaks down the intact grain and strips away many beneficial nutrients. Even though refined grains are fortified with vitamins and minerals in the U.S. and many other countries, fortification is not standard everywhere, and fortification does not replace all of the lost nutrients.
- Another problem with refined grains is that they get digested and absorbed very quickly, which can cause blood sugar levels to spike. In response, the body quickly takes up sugar from the blood and puts it into storage (in muscle, fat, and the liver) to bring sugar levels down to normal. Working so quickly may cause the body to overshoot things however, making blood sugar levels a bit lower than they should be. This can cause feelings of false hunger (even after a big meal) and tiredness.
- Choose foods that list a whole grain as the first ingredient and that keep the grain as intact as possible (e.g., choose coarsely ground steel-cut oatmeal rather than instant oatmeal for breakfast).
- Also watch out for added sugar in the ingredient list, which can be labeled as fructose, glucose, sucrose, corn syrup, and honey, among others. Many grain-based foods, especially cereals, are marketed as being “made with

whole grains,” and often list a whole grain as the first ingredient—yet added sugar is also included at the top of the ingredients list, or it appears multiple times throughout the list.

- Other examples of whole grains include 100% whole-wheat bread and pasta, whole-grain crackers and breakfast cereals, barley, brown rice, and quinoa.

Protein

- **Contain protein, B vitamins, and minerals responsible for functions like building and repairing muscles and tissue.**
- **Choose healthy sources of protein, including nuts, seeds, beans, and peas, as well as fish, poultry, and vegetarian alternatives.**

Foods in the protein group supply protein, B vitamins, iron, and zinc. They are primarily responsible for building and repairing muscles and tissues, digesting nutrients, and improving immunity and blood quality.

Choose healthy sources of protein, including nuts, seeds, beans, and peas, as well as fish, poultry, and vegetarian alternatives.

(Review the Chicken Nutrition Facts label in lesson 10, and discuss nutrients.)

Dairy

- **Dairy foods are needed in lower proportions than foods from the other groups**
- **Good source of calcium; also contains protein, riboflavin, and vitamins A and D**
- **Promotes strong bones and healthy teeth**
- **Choose unflavored milk, plain yogurt, or unsweetened dairy foods**
- **Those who cannot consume dairy can choose lactose-free milk or calcium-fortified nondairy alternatives such as unflavored and unsweetened rice milk or soy milk**

Foods from the dairy group are needed in lower proportions than foods from the other groups, but milk and other dairy foods are common sources of calcium and vitamin D. They also supply protein, riboflavin, and vitamins A and D (if fortified), and help promote strong bones and healthy teeth.

Best choices include unflavored milk, plain yogurt, and other unsweetened dairy foods. People who cannot consume dairy can choose lactose-free milk or calcium-fortified nondairy alternatives such as unflavored and unsweetened rice milk or soy milk.

Note that the optimal intake of dairy products has yet to be determined and the research is still developing.

(To review the most up-to-date evidence on dairy consumption, you can visit or point participants to the Kid's Healthy Eating Plate web page on The Nutrition Source: www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate.)

(Review the Milk Nutrition Facts label in lesson 10, and discuss nutrients.)

Combination and Processed Foods

- **Combination foods contain foods from more than one food group.**
- **Processed foods are prepared and packaged by manufacturers.**

Combination foods contain foods from more than one food group (e.g., a brown rice and bean burrito with cheese: the tortilla and brown rice are in the grains group; the beans are in the protein group; and the cheese is in the dairy group).

Processed foods are those prepared and packaged by manufacturers. Salt and other sodium-containing ingredients are often used in food processing.

A Balanced Diet

- **No single food supplies all needed nutrients.**
- **Choose a variety of foods from each group.**
- **Follow these guidelines to make the best choices:**
 - Choose colorful fruits and vegetables instead of junk food.
 - Choose whole-grain foods and limit foods with added sugar.
 - Make the switch from sugary drinks to water.
 - Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.

No single food can supply all the nutrients needed to maintain good health. Similarly, not all foods in the same group contain the same nutrients. Oranges, for instance, do not contain much vitamin A, but cantaloupe is a good source of this vitamin.

Choosing foods from all the food groups each day and choosing a variety of best-choice foods within each food group will help you meet your nutritional requirements. It will also make your diet more interesting!

To make the best choices within each food group, remember the Kid's Healthy Eating Plate and these guidelines from the Principles of Healthy Living:

- Choose colorful fruits and vegetables instead of junk food (especially dark-green and orange vegetables).
- Choose whole-grain foods and limit foods with added sugar.
- Make the switch from sugary drinks to water.
- Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.

Tour de Health

(Distribute the Tour de Health Scorecard, several small slips of paper, and markers to each group. Shuffle the deck of Tour de Health Game Cards, and place it facedown on the top of a table.)

We will now play a healthy living game that is part of the *Eat Well & Keep Moving* classroom lessons. Let's review the directions and play a round:

Each group gets a scorecard and a marker. I (*the trainer*) will draw one card at a time, in order from the top of the deck, and read the category of the question (e.g., Whole Grains, Keep Moving). I will then read the question to all of the groups. Questions are either multiple choice or true or false. Each group should decide on a response to the question, and write down the answer on a slip of paper. I will ask each group for its response. When a group answers correctly, it will receive 1, 2, or 3 points, depending on the value of the question. Each group enters its points on its scorecard in the related category column. For example, if a group earns 2 points for answering a Keep Moving question, it enters 2 points in the Keep Moving column.

(Winning the game)

(Option one: Play can be timed for 15 or 20 minutes, and the group with the most points at the end wins.)

(Option two: First group to get 20 total points wins.)

(If you like you may offer incentives or prizes [pens, T-shirts, gift certificates, trinkets, or hats] to the winners.)

Questions?

(After the conclusion of Tour de Health, ask participants if they have any final questions.)

Thank you for attending. The next *Eat Well & Keep Moving* session will discuss the program's food and activity promotions.