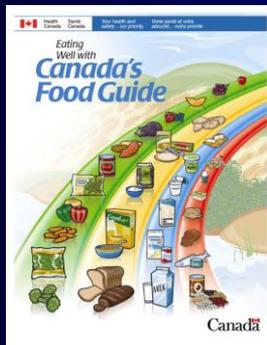


Putting School Nutrition Policies into Practice

Dairy Farmers
of Manitoba



Nutrition Education Workshop

Who are we ?

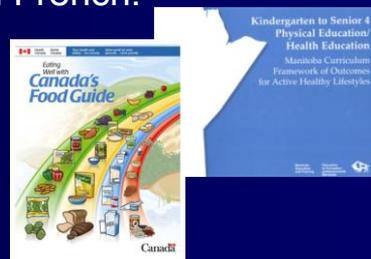
The registered dietitians in Nutrition Programs, Dairy Farmers of Manitoba have worked with teachers in this province for over 35 years.

We help teachers deliver nutrition curriculum outcomes in Manitoba classrooms.

What do we offer Manitoba teachers?

We offer nutrition inservices with activities and resources specifically designed to support Manitoba curriculum outcomes. All are based on Canada's Food Guide, the most recent nutrition research and appropriate education theory.

All student material available in French.



Our programs make nutrition
easy for teachers to teach and
fun for students to learn.

There is no cost.



“Home-grown” resources

Resources and workshops were developed with Manitoba teachers and input from Manitoba students to meet nutrition outcomes in provincial Science and PE/Health curricula.

Pilot teaching, and focus groups with teachers and students take place throughout development.

Teacher workshops

Participants receive everything needed to teach nutrition outcomes in the K- 12 Physical Education/Health Education Curriculum and nutrition outcomes in the Science Curriculum.

Teachers leave with:

- easy-to-follow lesson plans
- teacher background information
- reproducible overheads and lots of student material

Activities and resources are age appropriate

- Programs for younger children focus on exposure to and the importance of eating a wide variety of food.
- Self assessment and goal setting, focused on skill development and behavior change are built into each grade for older students.

Why not just make resources available?

Research has shown that teachers who participate in nutrition inservices deliver more effective programs and their students learn better.

An inservice based on current scientific nutrition knowledge also ensures that student learning is based on current scientific facts about healthy eating.

Workshops also offer teachers an opportunity to learn about themselves and healthy eating.

Nutrition education is an important part of comprehensive school health

Comprehensive school health:

- involves students in learning and practicing healthy behaviours (eg. *curriculum activities*).
- assumes an environment in which students can practice healthy behaviours (eg. *school nutrition policy*)
- aims to support healthy behaviour on many levels (eg. *family involvement* for younger students) .

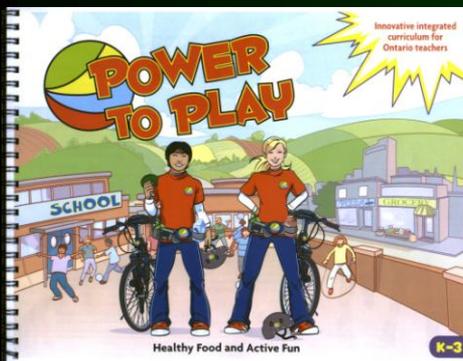


Successful Nutrition Education

- Focuses on behavior, not knowledge
- Helps students learn & practice skills for choosing and eating healthy food

...more “doing” and less listening

Power to Play (K-1 and 2-3)



Package comes with:

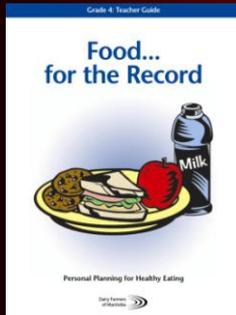
- manual
- music CD
- DVD
- poster

Food pictures and study prints can be purchased, see:

www.milk.mb.ca

Grade 4: Food... for the Record

1. Keeping Track of Healthy Eating
2. Healthy Eating - Measuring Up
3. Making Nutrition Plans
4. The Food for the Record Conquest



Each section:

- Goals
- Background Information
- Teaching Ideas
- Involving Parents
- Blackline Masters

Food...



for the Record

NAME _____

Dairy Farmers
of Manitoba

SIZING UP SERVINGS

Let's learn about how much food is considered a Food Guide Serving.

<p>1 Food Guide Serving</p>	<p>small apple</p> 	<p>one slice of bread</p> 	<p>8 oz. (250mL) glass of milk</p> 	<p>one hamburger patty</p> 
<p>1/2 Food Guide Serving</p>	<p>tomato sauce on pasta</p> 	<p>vegetables on a sandwich</p> 	<p>milk on cereal</p> 	<p>meat on a slice of pizza</p> 
<p>2 Food Guide Servings</p>	<p>large apple</p> 	<p>8 oz. (250mL) glass of juice</p> 	<p>whole bun</p> 	<p>a helping of pasta</p> 

Eating is one of the best things life has to offer! Food helps you celebrate with your family and friends. It nourishes your body. It gives you energy to get through each day. The right balance of food and activity helps you stay at a healthy body weight throughout life.

PARENT GUIDE



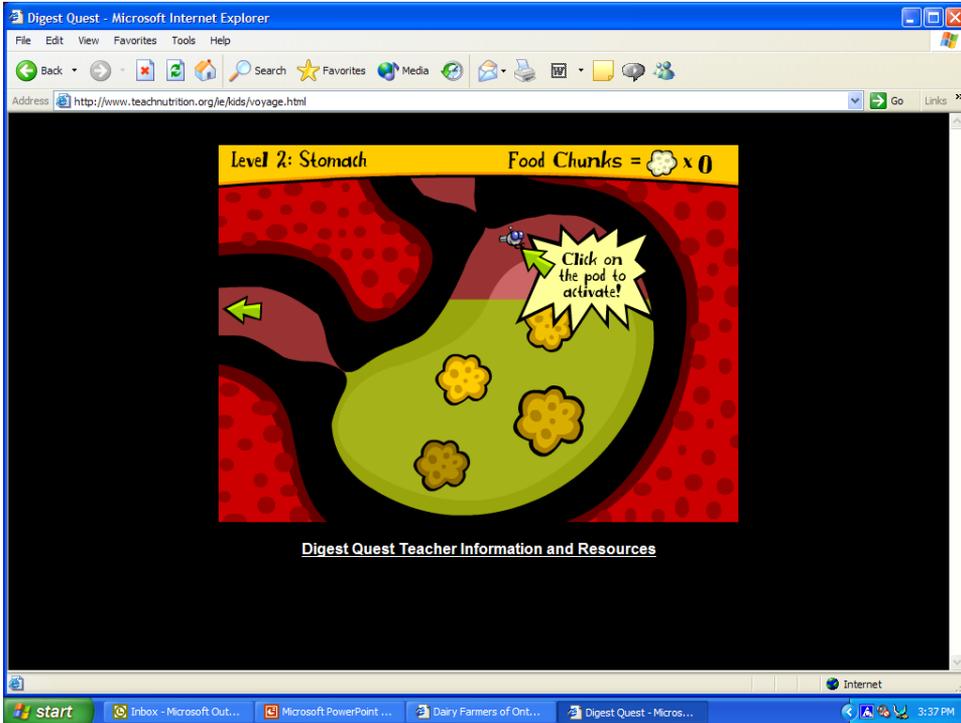
Food... for the Record

Food... for the Record is designed to help students develop sound food choice habits. The program is based on Canada's Food Guide, which emphasizes the importance of eating a variety of foods from the four food groups every day.

Grade 5 Science

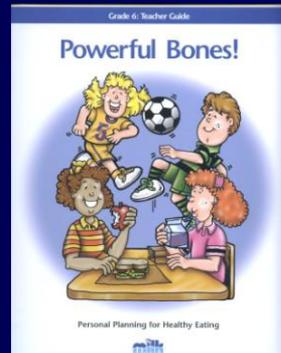
Passport to Healthy Eating





Grade 6: Powerful Bones

- Bones are Alive
- Use Your Bones
- Feed Your Bones
- Build the Best Bones
 - Section Goals
 - Background Information
 - Teaching Ideas
 - Blackline Masters





Bone Health

The **2 years before and 2 years after puberty** are a once in a lifetime opportunity to build bone – **up to 30% of adult bone mass is built** during this period

Maximizing “peak bone mass” appears to be one of the best ways to decrease the risk of osteoporotic fractures later in life



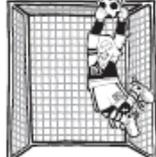


GOAL KEEPER

DAY _____

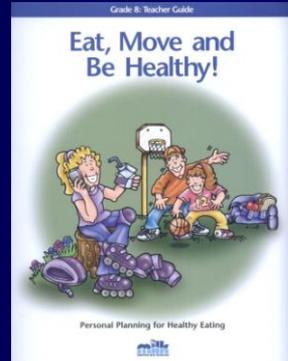
Did I meet my goal to increase calcium-rich food today? ___ yes ___ no
If NO, what got in my way? _____
How could I have overcome it? _____

Did I meet my goal to increase bone-building activity today? ___ yes ___ no
If NO, what got in my way? _____
How could I have overcome it? _____



Eat, Move... & Be Healthy

- People Come In All Shapes and Sizes
- A Healthy Balance
- Into Action
 - Section Goals
 - Background Information
 - Teaching Ideas
 - Blackline Masters: Student Handouts & Overheads



People are like cars....

We need fuel

- Amount
- Quality



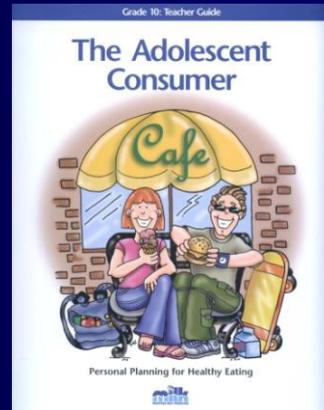
We constantly use fuel

- Idling = basal metabolism
- Highway miles = physical activity



The Adolescent Consumer

- Eating on the Run
- Food for Life
- Personal Planning
 - Section Goals
 - Background Information
 - Teaching Ideas
 - Blackline Masters



We Know...

- Sit-down family meals are rare
- Commitments often conflict with “normal” eating times

Teen’s won’t eat anything that:

- takes time to prepare
- can’t be eaten quickly

And...

- they skip breakfast



Personal Reflection

Students:

- explore their ideas about healthy eating
- review personal eating habits
- describe what influences the way they eat and
- identify personal barriers to healthy eating

The Adolescent Consumer

HEALTHY EATING ON THE RUN

- Do you eat regular meals or "grab" food on the run?
- What do you "grab" when eating on the run... are the foods "healthy"?
- Do you think fast food can be "healthy"?
- Where do you get information about food choices and health?
- Do you use or think about *Canada's Food Guide* when choosing food? Why or why not?



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Putting it All Together

- Use this sheet and CFG to evaluate food records
- Consider what was learned about fibre, fat, calcium and iron intake

The Adolescent Consumer

WHAT'S ON MY MENU? DAY _____

Balance:

Did you eat the recommended numbers of Food Guide Servings (FOS) today?

Vegetables and Fruit	(emales 7 FOS, males 8 FOS)	I ate _____ servings
Grain Products	(emales 6 FOS, males 7 FOS)	I ate _____ servings
Milk & Alternatives	(emales and males 3-4 FOS)	I ate _____ servings
Meat & Alternatives	(emales 2 FOS, males 3 FOS)	I ate _____ servings

Variety:

Did you:

- eat at least one dark green and one orange vegetable each day? _____/No _____/No
- make at least half of your Grain Products whole grain each day? _____/No _____/No
- drink skim, 1% or 2% milk each day? _____/No _____/No
- have a meat alternative (e.g. beans, lentils) or fish each day? _____/No _____/No

Do you:

- consume 6-8 cups of fluid (water, milk, soup, juice, etc.) each day? _____/No _____/No
- eat deep fried food every day? _____/No _____/No
- consume lots healthy choices (like chocolate, candy, chips, pop, donuts, etc.) every day? _____/No _____/No

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The Adolescent Consumer

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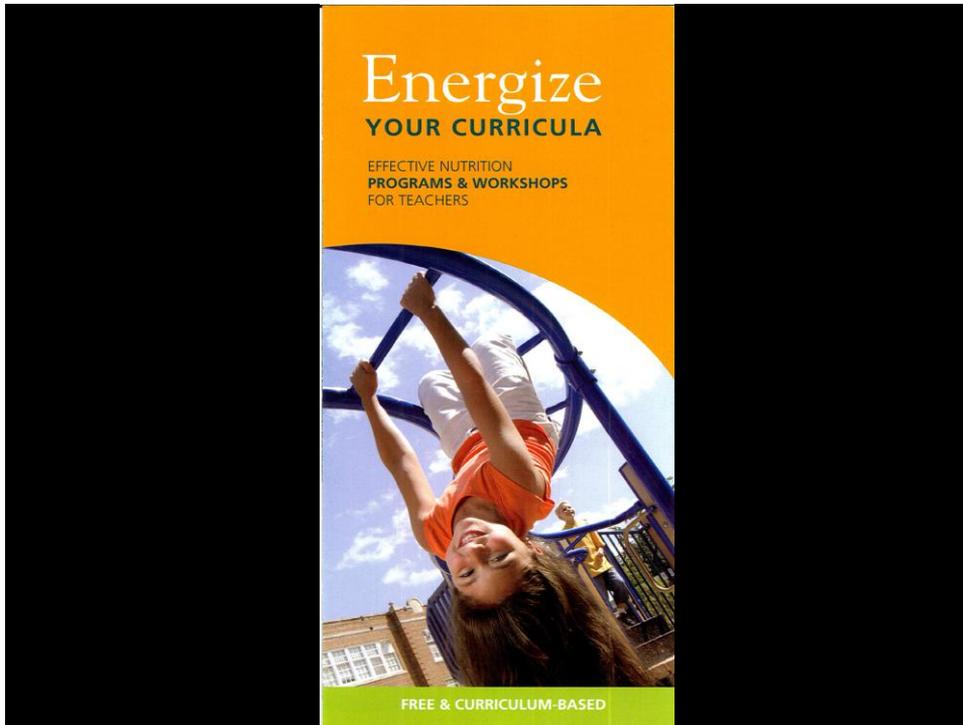
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Power to Play: The Teachers' Perspective

Amanda Brown
Grade 3
Portage la Prairie School
Division

Value of Nutrition Workshop Training

- Taught by registered dietitians
- Clear explanation of the manual and resources
- Time to ask questions
- Time to discuss strategies with other teaching professionals
- Short time commitment

The resources

- Teacher friendly
- Easy to read, understand and implement
- All learning styles are covered
- Content covers curriculum outcomes and assessment
- Grade level appropriate
- The music, and short videos are relevant to the lives of today's students

Student Reactions

- They love the music
- The videos are interesting and short to maintain their attention spans and understanding
- The black line masters are reading level appropriate



Student Reactions

- The technology used in the DVD episodes catches their attention and keeps them entertained
- My students loved opening their letters from the "Big Cheese", which provided some suspense



Student Reactions

- My students also loved being able to work together to create their superhero team names and their own superhero identity.
- The work was grade level appropriate and engaging for them



My Personal Opinion

I LOVE Power to Play! It was a great resource to be taught how to use as a new teacher. It was easy for me to understand and implement. I found the program to be engaging and meaningful to my students. I loved how much they understood about food and nutrition when we completed the unit! Nutrition and healthy living is so important so if we can teach students to eat healthy and live healthier lifestyles than we truly are giving them the Power to Play!

Dairy Farmers
of Manitoba



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