

Facilitator Note: Introduce the topic. “Today will be discussing Snacking Right and Eating Healthy.”

Note: For any slide that does not have facilitator notes please read the information on the slide. Feel free to add information if you feel comfortable.

Today's Takeaways:

- **Eat a balanced diet.** When children feel full they are more likely to pay attention in class.
- **Give the right portions.** Giving children the right amount of food will help them maintain a healthy weight.
- **Drink lots of water.** Drinking lots of water is great for many reasons.



Facilitator Note: In this session we will learn how to... (read through the takeaways).
Click for bullet points.

Thinking Question

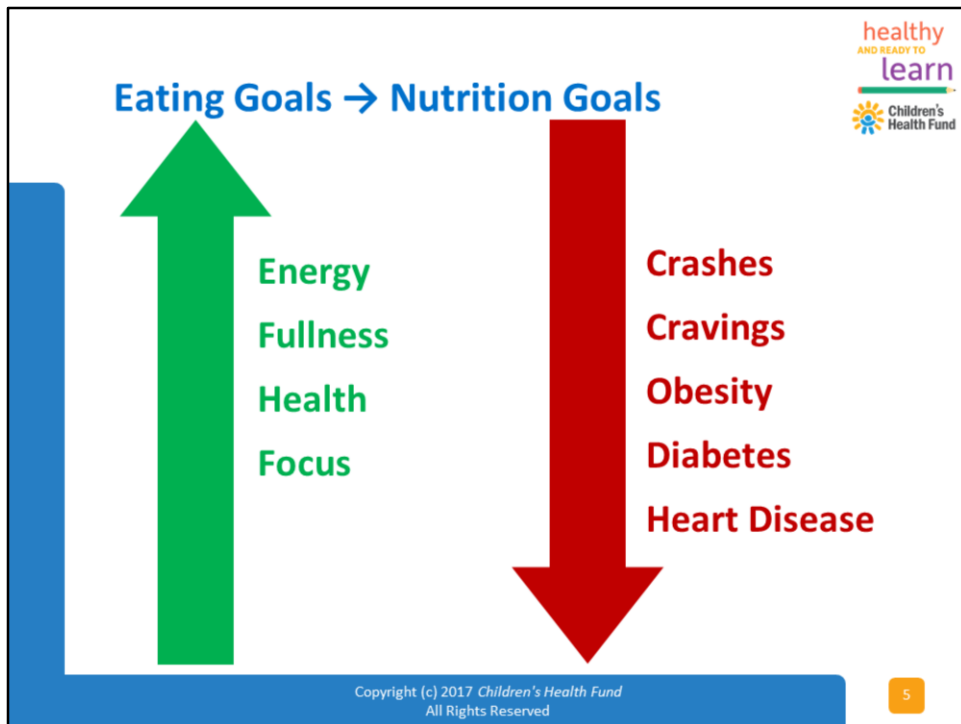
What makes a snack **“healthy”**?



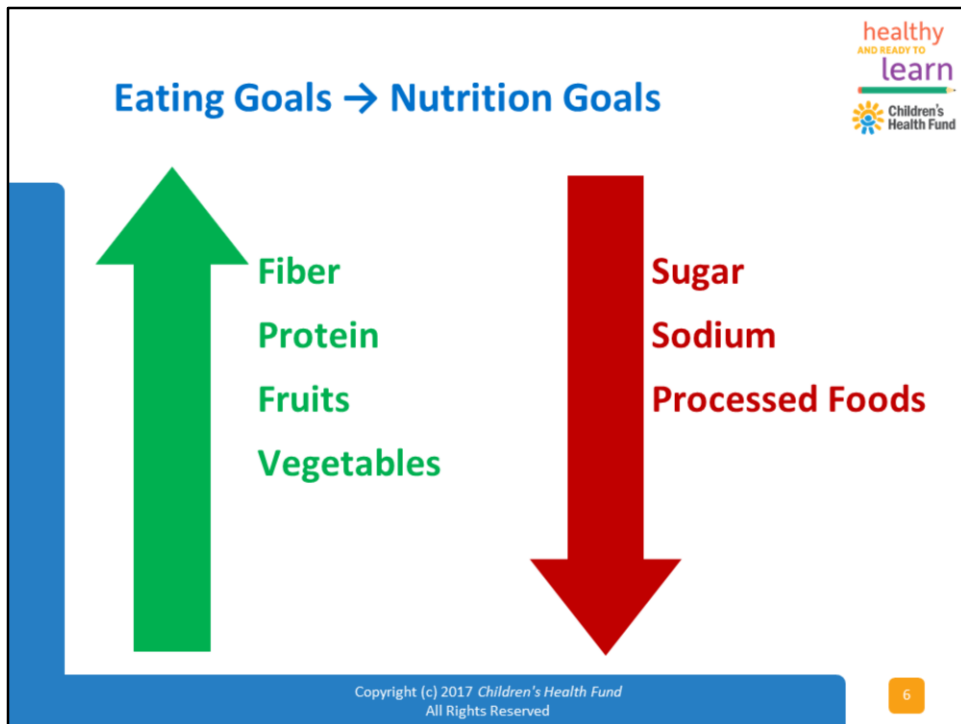
Facilitator Note: Ask the audience this question. Allow participants 1 mins to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.



Facilitator Note: “The way we eat directly determines how we feel throughout the day. If we want to feel full, have energy, be able to concentrate, and stay healthy, the food we eat should mirror those goals.”



Facilitator Note: Eating goals: High energy, high fullness, high nutrients, high concentration, low sugar crash, low cravings, low obesity/diabetes, low heart disease



Facilitator Note: The goal is to eat foods high in fiber, protein, high plants, low sugar, low sodium (salt), low processed

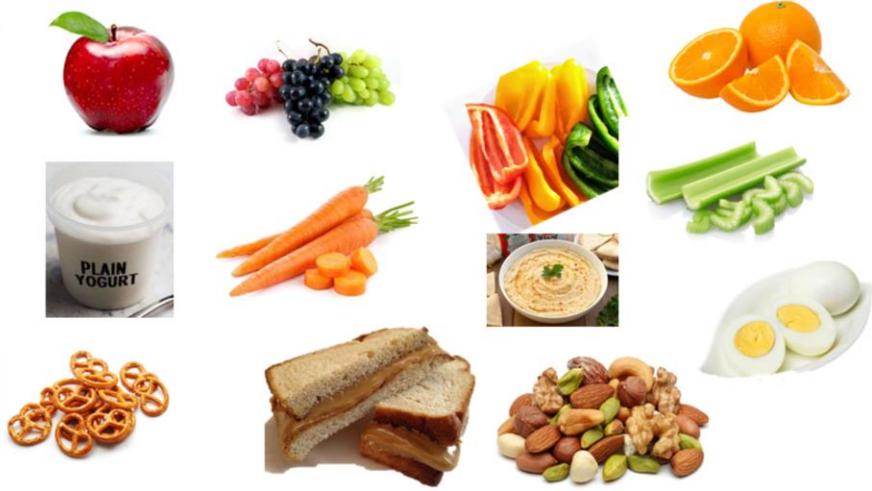
Thinking Question

What are some **examples** of healthy snacks?



Facilitator Note: Ask the audience this question. Allow participants 1 mins to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Examples of Healthy Snacks



Breakfast is brain fuel.



Did you know?

Children who eat breakfast:

- **Behave** better in class.
- Can **focus** better in class.
- Have **controlled** appetites.
- Are **less hungry** throughout the day.
- Have more **energy**.
- Better **memory**.
- Ready to **learn**.



Source :<http://healthyeating.sfgate.com/eating-breakfast-affect-childrens-learning-5275.html>

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Facilitator Notes: Click for bullet points.

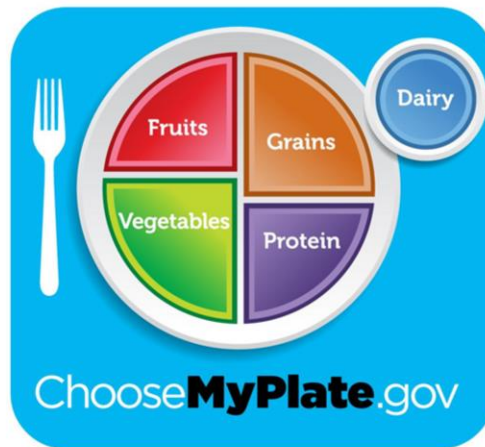
Breakfast is brain fuel.

All children have access to free, healthy **breakfast at school**. Speak with the school health coordinator if you need more information.



Source: https://www.google.com/search?q=kid+eating+breakfast+at+school&espv=2&biw=1280&bih=923&source=lnms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMI1fnA0bTPyAIVwx0-Ch2CNgLK#tbm=isch&q=school+breakfast+clipart&imgsrc=iGbotwOM7byP4M%3A

How to eat a balanced diet: Food Groups



Source: Choosemyplate.gov

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Facilitator Note: "It is important for children to eat foods from each food group every day." Point out that fruits and veggies take up half the plate.



Facilitator Note: Click for serving pop up. Demonstrate 1 serving: size of a fist (baseball)

Image Sources:

https://www.google.com/search?q=mango&espv=2&biw=1280&bih=923&source=lnms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMImeGg0YH8xgIVAg4-Ch19NwDo#imgsrc=6OtRisp4SZY7jM%3A

<http://www.epicurious.com/archive/seasonalcooking/farmtotable/visualguidelatina-mericanproduce>

Examples of Vegetables

healthy
AND READY TO
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3-5 servings per day

1 serving =

Source: Choosemyplate.gov

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Facilitator Note: Click for serving pop up. Demonstrate 1 serving: size of a fist

Image Sources:

https://www.google.com/search?q=corn&espv=2&biw=664&bih=827&source=Inms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMIg-jH1IX8xgIVyVk-Ch1SJwRP#imgrc=X0A-h0TOASwIHM%3A

https://www.google.com/search?q=avocado&espv=2&biw=664&bih=827&source=Inms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMIxs7a7YX8xgIVQhc-Ch0bYgSI#imgrc=Nlnmc2Orce3BjM%3A

https://www.google.com/search?q=kale&espv=2&biw=664&bih=827&source=Inms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMI4fDfh4b8xgIVghw-Ch3OOQW4#imgrc=IWYJ9UB5NMFdKM%3A

https://www.google.com/search?q=potato&espv=2&biw=664&bih=827&source=Inms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMIkrXmnYb8xgIVhck-Ch2GHAoB#tbm=isch&q=broccoli&imgrc=H0kgevp4LAnaM%3A

https://www.google.com/search?q=carrots&espv=2&biw=664&bih=827&source=Inms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMI55vdtob8xgIVBDM-Ch38jwZa#imgrc=fSi6ps_9Sv9DjM%3A

healthy
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Examples of Grains

6-11 servings per day

1 serving =

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Facilitator Note: Click for serving pop up. Demonstrate 1 serving: 1 piece of bread or the size of a fist cereal/grains

Image Sources:

- <http://www.choosemyplate.gov/food-groups/grains-tips.html>
- https://www.google.com/search?q=corn&espv=2&biw=664&bih=827&source=lnms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMIg-jH1IX8xgIVyVk-Ch1SJwRP#imgrc=X0A-h0T0ASwIHM%3A
- https://www.google.com/search?q=avocado&espv=2&biw=664&bih=827&source=lnms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMIxs7a7YX8xgIVQhc-Ch0bYgSI#imgrc=NLnmc2Orce3BjM%3A
- https://www.google.com/search?q=kale&espv=2&biw=664&bih=827&source=lnms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMI4fDfh4b8xgIVghw-Ch30OQW4#imgrc=IWYJ9UB5NMFdKM%3A
- https://www.google.com/search?q=potato&espv=2&biw=664&bih=827&source=lnms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMIkrXmnYb8xgIVhck-Ch2GHAoB#tbm=isch&q=broccoli&imgrc=H0kgevnp4LAnaM%3A
- https://www.google.com/search?q=carrots&espv=2&biw=664&bih=827&source=lnms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMI55vdtob8xgIVBDM-Ch38jwZa#imgrc=fSi6ps_9Sv9DjM%3A
- <https://www.google.com/search?q=whole+grain+cereal&biw=1280&bih=923&tbm=i>

sch&source=Inms&sa=X&ved=0CLQBEPwFKAFqFQoTCN3bwa6K_MYCFYN0Pgod7ZgG
qw#imgrc=H8Qf1lJrG3NICM%3A

Examples of Protein

healthy
AND READY TO
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2-3 ounces per day

1 serving =

Source: Choosemyplate.gov
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Facilitator Note: Click for serving pop up. Demonstrate 1 serving: the size of a palm

Image Sources:

<http://www.choosemyplate.gov/food-groups/protein-foods.html>

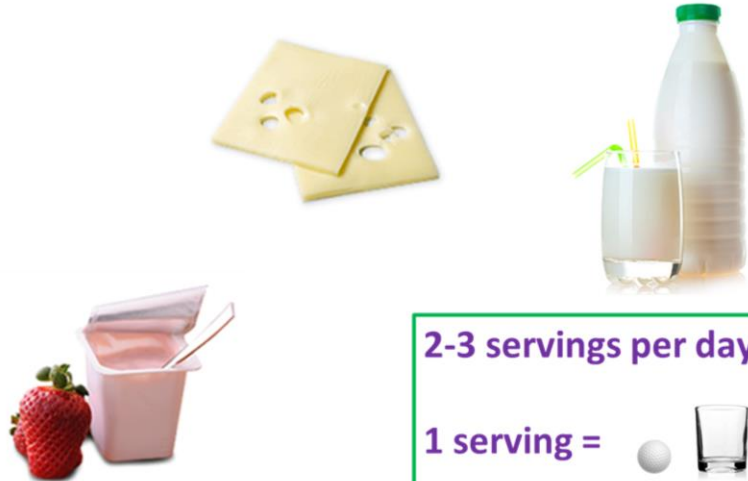
https://www.google.com/search?q=beans&espv=2&biw=1162&bih=840&source=Inms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMlvYv1yZz8xgIVAVseCh114wb1#tbm=isch&q=mexican+beans&imgsrc=4WyXkWJmSu5fdM%3A

https://www.google.com/search?q=salmon&espv=2&biw=1028&bih=840&source=Inms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMlupSM8ov8xgIVCIYeCh3P3Q3s#tbm=isch&q=cooked+salmon&imgsrc=CGnc7qdamJXqSM%3A


https://www.google.com/search?q=salmon&espv=2&biw=1028&bih=840&source=Inms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMlupSM8ov8xgIVCIYeCh3P3Q3s#tbm=isch&q=baked+chicken&imgsrc=fpl4X2E4wMKmPM%3A

https://www.google.com/search?q=nuts&espv=2&biw=1162&bih=830&source=Inms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMlwdS--lz8xgIV0TweCh2P4QX8

Examples of Dairy



2-3 servings per day

1 serving = 

Source: ChooseMyPlate.gov

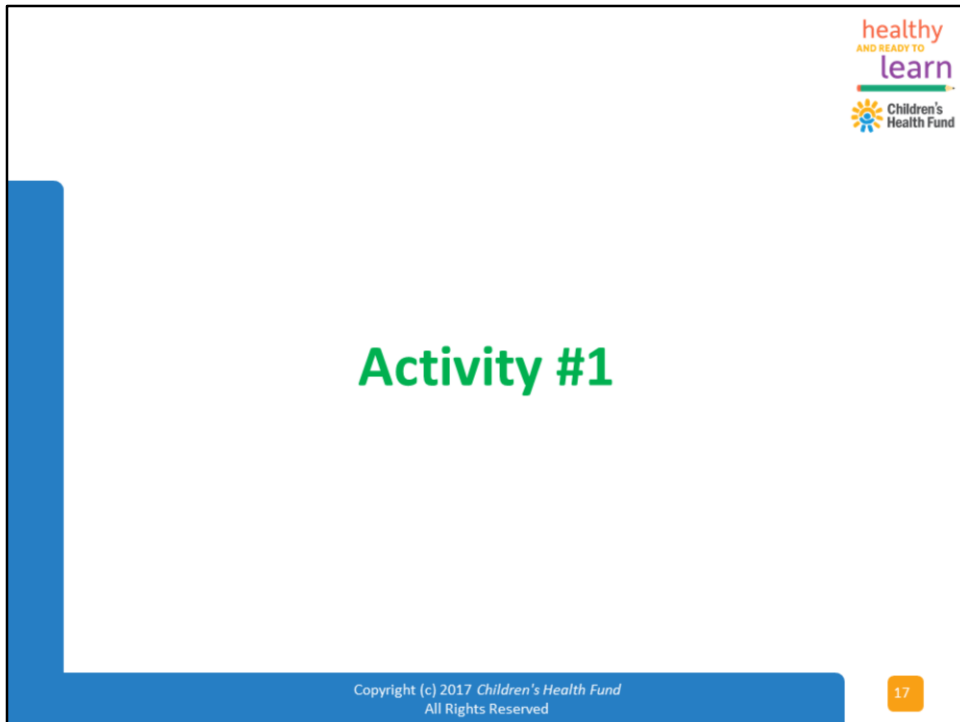
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Facilitator Note: Click for serving pop up. Demonstrate 1 serving: 1 glass of milk, 1 yogurt or a golf bowl size of cheese

Image Sources:

https://www.google.com/search?q=eggs&espv=2&biw=1280&bih=923&source=lnms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMIjd30vpD8xgIVQWk-Ch037QJX#imgrc=I6zmyFb_Lvu8YM%3A



Facilitator Note: Handout Activity 1. (Activity takes about 7 minutes)
Hand out handout #1 to each table. Have each group determine how to make the meal a healthier option for their child(ren). Encourage them to add fruits and veggies to their plate. 5 mins to create a meal and 3 mins to share out.

Did you know?

Children might need to try new foods
up to 8 times before they like them.



Source: <http://www.choosemyplate.gov/preschoolers/picky-eaters/new-foods.html>

Tips for introducing new foods:

- Offer new foods **many different times.**
- **Be a role model.** Let your child see you enjoying eating the food.
- Talk to friends to **get ideas** for different ways to prepare healthy foods.
- Serve new foods **first.**
- **Talk** about why the food helps your child grow strong and healthy.

Source: <http://www.choosemyplate.gov/preschoolers/picky-eaters/new-foods.html>

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Facilitator Notes: Click for bullet points.

Control your portion



Source: <http://www.childrenshealthfund.org/sites/default/files/Healthy-Basics-Nutrition-English-2011.pdf>

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Facilitator Note: “Children stomachs are smaller than adult stomach’s so they don’t need as much food.” After stating the above fact, click for the green circle.

Image Source:

https://www.google.com/search?q=kid+trying+new+food&espv=2&biw=1280&bih=879&source=Inms&tbm=isch&sa=X&ved=0CAcQ_AUoAmoVChMIuf_Qx9uexwIVyKgeCh3oagGd#imgrc=ihHeXT6kK-9ABM%3A

Tips for controlling portions:



- Eat **only** when hungry.
- Use a **smaller** plate.
- Say **no** to seconds.
- Avoid eating **out of the bag** or carton.
- Eat meals at **home**.
- Drink a **glass of water** before every meal.
- Eat a **healthy snack** between meals.
- **What else?**

Source: <http://www.webmd.com/diet/control-portion-size>
http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html

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Facilitator Note:

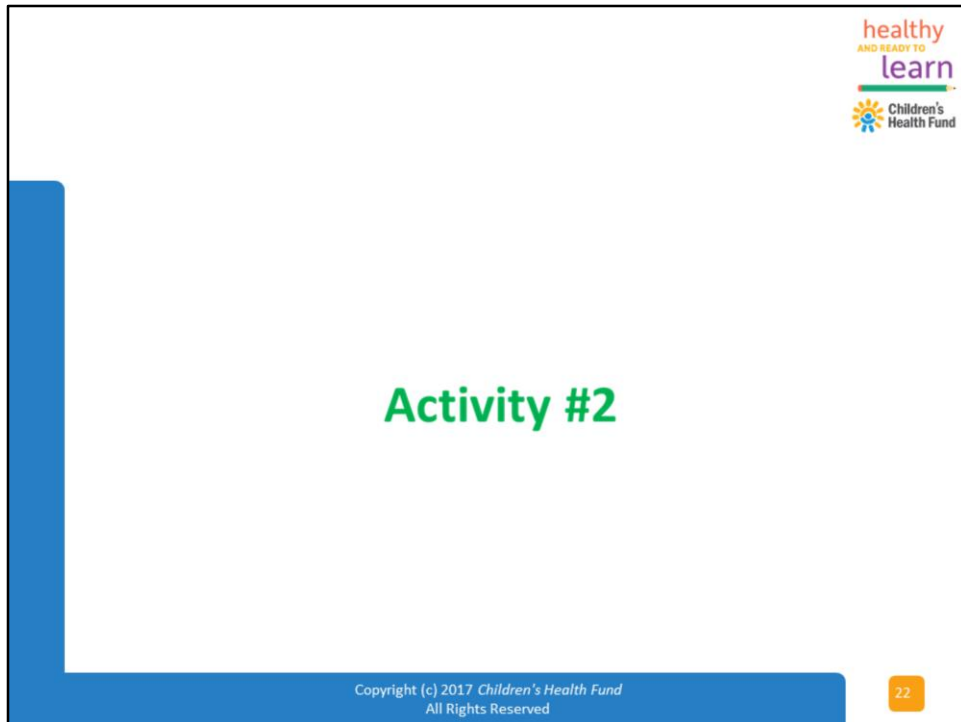
When the bullet point comes up for drinking a glass of water and eating a healthy snack state that “Drinking water or eating a healthy snacking before dinner can help curb your child’s hunger.”

Also ask “What are some other ways that you all can help control how much your child eats?”

You should note: The amount of food your child eats may depend on their age, too. As kids are growing they may need to eat more. Some children may also be “picky-eaters,” which is normal. Your child’s doctor can help you determine how much your child should be eating.

Image Source:

https://www.google.com/search?q=small+plates+vs+large+plates&espv=2&biw=1280&bih=879&source=Inms&tbm=isch&sa=X&ved=0CAcQ_AUoAmoVChMIwdSxlpaNxwIVwxk-Ch2w4wTj#tbm=isch&q=small+plate+vs+large+plate&imgcr=IT9rA2GooZA_BM%3A



Facilitator Note: See handout 2 (Activity takes about 7 minutes)
Hand out handout # 2 to each table. Ask each group to critique the plate on the handout. The goal is to get parents to see that there is too much food on the plate and the plate lacks other food groups. 5 mins to critique and 3 mins to share out.

Thinking Question

Why is drinking water
important for staying
healthy?



Source: <http://www.webmd.com/diet/water-for-weight-loss-diet?page=2>

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Allow participants 1 mins to give answers to the question. Choose 1-3 parents to share their ideas

Drink Lots of Water

Drinking water throughout the day:

- **Replaces** sugary drinks
- Helps with **food digestion**.
- Helps **regulate** how much you eat.
- Allows your kidneys to **function**.
- **Prevents** constipation.
- Prevents **dehydration**.
- Keeps your **immune system** running strong.
- Keeps your **skin healthier**

Source: <http://www.webmd.com/diet/water-for-weight-loss-diet?page=2>

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Facilitator Notes: Click for bullet points.

Thinking Question

How many glasses of water do children need to drink **every day** to stay healthy?



Source: <http://www.webmd.com/diet/water-for-weight-loss-diet?page=2>

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Facilitator Note: Ask the audience this question. Allow participants 1 mins to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Drink Lots of Water

Younger children
(**<8 years old**)



Older children
(**8 years and older**)



Whenever possible, try to refill bottles
with **sink water** or **water from a fountain**

Source: <https://www.healthykids.nsw.gov.au/kids-teens/choose-water-as-a-drink-kids.aspx>

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Facilitator Note: If you have a regular 16.9oz water bottle show it to the audience so that they can see what it looks like.

Image Source:

https://www.google.com/search?q=cup+of+water&espv=2&biw=1171&bih=841&source=Inms&tbm=isch&sa=X&sqj=2&ved=0CAYQ_AUoAWoVChMIwJDEt6qNxwIVChg-Ch1L7gAB#tbm=isch&q=1+liter+water+bottle&imgsrc=i9hW7wnsf2mqsM%3A

Tips for drinking more water:

- Drink water before and after **exercising**.
- **Pack a** water bottle whenever you go out.
- Drink a glass of water **before eating**.
- **What else?**



Source: <https://www.healthykids.nsw.gov.au/kids-teens/choose-water-as-a-drink-kids.aspx>

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Facilitator Note: Ask parents “What are some other ways that you can get your child to drink more water?”

Don't forget... Energy In. Energy Out.

Children need **60 minutes** or more of physical activity each day.



Don't forget... Energy In. Energy Out.



Parents Share #2

What are some ways you **get your children active** at home and on the weekends?

Parent Tip: Ask your child's teacher to take short **"brain breaks"** in class every day!

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Facilitator Note: Ask parents the parent share questions. Then allow participants 3 mins to talk about this question with the person to the left or right of them. Click for the Parent Tip before moving on to the next slide.

Don't forget... Energy In. Energy Out

Quick 5 minute exercise



Source: https://www.youtube.com/watch?v=Pgyh5mgZc_E

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Facilitator Note: If there is time the parents can participate in this short exercise video (only do a couple mins of the video).

Today's Takeaways:

- **Eat a balanced diet.** When children feel full they are more likely to pay attention in class.
- **Give the right portions.** Giving children the right amount of food will help them maintain a healthy weight.
- **Drink lots of water.** Drinking lots of water is great for many reasons.



Facilitator Note: Summarize lesson's main points. Click for bullet points.

Questions?



(old pic) Source:

<http://www.fda.gov/BiologicsBloodVaccines/ResourcesforYou/Consumers/ucm345587.htm#vaccines>

Thank you!



If you would like to see hunger and nutrition resources or find information on additional **Health Barriers to Learning**, please visit the **Healthy and Ready to Learn Resource and Training Center** at www.hrl.nyc

Handout Number 1

Instructions: Using what you have learned so far, add foods to this plate to make it a balanced meal. Remember the food plate!



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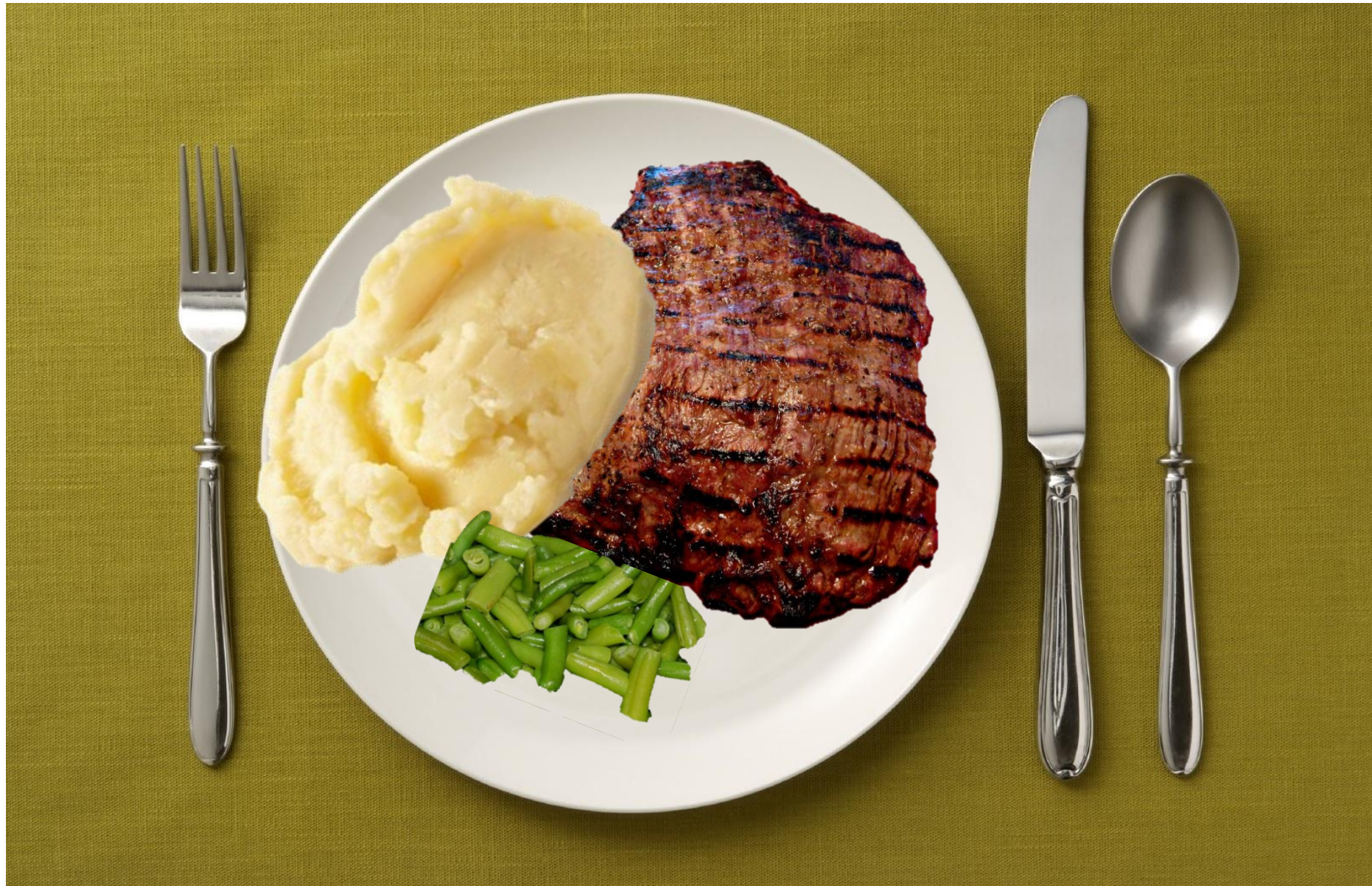
Handout Number 2

Instructions: Using what you have learned about portion control to critique this meal. Remember children have smaller stomachs than adults.



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Handout Number 2

Instructions: Using what you have learned about portion control to critique this meal. Remember children have smaller stomachs than adults.



WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

Eating a balanced meal:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Giving the right portions:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Drinking enough water:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

Not likely at all	Not likely	Neutral	Likely	Very likely
1	2	3	4	5

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?