


Fitting Nutrition in Afterschool Programs

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Agenda

- Latest and Greatest with Nutrition
 - Why and how to teach nutrition & physical activity?
 - MyPlate
- Healthy Snacking and Beverages
- Importance of Role Modeling
- Effective Teaching Methods
 - What works in the afterschool setting?




Why are good nutrition and physical activity important?

- Our diet and activity habits developed in childhood continue into adulthood.
 - True for healthy and less healthy habits
- Poor food choices and inactivity can cause:
 - Behavioral problems
 - Emotional problems
 - Academic difficulties
 - Health problems



Nutrition for the School-Aged Child

- Carbohydrates and fats provide energy for growing and physical activity.
- Protein builds, maintains, and repairs body tissue.
- Vitamins and minerals support growth and development.



How do we get kids to eat better?


- Involve them in planning and picking out food.
- Make food that looks good.
- Give them time to eat.
- Offer options.
- Encourage them to explore the social, cultural, and personal influences of different foods.



Guidelines for Teaching Nutrition


- Nutrition education must be culturally appropriate. Cultural appropriateness includes issues of ethnicity, gender, language, culture and income.
- Youth must be actively involved in the planning and implementation of nutrition education. (e.g., Let youth determine what is relevant, and what would interest them.)
- Nutrition education must be balanced with education about physical activity.
- Young people today need skill building in the areas of consumer literacy, meal planning, cooking, shopping, and fitness.
- The community environment and norms must be changed to support healthy eating and physical activity (includes the school, the after school program and the community).

*CANFIT's Guiding Principles



What can you do to teach nutrition?

1. Make it fun and positive.
2. Make it integrated.
3. Make it interactive and hands-on.



Making it Hands-on

- Younger elementary
 - Cutting, pasting, drawing, etc.
 - Talk about favorite foods, etc.
- Older elementary
 - Draw or cut pictures of foods out of magazines.
 - Discuss family meals, healthy alternatives, etc.
- Older elementary and middle school
 - Role play
 - Talk about media and marketing on TV and in magazines



Activity Ideas

- Choose a healthy food to learn about each week.
 - Food's history, folklore, preparation, etc.
- Read books about food and eating.
 - Have the kids come up with their own food version of a story.
- Taste-test different varieties



Nutrition Messages to Teach


<ul style="list-style-type: none"> • How to build a healthy meal with MyPlate • Breakfast • Energy balance • What are whole grains? • Making smart drink choices (dairy) 	<ul style="list-style-type: none"> • Eating out & grocery shopping • Media & food • Cooking skills • Food safety & hand washing • Role modeling to younger students
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Nutrition Tips



1. **Just say "No" to chips, candy, and soda**
2. **Get up and get moving**
3. **Serve low-fat or fat-free yogurt**
4. **Fill up on fiber**
5. **Pick fruit and vegetables**
6. **Offer 100% fruit juice**
7. **Make it 1% fat milk**
8. **Don't Forget the Water**

*Modified from CANFIT's Nutrition Tips List



MyPlate

- MyPlate is based on the 2010 Dietary Guidelines for Americans to **help consumers make better food choices.**
- MyPlate is designed to remind Americans to eat healthfully; it is not intended to change consumer behavior alone.
- MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.



Key Messages

- **Balancing Calories**
 - Enjoy your food, but eat less
 - Avoid oversized portions
- **Foods to Increase**
 - Make half your plate fruits and vegetables
 - Makes at least half your grains whole grains
 - Switch to fat-free or low-fat (1%) milk
- **Foods to Reduce**
 - Choose lower sodium foods
 - Drink water instead of sugary drinks




Make half your plate fruits and vegetables

- Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as a dessert.



Make at least half your grains whole

- To eat more whole grains, substitute a whole-grain product for a refined grain product – such as eating whole wheat bread instead of white bread or brown rice instead of white rice.





Switch to fat-free or low-fat (1%) milk

- They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

MyPlate Food Groups

- Vegetable Group
- Fruit Group
- Grains Group
- Protein Group
- Dairy Group

Vegetable Group

- Key Consumer Message: Make half your plate fruits and vegetables.







What counts as 1 cup?

- *In general...*
 - 1 cup from the vegetable group =
 - 1 cup of raw or cooked vegetables or vegetable juice
 - 2 cups of raw leafy greens
 - 1 medium potato
 - 12 baby carrots
 - 2 large stalks of celery
 - 1 large ear of corn
 - 1 large raw tomato





Fruit Group





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- Key Consumer Message: Make half your plate fruits and vegetables.

What counts as 1 cup?

- *In general...*
 - 1 cup from the fruit group =
 - 1 cup of fruit
 - 1 cup of 100% fruit juice
 - ½ cup of dried fruits
 - Whole fruit is preferred
 - 1 small apple
 - 1 large banana
 - 32 seedless grapes
 - 1 medium grapefruit



Grains Group

- Key Consumer Message: Make at least half of your grains whole grains.





What counts as 1 ounce?

- *In general...*
 - 1 ounce of grains =
 - 1 slice of bread
 - 1 cup of ready-to-eat cereal
 - ½ cup of cooked rice, cooked pasta, or cooked cereal
 - 1 packet of instant oatmeal
 - ½ English muffin or bagel

Protein Group



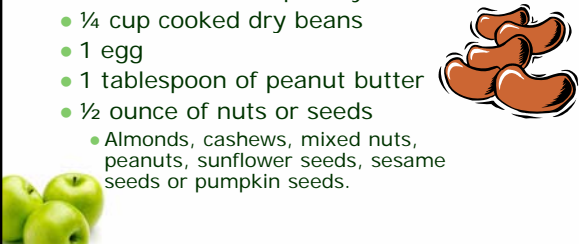
Choose **MyPlate**.gov

- Key Consumer Message: Go lean with protein.




What counts as 1 ounce?

- *In general...*
 - 1 ounce meat/meat equivalent =
 - 1 ounce of meat, poultry or fish
 - ¼ cup cooked dry beans
 - 1 egg
 - 1 tablespoon of peanut butter
 - ½ ounce of nuts or seeds
 - Almonds, cashews, mixed nuts, peanuts, sunflower seeds, sesame seeds or pumpkin seeds.



Dairy Group



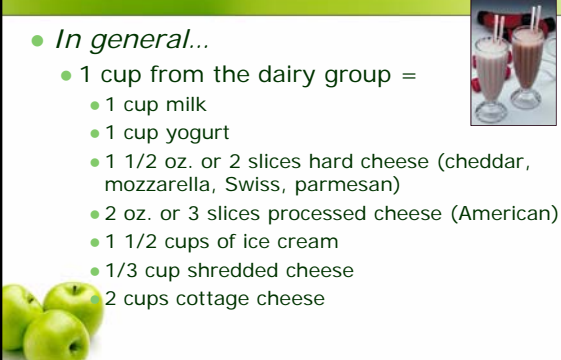
Choose MyPlate.gov

- Key Consumer Message: Switch to fat-free or low-fat (1%) milk.



What counts as 1 cup?

- *In general...*
 - 1 cup from the dairy group =
 - 1 cup milk
 - 1 cup yogurt
 - 1 1/2 oz. or 2 slices hard cheese (cheddar, mozzarella, Swiss, parmesan)
 - 2 oz. or 3 slices processed cheese (American)
 - 1 1/2 cups of ice cream
 - 1/3 cup shredded cheese
 - 2 cups cottage cheese




Daily Food Plans for Kids

	Grains		Vegetables		Dairy		Fruit		Protein	
6 yr olds	4-5 oz.	5-6 oz.	1.5-2 cups	1.5-2.5 cups	2.5-3 cups	2.5-3 cups	1-1.5 cups	1.5 cups	3-5 oz.	3-5 oz.
7 yr olds	4-6 oz.	5-6 oz.	1.5-2.5 cups	1.5-2.5 cups	2.5-3 cups	2.5-3 cups	1-1.5 cups	1.5 cups	3-5 oz.	3-5 oz.
8 yr olds	5-6 oz.	5-6 oz.	1.5-2.5 cups	1.5-2.5 cups	2.5-3 cups	2.5-3 cups	1.5 cups	1.5-2 cups	4-5 oz.	4-5.5 oz.
9 yr olds	5-6 oz.	5-6 oz.	1.5-2.5 cups	2-2.5 cups	3 cups	3 cups	1-1.5 cups	1.5-2 cups	4-5 oz.	5-5.5 oz.
10 yr olds	5-6 oz.	5-7 oz.	1.5-2.5 cups	2-3 cups	3 cups	3 cups	1.5-2 cups	1.5-2 cups	4-5.5 oz.	5-6 oz.
11 yr olds	5-6 oz.	6-7 oz.	2-2.5 cups	2.5-3 cups	3 cups	3 cups	1.5-2 cups	1.5-2 cups	5-5.5 oz.	5-6 oz.
12 yr olds	6-7 oz.	7-8 oz.	2.5-3 cups	2.5-3 cups	3 cups	3 cups	1.5-2 cups	1.5-2 cups	5-6 oz.	6-6.5 oz.
13 yr olds	6-7 oz.	8-9 oz.	2.5-3 cups	3-3.5 cups	3 cups	3 cups	1.5-2 cups	1.5-2 cups	5-6 oz.	6-6.5 oz.
	GIRLS BOYS		GIRLS BOYS		GIRLS BOYS		GIRLS BOYS		GIRLS BOYS	


Healthy Snacking and Beverage Choices

- Snacks help children get the vitamins and minerals they need to grow and learn.
- Snack time is an opportunity for children to eat with others and a way for them to learn to enjoy new foods.
- Limit sugary snacks such as pop, candy, cakes, and cookies.
- Encourage fruits and veggies.




Alternatives to Using Food as a Reward

- "Free choice" time
- Sit by friends
- Teacher read a book to the class
- Read or do an activity outdoors
- Treasure box
- Better yet, set policy that doesn't allow food as a reward → change the expectations



Limit Soda and Sugary Drinks


- Soda and sugary drinks
 - Contain a lot of sugar
 - Provide no vitamins and minerals
 - May cause weight gain or cavities on your teeth
 - They usually replace healthy food or drinks
- Examples of sugary drinks:
 - Soda, juice drinks, lemonade, tea, and sports drinks
- Healthier drink options:
 - Water, low-fat or fat-free milk, 100% fruit juice, or smoothies



Sugar Content in Soda and Other Drinks Activity


- Compare each drink and discuss sugar content with kids
 - Select drinks and figure out how many teaspoons of sugar are in that product
 - 1 teaspoon of sugar = 4 grams of sugar
 - 12 oz. Cola can has 42 g of sugar
 - $42/4 = 10.5$ teaspoons
 - Display (empty) bottles filled with the amount of sugar (teaspoons) that is in the drink

Examples: Bottle of soda, sports drinks, juice drink, water, and calorie-free drink mix





The Importance of Role Modeling

- Parents are the child's most important role model, but you spend a lot of time with and in front of the child as well.
- When the children see you practicing a healthy habit such as eating healthy or being physically active they are more likely to follow your example.



5-4-3-2-1-Go!

- 5-Servings of fruits and vegetables a day
- 4-Servings of water a day
- 3-Servings of low fat dairy a day
- 2-or less hours of screen time a day
- 1-or more hours of physical activity a day
- Go-Just go and do it


Nutrition Education and Cooking Club

<p>Successes</p> <ul style="list-style-type: none"> ● Contests ● Multiple teachers ● Using fun and different recipes ● "Kitchen Checks" ● Separate days for nutrition lesson and cooking club ● Physical activity in lessons 	<p>Challenges</p> <ul style="list-style-type: none"> ● Parent involvement ● Attendance consistency <ul style="list-style-type: none"> ● Other programs ● Start/departure time ● No clear goals or objectives ● Instructors inexperience with subject matter
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After School Programming-Advice

- Collect dietary considerations before planning (allergies, religious preferences)
- Collect information about previous knowledge and experience of students
- Review hand washing and food safety with each lesson
- Provide expectations for the students before each lesson



After School Programming-Advice

- Use visuals, especially when teaching cooking preparation skills
- If trying new recipes that students may be cautious with, pair them with something you know the students will like (ex: hummus and crackers)
- Work nutrition education into cooking club to re-iterate what has been taught
 - When cooking something with dairy: why is dairy important? How much dairy should you have each day?
- Keep nutrition education lessons short and to the point



ChooseMyPlate.gov

- The website features practical information and tips to help Americans build healthier diets.
- It features selected messages to help consumers focus on key behaviors.
- ChooseMyPlate.gov includes much of the consumer and professional information formerly found on MyPyramid.gov.
- Focused on the actionable messages that will be the "how-tos" for consumer behavior change.




Take Home Messages

- Good nutrition and physical activity are important to kids both now and in the future.
- MyPlate is designed for every 2 years and older.
- Make nutrition fun, positive, integrated, and interactive.
- Keep lessons short and to the point.
- You can make a difference in their lives!




Questions



References

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References

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