

CLASSROOM TO TABLE WORKSHOP

PREPARED FOR
OSSE & AFHK TEACHER WELLNESS SYMPOSIUM

AUGUST 2014



COMMON THREADS

THE EVOLVING CRISIS

22%

Food insecurity in America puts children at a **22% greater risk of becoming obese**



Since 1980, **obesity rates have tripled** among children ages 8 -12



One in three American kids and teens is overweight or obese

Obese children at risk of developing serious health conditions

COMMON THREADS OVERVIEW

OUR VISION

**Prevent
childhood
obesity**

OUR MISSION

**Educate children
on nutrition and
well-being**

OUR PROGRAM SOLUTION

**Empower
children to
cook & eat healthy**



UMBRELLA FRAMEWORK

END GAME

AMERICA'S KIDS COOKING FOR LIFE

CORE STRATEGIES

EDUCATE

Teachers and students and their families through hands-on, culturally-relevant school-based training and curriculum

EVALUATE

Effectiveness by measuring behavior change with kids, families, schools and communities

CONNECT

Proven curriculum and content with schools, communities and web-based organizations

OUR 2014 IMPACT IN OUR DEMONSTRATION MARKETS

MORE THAN
345,000
MEALS AND SNACKS

40,057
STUDENTS REACHED

300
VOLUNTEERS

400
TEACHERS TRAINED

359,102
COOKING HOURS

130
SCHOOLS

COMMUNITY PROGRAMS

PARENT
WORKSHOPS



SUMMER
CAMP



GROCERY
TOURS

IN-SCHOOL PROGRAMS

NUTRITION
CLASS



GARDEN
CLASS

TRAINING PROGRAMS

TEACHER
TRAINING



CHEF
TRAINING

AFTER-SCHOOL PROGRAMS

COOKING
SKILLS



ADVANCED
COOKING
SKILLS



FAMILY
COOKING CLASS

CURRICULUM DEVELOPMENT

**10 Years of
Edible Education**

**Bloom's
Taxonomy &
Webb's Depth of
Knowledge**

**Reviewed by
registered
dietician**

CONNECTING TO EDUCATION

CCSS and NGSS used to set scope and rigor

Reviewed and Approved by the CPS Office of Student Health and Wellness Review Committee

Nutritional Program Partner for CPS

Approved OST vendor for CPS

OUTCOMES

THE POWER OF KIDS COOKING HEALTHY

51%

made healthier food choices

58%

tried a new fruit or vegetable as a result of class

81%

of students unable to identify a healthy plate were able to

81%

shared information from class with their families

54%

of students not willing to try new foods are now more willing

96%

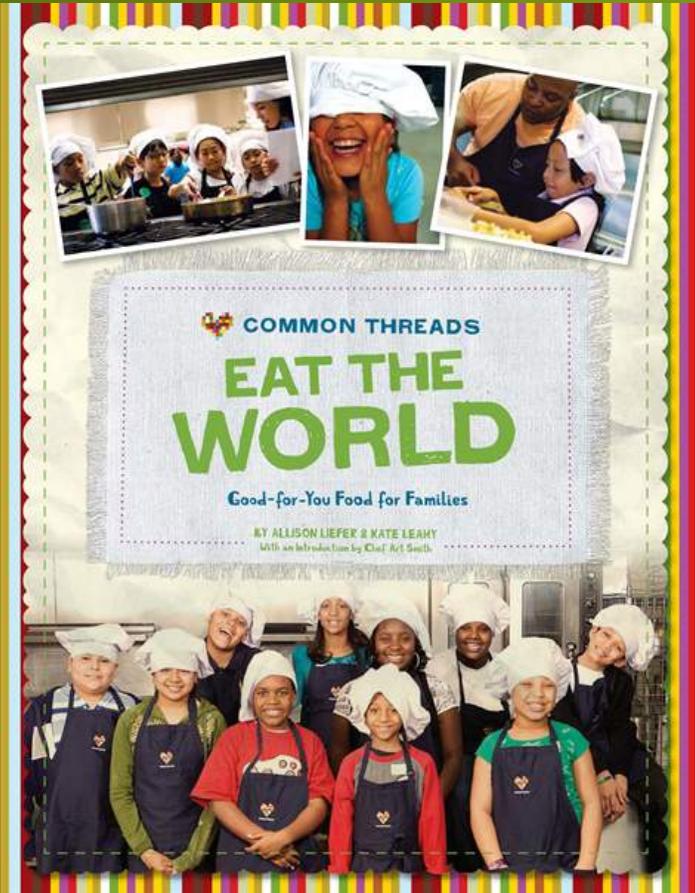
of students feel they are able to cook after class



NUTRITION 101

Nutrition Trivia

- 5th Grade Small Bites component
- Write down a trivia question and answer through out the workshop
- Winners of Nutrition Trivia will receive a cookbook!



THE BASICS OF FOOD

Why do we need food:

- Growth
- Energy
- Maintenance and regulation of body processes

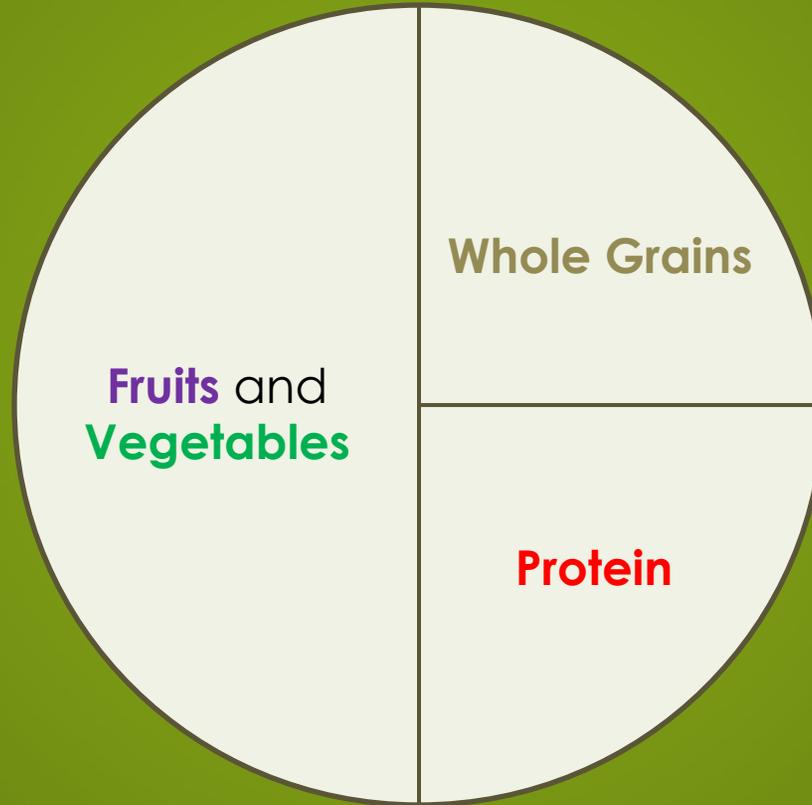
What is food?

CARBOHYDRATES

PROTEINS

**LIPIDS
(FATS/OILS)**

THE CHEF'S PLATE



What did your last plate look like?

FRUITS AND VEGETABLES



Get the nutritional information with the Foodle App!

- Paint Your Plate with Color: *Aim for 3-4 different colored fruits and vegetables each day*
- Source of fiber, vitamins, and minerals
- Common Threads Produce Guide: *selecting fresh produce*

FRESH, FROZEN, AND CANNED

Form	Pros	Cons	Tips
Fresh	<ul style="list-style-type: none"> • Variety • Able to see before buying • Can cost less in season • Kid's can get involved 	<ul style="list-style-type: none"> • Short shelf life • Need to understand selection and substitution • Can be expensive out of season 	<ul style="list-style-type: none"> • Purchase in season • Use the Produce Guide! • Purchase for use at the beginning of the week
Frozen	<ul style="list-style-type: none"> • Frozen at peak freshness • Long shelf life • Easy to use • Can be cheaper out of season 	<ul style="list-style-type: none"> • May have added ingredients • Texture changes 	<ul style="list-style-type: none"> • Read the nutrition label • Store below freezing to prevent nutrient loss
Canned	<ul style="list-style-type: none"> • Canned at peak freshness • Long shelf life • Easy to use • Can be cheaper out of season 	<ul style="list-style-type: none"> • May have added ingredients • Texture changes 	<ul style="list-style-type: none"> • Read the nutrition label and select items low in fat, sodium, and sugar • Rinse before using • Avoid items canned in syrup

LEAN PROTEIN

Proteins

5 -6 Servings Daily

what to serve

 <p>2-3 oz. cooked lean meat or skinless poultry</p>	 <p>2-3 oz. fish</p>	 <p>1 egg</p>	 <p>1 oz of nuts</p>	 <p>8 oz. low-fat or non-fat milk</p>	 <p>1/2 C cooked beans</p>	 <p>1 1/2 - 2 oz. cheese</p>
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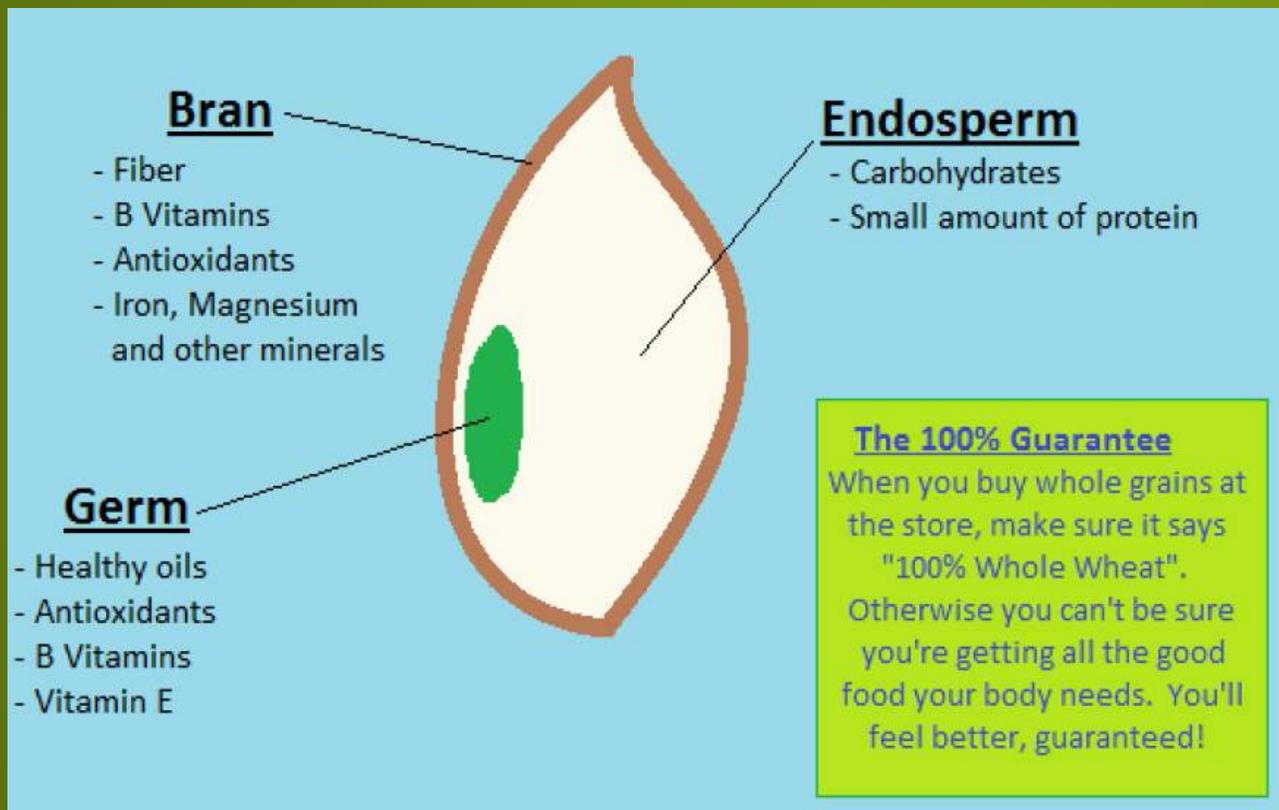
one serving size

<p>A deck of cards</p> 	<p>A checkbook</p> 	<p>1 egg</p> 	<p>A pingpong ball</p> 	<p>A small carton of milk</p> 	<p>A lightbulb</p> 	<p>3 dominos</p> 
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Think about some of your favorite protein sources. We'll stretch tall for lean proteins and touch our toes for unhealthy proteins.

5th Grade Small Bites Component

WHOLE GRAINS



Whole Grains
keep us fuller
longer.

Let's test this for
ourselves!
Vinegar = Stomach Acid
Agitation = Digestion

THE NUTRITION LABEL

Nutrition Facts	
Serving Size 1 bagel (80g)	
Servings Per Container 6	
Amount Per Serving	
Calories 250	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 46g	16%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 20%
Thiamin 30%	Riboflavin 15%
Niacin 20%	Folate 45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
INGREDIENTS: Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Salt, Yeast.	
ALLERGENS: Contains Wheat.	

Contains information on the serving size and how many per container.

Calories and calories from fat

Be wary of some of the unhealthy items that can be found here!

5% or less is low and above 20% is high

Look for foods full of good nutrients

The ingredients are listed from greatest to least and let you know if something is really a whole grain

BREAKFAST OR DESSERT?

Nutrition Facts

Serving Size: (27g)

Amounts Per Serving

Calories 103

Calories from Fat 13

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 1%

Cholesterol 0mg 0%

Sodium 152mg 7%

Total Carbohydrate 23g 8%

Fiber 2g 6%

Sugars 10g

Protein 2g

Vitamin A 10% • Vitamin C 10%

Calcium 10% • Iron 25%

Nutrition Facts

Serving Size: (29g)

Amounts Per Serving

Calories 146

Calories from Fat 63

% Daily Value*

Total Fat 7g 11%

Saturated Fat 3g 14%

Cholesterol 2mg 1%

Sodium 104mg 5%

Total Carbohydrate 20g 7%

Fiber 1g 3%

Sugars 9g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%



FATS

UNHEALTHY Saturated Fats Trans Fats



HEALTHY Unsaturated Fats

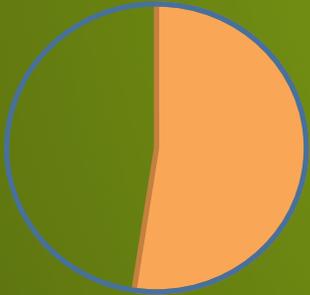


Student articles incorporate informational texts and nutrition!
Fat Trivia checks for understanding in the *5th Grade Small Bites Lesson*.

SUGAR



5 sodas a week for a whole year means an *extra 23 pounds of sugar* to digest!



You would need to run for 32 min. to burn off ONE can of soda!

SUGAR

Can your group match each amount of sugar to its source?
Based on 3rd Grade Sugar Demo

Drink Choices, 12 oz. serving:

Soda

Juicy Juice

Gatorade

Water

SUGAR

Can your group match each amount of sugar to its source?
Based on 3rd Grade Sugar Demo

Drink Choices, 12 oz. serving:

Soda, D, 46g (11.5 t)

Juicy Juice, B, 40g (10 t)

Gatorade, A, 21g (5.25 t)

Water, C, 0g (0 t)

PRIORITY ACTIONS

What small changes can you do to make big changes for your health?



READY TO WIN?

Pass in Nutrition Questions
Answer correctly and win a cookbook!

LEARN IT

LIVE IT

SUPPORT IT