

Teaching Guide



NUTRITION IN A BOX

DEVELOPED AT THE
OHSU BOB AND CHARLEE MOORE
INSTITUTE FOR NUTRITION & WELLNESS



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Lesson 1: MyPlate Power Foods

The “eat more” groups - grains, fruits and vegetables

- Lesson plan
- Poster

Station 1: grains

- Instructional table tent
- Student activity sheets (with answer keys)
- Lesson extension worksheets (with answer keys)

Station 2: fruits

- Instructional table tent
- Student activity sheets (with answer keys)
- Lesson extension worksheets

Station 3: vegetables

- Instructional table tent
- Student activity sheets (with answer keys)
- Lesson extension worksheets

Lesson 2: MyPlate Build Foods

The “build your body” groups – protein and dairy

- Lesson plan
- Poster

Station 1: protein

- Instructional table tent
- Student activity sheets (with answer keys)
- Lesson extension worksheets (with answer keys)

Station 2: dairy

- Instructional table tent
- Student activity sheets (with answer keys)
- Lesson extension worksheets (with answer keys)

Lesson 3: Winning the Balance Game

Finding the right fit for fats and sugars, Evaluating food ads and identifying portion sizes

Lesson plan

Poster

Station 1: fats

Instructional table tent

Student activity sheets (with answer keys)

Lesson extension worksheets (with answer keys)

Station 2: beverages

Instructional table tent

Student activity sheets (with answer keys)

Lesson extension worksheets (with answer keys)

Station 3: ad busters

Instructional table tent

Student activity sheets (with answer keys)

Lesson extension worksheets (with answer keys)

Station 4: portions

Instructional table tent

Student activity sheets (with answer keys)

Lesson extension worksheets (with answer keys)

Lesson 4: Taking Charge of Your Choices

Fitting in family meals, meal planning, snacking success and dining decisions

Lesson plan

Poster

Station 1: family meals

Instructional table tent

Student activity sheets (with answer keys)

Lesson extension worksheets (with answer keys)

Station 2: snacking

Instructional table tent

Student activity sheets (with answer keys)

Lesson extension worksheets (with answer keys)

Station 3: menu planning

Instructional table tent

Student activity sheets (with answer keys)

Lesson extension worksheets (with answer keys)

Educator Evaluation Form



Introduction

The importance of nutrition education in schools

Nutrition In A Box addresses a pressing need to integrate nutrition into the curriculum for children ages 10-14 (approximately 4th to 8th grades). Today's students face an increasing number of nutrition challenges, including fragmented eating habits, marketing of unhealthy food products, poor food choices, obesity, food insecurity and disordered eating. Students in America require skills to navigate an unhealthy food environment that features an abundance of food and beverage products that are high in calories, but lacking in nutrients.

Education is one key factor for creating a new culture of health that promotes intake of healthy, whole foods and enjoyable physical activity.

Perhaps the best case for educating students about healthy eating behavior through such programs as Nutrition In A Box is the immediate effect it has on learning and development. A student who is hungry or poorly nourished is not ready to learn. Practicing healthy nutrition habits makes kids better learners of all subjects.

Nutrition In A Box objectives

The nutrition principles taught in this curriculum mirror the current USDA Dietary Guidelines. A strong research basis exists for using the Dietary Guidelines for Americans (DGA) and the MyPlate food guidance system in schools. The DGA and MyPlate are evidence-based and reviewed/revised every five years by a scientific panel. The DGA and MyPlate are also the widely accepted foundation for health education standards in U.S. schools.

Curriculum objectives:

1. Create awareness of proper nutrition through the use of the MyPlate Food Guide.
2. Provide hands-on games, manipulatives and interactive activities that engage students in learning about the MyPlate guide.
3. Describe how media, cultural and family influences encourage healthy eating practices. Advocate for healthy eating habits at home and school.
4. Explain the importance of variety and moderation in food selection and consumption. Track progress toward achieving short-term personal goals related to variety and moderation within healthy eating.

State education standards

The Nutrition In A Box curriculum aligns with the most current Oregon Health Education Standards and Performance Indicators. Nutrition is one component of the more comprehensive approach to health education for students.

Oregon state standards:

Health Education Standards and Performance Indicators

<http://www.oregon.gov/ode/educator-resources/standards/health/Documents/2016ORHEStandardstable.pdf>

Oregon Health Education Standards and Performance Indicators (adopted 12/2016)

<http://www.oregon.gov/ode/educator-resources/standards/health/Pages/default.aspx>

The Oregon Department of Education maintains an educator resource page for current health education standards.

<http://www.oregon.gov/ode/educator-resources/standards/health/Pages/default.aspx>

Nutrition In a Box contents

Nutrition In A Box is designed as a self-contained teaching kit. With very few exceptions, most materials are either in the box or downloadable from the accompanying flash drive. The box includes this teaching guide, the posters, table tents with instructions for each station, interactive flip decks, food photo cards, and assorted hands-on manipulative teaching items needed to teach the lessons. Each lesson plan begins with a diagram of all materials needed for each station within the lesson and a note about items needed that are not included in the box. For replacement parts and reordering instructions see the *inventory list* included in this teaching manual.

Tips for teaching Nutrition In A Box

Success at classroom nutrition education requires that teachers have sufficient background, training, resources and, of course, the time to teach it all. A primary goal of Nutrition In A Box is to aid teachers in integrating nutrition into their curriculum as well as the daily lives of students.

Before you begin, take some time to peruse this teaching guide. It contains copies of all materials that you will utilize when teaching the program. By reviewing the program in its entirety, you will be able to see how Nutrition In A Box has a sequential flow. Students learn the basics of MyPlate during Lessons 1 and 2, are introduced to dietary balance in Lesson 3, and practice making healthy choices in Lesson 4. The aim is to move from knowledge to behavior change through the course of this program. Students will be involved in self assessment and devising personal actionable goals throughout the duration of the program.

Each educator will discover the most workable solution for teaching this program within the context of their daily routine. Students will ideally have enough time to process the information and experience it with their families through take home sheets and recipes. Teaching the program over a two to four week period is an ideal time frame to maximize the behavioral goals of the curriculum.

About the creators

OHSU Moore Institute for Nutrition & Wellness

The OHSU Bob and Charlee Moore Institute for Nutrition & Wellness works to reduce the prevalence of chronic diseases across the lifespan in current and future generations by promoting healthy, nutrient-rich diets based on wholesome foods. The scientific cornerstone of the Moore Institute is a field of science known as the Developmental Origins of Health and Disease, or DOHaD. This research illuminates the vital relationship between maternal prenatal diet, fetal health and adult onset disease. In simple terms, the nutrition we receive during development in the womb and the first years of life has a direct impact on our lifelong risk of developing chronic diseases like obesity, diabetes and heart disease.

The Moore Institute believes that educating children and young adults about the importance of eating healthy foods will have a direct impact on the health of this generation and the next. Curriculum development and the promotion of nutrition education is one way the Moore Institute works to translate the science of DOHaD and spread the message of the importance of nutrition throughout life.

More information about the OHSU Moore Institute can be found at www.ohsu.edu/mooreinstitute

Connie Liakos Evers, M.S., R.D.

Connie is a child nutrition specialist and nutrition communicator. She works as a nutrition education consultant to schools, universities and USDA child nutrition programs. She makes frequent media appearances, is a popular speaker and is active in social media. Follow her on Twitter: @nutritionkids or visit her website at www.nutritionforkids.com



**Educator Evaluation
Nutrition In A Box**

About you:

What grade(s) do you teach? _____ What subject(s)? _____

Using NIAB:

1. With what class or classes did you use Nutrition in A Box (NIAB)?
2. Did you use all of the lessons in the box or a subset of them? (We're trying to figure out how teachers are using them, so any description of how they were used would be helpful. Including over how many days did you use the lessons, a bit each day, all four in one day, etc. Were the lessons taught in a series? What is the total class time this box was used?)
3. How did you select which lessons you would use? Why did you not select the ones you did not use?

4. How much preparation time did you spend in order to use the box with your students?

5. Was the teacher guide helpful? Is there anything missing that would be helpful?

6. Which lesson was most interesting for teaching nutrition?

For you (as a teacher):

- _____ Lesson 1: Power foods
- _____ Lesson 2: Build foods
- _____ Lesson 3: Winning the balance game
- _____ Lesson 4: Taking charge of your choices

For your students:

- _____ Lesson 1: Power foods
- _____ Lesson 2: Build foods
- _____ Lesson 3: Winning the balance game
- _____ Lesson 4: Taking charge of your choices

7. Overall, how would you rate Nutrition In a Box as a teaching resource?
(1=worst to 10=best): _____
Why did you give it this rating?

8. What is the grade range for which Nutrition In A Box would be most helpful?

9. Would NIAB integrate into other class subjects? If so, which ones?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
10. It was hard to obtain NIAB	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. It took a lot of time to prepare to use NIAB with my students once I received it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- | | | | | | |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 12. NIAB was easier to use than I expected | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13. NIAB made it easier for me to teach nutrition | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14. My students enjoyed NIAB | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15. My students were bored by NIAB | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16. I have a lot of experience teaching nutrition (prior to using NIAB) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17. The lessons were well-received | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18. The teacher guide was helpful | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19. I would use NIAB with my students again | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20. NIAB helped my students learn nutrition concepts | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

21. Any other comments?

**Return evaluation to
Bernadette Battilega / Moore Institute
3030 SW Moody Ave, MDYMI
Portland, OR 97201**

Thank you for your help!

Nutrition In A Box
Inventory list



Item	Used in lesson	
Flash Drive	1, 2, 3, 4	Contact Moore Institute
Hand mill in box	1	www.amazon.com Product number: B010UJZ5XW
Jar of wheat berries	1	Bob's Red Mill www.bobsredmill.com
Jar of corn	1	Bob's Red Mill www.bobsredmill.com
Corn on the cob	1	www.amazon.com Songbird essential ear corn, bag of 12 Product number: B001CBJTO4
Bunch of wheat	1	www.amazon.com product number: B00ZOF9G6A
MyPlate paper plate	1, 2	www.enasco.com product number: WA31490R
Peat Pellets, bag of 100	1	www.amazon.com product number: B018WLPSGY
Seed packets	1	Local market
5 oz paper cups, box of 100	1	Local market
"Protein Pursuit Trivia" flip deck	2	Contact Moore Institute
Osteoporosis disk set	2	www.enasco.com Product number: SB48059R
Container of corn meal x2	2	Bob's Red Mill www.bobsredmill.com
Food scale	3	www.amazon.com product number: B00I0GIA08
Portion bowl	1, 3	Quality Logo Products www.qualitylogoproducts.com
One box sugar cubes	3	Local market
Red paper plates	3	Local market
"All About Ads" flip deck	3	Contact Moore Institute
In-A-Box Food Photo Cards - Grains	1, 4	Contact Moore Institute
In-A-Box Food Photo Cards - Fruit	1, 4	Contact Moore Institute
In-A-Box Food Photo Cards - Vegetables	1, 4	Contact Moore Institute
In-A-Box Food Photo Cards - Protein	2, 4	Contact Moore Institute
In-A-Box Food Photo Cards - Dairy	2, 4	Contact Moore Institute
In-A-Box Food Photo Cards - Fats & Oils	3, 4	Contact Moore Institute
In-A-Box Food Photo Cards - Beverages	3, 4	Contact Moore Institute

Contact Information

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