

Food & Fun After School 2nd Edition

Introduction & Facilitator Training

Training Agenda

Welcome and Introductions

Overview of Structure and Design

Exploring Food & Fun 2nd Edition

- About the Unit Themes
- Navigating Each Unit
- Connecting with Parents

Activity Options

Physical Activity Break!

~If doing a two part training, here would be a good place to end the first part~

Getting Started With Food & Fun 2nd Edition

- Resources
- Tips for Success

Snack Break!

Questions, Brain Storming and Planning

Overview of Structure & Design

What is the Food & Fun Afterschool 2nd Edition Curriculum?

The Food & Fun Afterschool 2nd Edition Curriculum is designed around 7 simple standards based on current scientific evidence about healthy eating and physical activity and incorporating them into lessons and activities about healthy eating and physical activity into regular after school program schedules.

Why is the Food & Fun Afterschool 2nd Edition Curriculum needed?

With childhood overweight and other chronic disease risk factors on the rise, schools and community organizations are looking for more creative ways to help children and families develop healthy eating and physical activity habits. After school and other out-of-school time programs like vacation or summer camps offer a wonderful setting for teaching children positive health behaviors.

What are the curriculum's goals?

The goal of Food & Fun 2nd Edition is to assist program staff in providing healthier environments to children during out-of-school time.

How long will this training take?

The estimated time for this training is 2 hours. However, the training can be separated in to smaller segments to accommodate your specific program.

How was the curriculum developed?

The curriculum and program tools were created by the Harvard Prevention Research Center at the Harvard School of Public Health for educational use in after school programs for children from kindergarten through fifth grade. Food and Fun materials were designed based on qualitative research conducted through a national partnership with YMCA of the USA.

What do children do while participating in the curriculum?

The curriculum contains ten topic units that offer a variety of games, learning activities, and recipes appropriate for out-of-school time school settings.

How do I learn more about the Food & Fun 2nd Edition Curriculum?








All curriculum materials, including PowerPoint training slides, program tools and parent resources are available for free download on the Harvard Prevention Research Center website:

<http://www.hsph.harvard.edu/prc/ymca/resources.html>



Environmental Health Standards for Nutrition and Physical Activity in Out-of-School Time

Food and Fun is guided by 7 simple standards that aim to help program leaders create healthier out-of-school environments for children. They are based on current scientific evidence about healthy eating and physical activity.

 <p>Standard #1 Do not serve sugar-sweetened beverages</p>	<p>Sugary drinks are the top source of added sugar in kids' diets. They have also been associated with obesity and dental cavities in children. They provide a lot of calorie for little nutritional value so it's best to stay away from them!</p>
 <p>Standard #2 Serve water every day</p>	<p>Water is a calorie-free and almost cost-free alternative to sugar-sweetened beverages and is a great choice that keeps kids hydrated.</p>
 <p>Standard #3 Serve a fruit and/or vegetable at every meal and snack</p>	<p>Fruits and vegetables contain vitamins, minerals and fiber and help protect against a variety of illnesses. Most children are only eating about half of their recommended daily intake, so serving them with every meal or snack is an excellent way to make sure they are getting all the nutrients they need!</p>
 <p>Standard #4 Do not serve foods with trans fat</p>	<p>Trans fat has many harmful effects on your body and is commonly found in packaged bakery and deep fried foods. Avoid foods with the words "partially hydrogenated" in the ingredient list, and remember – it's not how much fat you eat, it's the type of fat you eat!</p>
 <p>Standard #5 When serving grains, serve whole grains</p>	<p>Whole grains contain fiber, vitamins and healthy fats – important nutrients that 'white' grain products (like bread and rice) typically do not have. These nutrients can help lower your risk for heart disease and diabetes, and often are the same price as refined options, so choose whole grains whenever possible.</p>
 <p>Standard #6 Eliminate broadcast & cable TV & movies. Limit screen time to less than 1 hour a day</p>	<p>Spending time in front of a screen can lead to overeating, less physical activity and a higher risk for becoming overweight in children. Exposure to advertising may also influence children to make poor food choices. Limiting screen time encourages children to do other activities and is important for their health.</p>
 <p>Standard #7 Provide all children with at least 30 minutes of moderate physical activity a day. Offer 20 minutes of vigorous activity at least 3 times a week.</p>	<p>Regular physical activity is important for preventing heart disease, diabetes, high blood pressure and osteoporosis. Children 6-17 years old need at least 60 minutes or more of activity every day.</p> <p>Examples of moderate activity are walking, bike riding, hopscotch. Vigorous activity are more intense and make you sweat, like running, basketball, and aerobic dancing.</p>

~ For more information, see the Harvard Prevention Research Center Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs ~

Exploring Food & Fun 2nd Edition

Key Points for Facilitators:

- Walk through the themes of each unit and how they reinforce each Environmental Standard with Behavioral Goals for kids and Key Messages
- Show an example of the Key Messages for Staff. Explain that this section contains all the information on why the topics are important to kids' health and tips on how to present the activities in a given unit.
- Introduce the 5 Food & Fun strategies for connecting with families

About the Units

Eleven units offer a variety of games, learning activities, and recipes for after school settings. While some units reinforce others, each unit can stand alone. Check out the *Food & Fun Web Resources* in each unit for some great places to reinforce each nutrition and physical activity topic.

Quick Tip:

Try photocopying a sample unit or having the curriculum handy for the participants to see what the units look like!

<u>Unit (Month)</u>	<u>Title</u>	<u>Theme</u>
Unit 1 (September)	Take a Bite!	Fruits & Vegetables
Unit 2 (October)	Get Moving	Physical Activity
Unit 3 (November)	Be Sugar Smart	Sugar-Sweetened Drinks
Unit 4 (December)	Go For Good Fat	Healthy and Unhealthy Fats
Unit 5 (January)	Go for Whole Grains	Whole Grains
Unit 6 (February)	Super Snacks	Healthy Snacking
Unit 7 (March)	Mix it Up	Fruits & Vegetables
Unit 8 (April)	Tune Out the TV	Reduce TV viewing
Unit 9 (May)	Play Hard	Physical Activity
Unit 10 (June)	Be Active, Stay Cool	Keeping Hydrated
Unit 11 (Anytime!)*	Food & Fun Finale!	Food & Fun Review

*This unit is an opportunity for to review the key messages from Food & Fun, play a popular game or activity from a previous unit, and make your favorite recipes again! Try this out half way through Food & Fun, or when you have finished all of the units.

Navigating Each Unit

Each of the 11 units is set up the same way and everything you need to conduct an activity (instructions, worksheets, recipes, etc.) is found within the unit. Most activities require common after school materials (ex. construction paper, crayons or other craft items) and physical education equipment such as balls. Still, materials or special ingredients may be needed from outside sources (ex. old magazines, empty water bottles).

Here's what you will find in each unit:

- **Behavior Goal:** Each unit lists a simple goal for children to achieve through the unit's activities.
- **Key Messages:** These are the sound bites for the unit theme. A great way to inform children of the new theme is to copy the key messages onto colorful paper for display in your program – post on a bulletin board, on the walls, or at your check-out area. Program staff should review the key messages and use them when they present the various activities. *All* staff should be familiar with them, even if they are not in charge of leading the Food & Fun activities.
- **Key Information for Program Staff:** This important background information provides staff leaders with the “why” behind each unit. It also offers tips for presenting the activities, or things to keep in mind when discussing nutrition or physical activity concepts with children.

Connecting With Parents

It is crucial to involve and inform families about what your program is doing to positively influence the health of their children. The following are suggestions on how to connect with parents and provides materials for communicating with parents that are available in English and Spanish:

1. **Parent Engagement Activities** - Suggestions for how to engage parents in the messages being taught in each unit. Experiment and be creative; come up with your own ideas or modify the suggested activities for each unit!
2. **Newsletter articles** - Available to cut and paste into your current program newsletter or as a stand-alone 1 page bulletin. These articles are available so you can send information about healthy eating or physical activity home each month. Available in English and Spanish.
3. **Email messages** - Get around the challenge of notices left in children's backpacks by sending parents a simple message via email. These messages specifically address the unit key messages and activities while offering simple tips to involve families in the promotion of healthy foods and fitness behaviors. Available in English and Spanish.
4. **Parent handouts** - Provided for each unit topic of Food & Fun. These colorful sheets are another easy way to get health messages home to families. Available in English and Spanish.
5. **Parent handbook** - The handbook *Food, Fun & Family* provides information for parents about how to help develop healthy eating, physical activity, and television habits at home. It also includes additional resources like information sheets and recipes. Available in English and Spanish.

Quick Tip:

Print out a few copies of Food & Fun newsletters or parent handouts for participants to see the different ways they can engage parents!



Activity Options

Key Points for Facilitators:

- Food & Fun offers a variety hands-on ways to help you teach the units and deliver healthy messages. You can choose one or many activities!
- Make sure that staff are aware of the many activity options they can choose from: arts and crafts, active games, books, snack time, or group activities.
- Each activity comes with easy, step-by-step instructions. Walk through the lesson format with staff who will be leading Food & Fun.

Activity Options for Children

There are a variety of ways for kids to have fun while learning about nutrition and physical activity. In this curriculum, there are five different activity options available that are tailored to fit the messages of each different unit. Most units will contain the following activities:

1. **Arts and Crafts** These activities allow leaders to introduce children to the various food or fitness concepts in a fun and creative way.
2. **Active Games** These activities are designed to involve all children in active play that eliminates individual competition.
3. **Other Group Games or Activities** can be used in circle time or small groups to reinforce the learning concepts of the unit.
4. **Suggested Books** can be used to reinforce the unit messages. You may make books available in a reading center or read to the group during circle time.
5. **Snack Time** is a great time to introduce new foods to children! Recipes are provided as the best hands-on way to involve children in snack preparation.

Quick Tip:

Check out the lesson extensions that suggest ways to adapt lessons to the lives and needs of the children you serve!

Activity Instructions

Instructions are provided for each activity or game and include information on the materials, if advance preparation is required, objectives of the game (if applicable), and instructions on how to conduct the activity or play the game.

Worksheets used in the learning activities are found at the end of the unit, along with any other supportive printouts that may be needed for a game or activity.

Now that you have a sense of the different types of activities in the curriculum, let's take a quick Food & Fun physical activity break...

Physical Activity Break!

Physical activity is an important part of the Food & Fun curriculum and teaching kids how to live a healthy lifestyle. “Color Relay Games” and “Warm Up, Cool Down” are two of the most popular physically active games from Food & Fun.

Quick Tip:

This game reinforces the importance of eating a variety of fruits and vegetables by emphasizing the different colors of produce

Color Relay Games



Objective: Teams race to collect fruit and vegetables and sort them by color

Preparation and Materials:

- Collect, empty, and clean a variety of boxes or cans of fruit/vegetables or juice. You could also use fruit and vegetable picture/word labels to paste on small boxes (like empty milk cartons). Alternatively, you may use flashcards of fruits and vegetables if you have them, or have kids make flashcards with common fruits/veggies they eat at home.
- Label 5 boxes or paper bags by color (yellow/orange, green, blue/purple, white, red) for the sorting categories, or make colorful labels using construction paper to place on the floor.

Instructions:

1. Arrange group in 2 or more teams, and have each team line up on opposite sides of a gym/field/large open space. Smaller teams of 4-6 are better for getting everyone’s participation.
2. Place fruit/vegetable containers in the middle of the space between the teams.
3. On “Go!” each team member takes a turn running to grab a fruit/vegetable container and returning to their team to sort the items by color. All team members should run in place, stretch, or do jumping jacks when waiting for their turn.
4. The team with the most items, correctly sorted, wins.
Note: this can be tricky because some foods have a skin that is different from the flesh. The color is based on the part we eat (so a banana looks yellow, but the flesh is white; or a kiwi looks brown, but it is green on the inside).

Quick Tip:

If space is limited, this activity is always a great option!

Warm Up, Cool Down



Objective: It is important for children (and adults!) to warm up their muscles and get the blood flowing before engaging in more vigorous/heart pumping activities. It is also important to allow the body to slow down instead of abruptly stopping an activity. Below are some ideas to help children ease into and out of the physical games.

Warm Ups:

- Walk around the gym or field, or up and down corridors if using modified space for activity. Begin at a slow pace, then increase the speed of each lap, but do not run.
- Play a short movement game such as “Red Light, Green Light” (children move across room when you say, “Green Light”, and stop when you call out, “Red Light!” Alter movement instructions with each start, e.g.: tip toe, hop or gallop.)
- Play “Simon Says” and incorporate stretching moves (such as “reach to the sky” or “touch your toes”) along with warming moves (such as “march in place” or “hop on one foot”)
- Perform simple stretches sitting on the floor. Remind children not to bounce or pull. For younger children, offer visual cues like, “reach forward and hug the beach ball”, or “paint a rainbow with your right hand...now paint one with your left”.

Cool Downs:

- Race across the gym or field with progressively slower movements: run then gallop then skip then walk then tip toe, etc.
- Repeat simple stretching activities.
- Introduce deep breathing or simple yoga moves as a way to cool down and relax (remind children that these can be used any time!).
 - Slowly (to the count of five) breathe in while bringing your hands together and rising over the head. Then slowly breathe out with a loud “whoosh” while bringing your arms down to the side.
 - “Cat” pose: create a table, supporting the body with the hands and knees. Breathe in and arch back so that the belly moves to the floor and the shoulders move back to look up. Breathe out to reverse the curve of the back like a cat stretching its back.

Getting Started With Food & Fun

Key Points for Facilitators:

- The curriculum is supported by various resources including Snack Sense menu planning guide, Tip Sheets and parent outreach materials
- Highlight how Food & Fun lessons go hand-in-hand with healthy program changes
- Discuss the importance emphasizing the positives of healthy eating and physical activity in conversations between staff and children

Food and Fun 2nd Edition offers many other resources and tips to assist program staff with teaching kids' about nutrition and physical activity and providing healthier environments to children during program time. Here you will find a list of some of the resources available to program staff, as well as tips for successful implementation and talking about unit topics with children.

Resources

Snack Sense- A menu planning tool to provide fun, healthy, and budget-friendly snacks for children in after-school and out-of-school time programs.

Parent Materials- Handouts, newsletter articles, and email messages to distribute to parents that reinforce nutrition and physical activity messages from each unit. The Food, Fun & Family handbook and recipe packet bring all the curriculum messages together in a fun and simple resources for families.

Food and Fun Web Resources- List of websites on nutrition & physical activity.

Tip Sheets- Tips for program staff on how to create healthier out-of-school time environments.

Helpful Suggestions

Food and Fun 2nd Edition activities, lessons, and recipes offer an integrated approach towards meeting the various Environmental Standards, listed above.

Here are some helpful suggestions as you begin to working with the curriculum:

- **Power up your snack offerings** - Introduce healthier choices while removing unhealthy options from the menu.
- **Get children involved** - Ask children to help prepare for snack time and help at clean-up. You can also involve children through cooking special snacks and taste-testing.
- **Get children moving** - Make physical activity a priority by scheduling at least 30 minutes at the same time every day. Plan activities that keep kids moving!

Quick Tip:

All curriculum materials, including program tools and web resources are available for free download on the Harvard Prevention Research Center website:

<http://www.hsph.harvard.edu/prc/ymca/resources.html>

- **Offer a variety of choices** - Whether it's an active game or new snack, children like to have some control over what they do. Involve children in selecting games, snacks, or learning activities.
- **Water!** - Serve water as the primary beverage every day. Serve tap water in pitchers on the snack table with cups. Jazz up the water with slices of fruit!
- **Engage staff as role models** - It's extremely important that staff participate in healthy snack time and physical activity games during afterschool program hours. Staff should not bring soda, fast food, or other unhealthy snacks into the program even for personal use.
- **Keep parents informed** - When parents pick up their child, talk to them about the activities their child participated in and the key health lessons they learned from the unit. Use the tools provided in the *Parent Materials* section to reinforce the lessons learned at after school, and to provide tips for healthy habits at home.

Tips for Talking with Children about Nutrition and Physical Activity

- As the adult in charge, what and how you say something is very important for communicating positive messages about healthy eating and physical activity to children.
- Focus on the importance of nutrition and physical activity for feeling good and staying healthy. Avoid connecting eating well and staying active to losing weight or being slim
- Talk about how eating well and being physically active is fun, makes you feel good, and give you energy!
- Do not talk about dieting—for yourself or for children. If parents bring up a concern about a child's weight, advise them to speak with their pediatrician.
- If a child asks you a question about nutrition that you do not know the answer to, avoid answering with your best guess. Simply say that you don't know, and that you will help to find the answer.
- This curriculum is focused on positive healthy messages about nutrition and physical activity, but it is always possible that discrimination issue may arise. For more information on how to address check out the weight bias resources from the [Rudd Center for Food Policy and Obesity](http://www.yaleruddcenter.org/what_we_do.aspx?id=10). They have tools designed especially for kids, parents, and educators. (www.yaleruddcenter.org/what_we_do.aspx?id=10)

Now we will take some time to answer any questions you have about Food & Fun as we try out one of the curriculum recipes...

Snack Break!

Snack breaks are a great opportunity to teach children about different types of foods and healthy new snack options. Two favorite snacks in the curriculum are “Trail Mix” and “Whole Wheat Mini-Pizzas.” Try one, or both, depending on the kitchen equipment you have available!

Trail Mix



Level 1: No cooking required
Serving size: ½ cup
minutes
Servings per recipe: 24

Price per serving: 33¢
Preparation time: 7

Supplies:

Large bowl and mixing spoons
Scoop or spoons for serving
Small serving bowls, cups or plastic snack bags

Quick tip:

All recipes are classified by level of kitchen equipment requirements for easy planning!

Level 1: No cooking required
Level 2: Basic (sink, fridge, etc.)
Level 3: Full kitchen (basic + stove)

Ingredients:

4 cups whole wheat mini pretzels, air popped popcorn
or trans-fat free microwave popcorn
4 cups whole grain cereal like Cheerios® or Mighty Bites®
2 cups dried fruit like apricots, pineapple, or apples (look for brands with NO added sugar).
1 cup of raisins or dried cranberries
1 cup of granola
Optional- 1 cup of nuts like almonds, walnuts, soy nuts, or unsalted roasted shelled sunflower seeds (Beware of nut allergies! If present, do not include.)

Note: Many different ingredients may be added, as long as there is a good mix of whole grains, dried fruit, and nuts if no allergies are present.

Directions:

1. Mix all ingredients together in a large bowl.
2. Scoop about ½ cup into small bowls, cups, or plastic snack bags and serve.

Modification:

Set out the ingredients in individual bowls with spoons/scoops (small paper cups work well) and allow children to mix their own. Encourage children to try at least one or two of the dried fruit options.

Whole Wheat Mini-Pizzas



Level 2: Basic

Serving size: 1 mini pizza
(½ of an English muffin)

Servings per recipe: 24

Price per serving: 49¢

Preparation Time: 10 minutes

Cooking Time: 10 mins/batch

Supplies:

- Toaster oven or stove
- Aluminum foil
- Nonstick cooking spray
- Tablespoons and forks or knives
- Small bowls
- Sharp knife

Quick Tips:

- Recipes can be easily doubled or halved depending on the size of your training!
- All recipes are priced under the current 2009-2010 government reimbursement rate of \$0.74 /serving for afterschool programs, making them both healthy *and* inexpensive choices.

Ingredients:

- 12 100% whole-wheat English muffins, split and toasted
- 2 cups chunky vegetable tomato sauce or plain pizza sauce
- 2 8oz packages of shredded mozzarella cheese
- Assorted vegetables like shredded carrots, sliced mushrooms, peppers, onions, etc. (place in small bowls)

Adult Preparation:

- Slice vegetables and arrange into bowls.

Directions:

1. Preheat oven to 400° F
2. Line baking sheet with foil and spray with non-stick cooking spray
3. Place toasted English muffins on baking sheet.
4. Spread each muffin with about 2 Tbsp of tomato sauce.
5. Let the kids add some of their favorite sliced vegetables – encourage children to try at least one topping.
6. Top with some shredded cheese.
7. Bake for 10 minutes or until cheese is melted.

Questions, Brain Storming & Planning

Now is a great opportunity to start planning to implement Food & Fun, and to outline goals you want your program to strive towards!

Tips for Facilitators:

- Make sure to answer questions from staff to the best of your ability before the close of the meeting
 - This brainstorming and planning section can take many forms depending on the group you're working with: if multiple staff members from a site are in attendance try setting aside some times for planning on the spot; if only one staff member is being trained suggest that they take these question and planning tool home to work on at their next staff meeting.
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- What goals would you like your program to accomplish? How do you plan on achieving them?

 - What challenges do you see with beginning this curriculum? What are some strategies you can think of that would be useful in overcoming them?

 - What changes are going to be needed to start the curriculum? When and how do you plan on making those changes?

 - What topics excite your most? What units would you like to start off with?

Once you have brainstormed as a team, turn to the action planning grid on the next page to start planning to implement Food & Fun...

Action Planning

Goal	Action Steps	People involved	Target date for completion