

**Bienestar/NEEMA Child Nutrition & School Food Service Guide**



**Eat to Live**

**4th Edition**  
**Instructor Guide**

# **Bienestar/NEEMA Child Nutrition & School Food Service Guide: Eat to Live (4th Edition) Instructor Guide**

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## Introduction

What is the Child Nutrition & School Food Service Guide? The Child Nutrition & School Food Service Guide is a ten lesson healthy living course that equips Child Nutrition Professionals with new attitudes, skills and knowledge about healthy eating, moving more and preventing diabetes and cardiovascular disease. This guide will also improve their personal health as well as the health of students that participate in the National School Lunch and School Breakfast Programs.

The Child Nutrition & School Food Service Guide may be used as a stand-alone set of lessons when teaching nutrition education concepts or incorporated into a comprehensive health education program. It is designed for implementation during the course of the work day as part of professional development or in-service training and to be facilitated by a manager, a team leader or a student interested in nutrition and health. The lessons are beneficial for all staff on the school campus, so be sure to invite your principal, counselor, teachers, nurse and the custodian to take part in the course.

Each session helps participants understand the importance of adopting healthy living skills and behaviors; and provides practical advice and ideas that can be implemented at work and home. Session concepts and material is grounded in the 2015-2020 Dietary Guidelines for Americans, MyPlate recommendations as well as the Healthy, Hunger-Free Kids Act of 2010 School Meals to improve personal health and child nutrition.

The Child Nutrition & School Food Service Guide provides:

- 10 sessions with practical learning concepts
- Sessions that align to evidence-based practices and national recommendations
- Resource Sheet and Activity Page written in English and Spanish
- Technology links and ideas
- Appendices with additional resources
- Pre- and post-assessments

The Child Nutrition & School Food Service Guide encourages the five actions students and staff can take to improve their health:

1. Make fruits and vegetables the main components of each meal.
2. Be physically active 60 minutes daily.
3. Eat a wholesome breakfast.
4. Choose whole grains.
5. Drink water primarily, 1% or fat-free milk and 100% juice.



## Why this Guide?

Today, nearly one in three kids and teens in the U.S. is overweight or obese.<sup>1</sup> Childhood obesity increases the risk of type 2 diabetes, hypertension, heart disease, stroke and several types of cancer. To address this, The Social and Health Research Center is working to educate and empower children and youth as well as their families in schools and communities on the importance of healthy eating and moving more to prevent chronic illness, such as type 2 diabetes and heart disease. The role of the Child Nutrition Professional is key to the overall health of the students as well as their academic performance. The National School Lunch and School Breakfast Programs, provides nutritionally balanced, low-cost or free lunches to more than 31 million children each school day.<sup>2</sup> As a result of the huge role a Child Nutrition Professional serves on a school campus, it is crucial that they are informed and knowledgeable about the foods and beverages offered to students and staff. A Child Nutrition Professional can also serve as role model to students and staff. Thus, this course offers nutrition and health concepts and recommendations that can improve personal health and child nutrition.

### What is in this Guide?

This guide includes all the components needed to plan and facilitate each session:

- Overview
- Objectives
- Materials
- Part 1. Introduction
- Part 2. Apply
- Part 3. Reinforce
- Employee workbook section

#### Sources:

1. Centers for Disease Control and Prevention (2014) Childhood Obesity Facts. Retrieved from <http://www.cdc.gov/healthyyouth/obesity/facts.htm>
2. United States Department of Agriculture, Food and Nutrition Service. National School Lunch Program [Fact Sheet] [www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf](http://www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf)

## Getting Started

### Facilitation

Facilitation means that you will be leading a group through an activity or process. Please note that you do not need to be an expert to be a good facilitator, you just need to be enthusiastic and willing. Please feel free to find an interested staff member or student that would like to co-facilitate the course with you. Having a co-facilitator keeps the presentation exciting and helps split the work load.

### Review Each Lesson

It is important that you review each of the lessons prior to starting the course. Each session will include a hands-on activity or open discussion questions, resource sheet, activity page, technology links and extended teaching materials. Browsing through each of the lessons and links will help you be more informed and prepared to facilitate the group.

### Time Needed

Sessions 1 & 10 are the only lessons designed to take approximately 30-40 minutes due to the Pre/Post Assessment. Sessions 2-9 will take approximately 20 minutes to complete. Each session is set-up to allow participants to discuss and interact among the group. It is important that as you facilitate, the participants feel as if they have plenty of time to respond and think through how the information impacts their personal health as well as the health of students.

### Materials and Preparation

Each session includes a materials checklist and steps to prepare for each session. Some sessions may require materials that may not be accessible. Review ahead of time and ask staff if they would volunteer to collect and bring in the materials, such as food labels, restaurant nutrition facts or a community health event bulletin.

### Participant Workbook

Each Child Nutrition Professional staff will receive a workbook to follow along and complete assessments and activities.

### Designate the Time, Date & Location

Once you have reviewed the materials, designate the time, date and location for each of the sessions. Use the training schedule/calendar in the book to announce the information. The schedule/calendar can be placed in a common area such as a bulletin board, can be emailed or a copy can be made for each of the participants. Preplanning the logistics of each session will help participants be prepared in bringing their workbook, a pencil and their ideas!

## Getting Started

### Evaluation

The first and last sessions include a Pre- and Post-Assessment. The Pre-Assessment allows facilitators to gauge the knowledge that participants currently have around the areas of good nutrition, physical activity and preventing the risk of type 2 diabetes and cardiovascular disease. The Post-Assessment is the same as the Pre-Assessment. It will show the participant's improvement in health knowledge after all sessions have been taught.

### The Child Nutrition Professional, Healthy Living & School Nutrition Training Schedule

Session #	Date	Time	Location	Facilitator
Session 1				
Session 2				
Session 3				
Session 4				
Session 5				
Session 6				
Session 7				
Session 8				
Session 9				
Session 10				

**Mark your calendar!**



## Pre- Assessment: Child Nutrition & School Food Service

Name: \_\_\_\_\_

### Multiple Choice and True/False.

1. MyPlate, provided by the USDA, encourages healthy eating habits by including how many foods groups?

- A. 6
- B. 4
- C. 3
- D. 5\*

Answer D

2. All the food components of a wholesome and nutritious breakfast should include.

- A. Enriched grains, fat-free or low-fat milk/dairy, a lean meat and a fruit, vegetable or 100% juice
- B. Whole grains, fat-free or low-fat milk/dairy, a lean meat and a fruit, vegetable or 100% juice\*
- C. Enriched grains and fat-free or low-fat milk/dairy
- D. Whole grains and a lean meat

Answer B

3. How many minutes of physical activity such as brisk walking should an adult do per week?

- A. 30
- B. 150\*
- C. 45
- D. 20

Answer B

4. Foods that contain whole grain should have the following words on the ingredient list:

- A. Whole or whole grain\*
- B. Enriched flour
- C. Wheat
- D. Multigrain

Answer A

5. Good sources of whole grain include:

- A. 100% whole grain breads, brown rice and oatmeal\*
- B. enriched white bread and flour tortillas
- C. wheat muffins and waffles
- D. sugar- sweetened cereals

Answer A

6. The focus of the 2015-2020 Dietary Guidelines include:

- A. Fruits, vegetables, whole grains, fat-free or low-fat milk and milk products; lean meats, poultry, fish, beans, eggs, and nuts; foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.\*
- B. Whole grains, fat-free or low-fat milk and milk products; lean meats, poultry, fish, beans, eggs, and nuts; foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- C. Fat-free or low-fat milk and milk products; lean meats, poultry, fish, beans, eggs, and nuts; foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- D. Lean meats, poultry, fish, beans, eggs, and nuts; foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Answer A

## Evaluación Previa: Nutrición Infantil & Servicio de Comedor Escolar

**15.** ¿Cuál almuerzo escolar cumple mejor con los estándares la Ley para Niños Saludables y Libres de Hambre de 2010?

*Las normas actualizadas incluyen:* frutas y verduras todos los días de la semana; aumentar las porciones de alimentos ricos en granos enteros; ofrecer solamente leche descremada o baja en grasa; limitar las calorías basándose en la edad de los niños para asegurar las porciones adecuadas; reducir las cantidades de grasas saturadas, grasas trans, azúcares añadidos y sodio. Muestra de un menú escolar:

*Muestra del menú del comedor escolar*

Menú 1	Menú 2	Menú 3
Pasta integral con salsa con carne	Pasta integral con salsa con carne	Pasta integral con salsa con carne
Pan de trigo integral	Pan de trigo integral	Pan de trigo integral
Ejotes	Ejotes	Ejotes
Coliflor	Brócoli	Brócoli
Fresas	Fresas	Leche con 2% de grasa
Leche entera	Leche sin grasa	

- A. Menu 1
- B. Menu 2\*
- C. Menu 3
- D. Menu 1&3

Respuesta: B

**16.** La leche sin grasa, baja en grasa y entera contienen la misma cantidad de calcio y nutrientes esenciales. La diferencia es que la leche sin grasa y la leche baja en grasa contienen:

- A. Menos grasa y calorías\*
- B. Menos grasa y más calorías
- C. Más grasa y menos calorías
- D. Más grasa y más calorías

Respuesta: A

**17.** La Sra. Katherine, una profesional dedicada a la nutrición infantil, calculó su índice de masa corporal en 28. Basado en los estándares, ella sería clasificada como:

- A. Baja de peso
- B. Peso normal
- C. Sobrepeso\*
- D. Obesa

Respuesta: C

**18.** El riesgo de desarrollar diabetes tipo 2 puede ser reducido con:

- A. Perder peso
- B. Al participar diariamente en una actividad física
- C. Mantener una dieta saludable
- D. Todas las anteriores\*

Respuesta: D

**19.** La actividad física tiene muchos beneficios para la salud, los cuales incluyen disminuir el riesgo de desarrollar diabetes tipo 2.

- A. Verdadero\*
- B. Falso

Respuesta: A

**20.** La obesidad infantil aumenta el riesgo de la diabetes tipo 2, hipertensión, enfermedades cardíacas, derrames cerebrales y otros tipos de cáncer.

- A. Verdadero\*
- B. Falso

Respuesta: A

# Session 1

## School Meals Matter!

Welcome to your first session! This session will provide an overview of the Dietary Guidelines for Americans, school meal standards, mandates and evidence-based research that focus on the importance of healthy school meals. Child Nutrition Professionals will gain a better understanding of how vital their role is to children's overall health, food security and academic performance.

\*Note: this session takes more time to complete than other sessions due to the pre-assessment, so plan accordingly. Complete the pre-assessment prior to starting this session.

### Objectives

- **Complete** the pre-assessment
- **Review** the Dietary Guidelines for Americans, school meal standards and related mandates
- **Describe** how a Child Nutrition Professional can serve as a role model

### Materials

- Instructor guide
- Pre-Assessment
- Staff workbook
  - Why Do School Meals Matter?
  - What are the Dietary Guidelines for Americans & School Meal Standards?
  - Questions for Discussion
  - Activity Sheet—"My Role"
  - Activity Sheet—"My Impact"

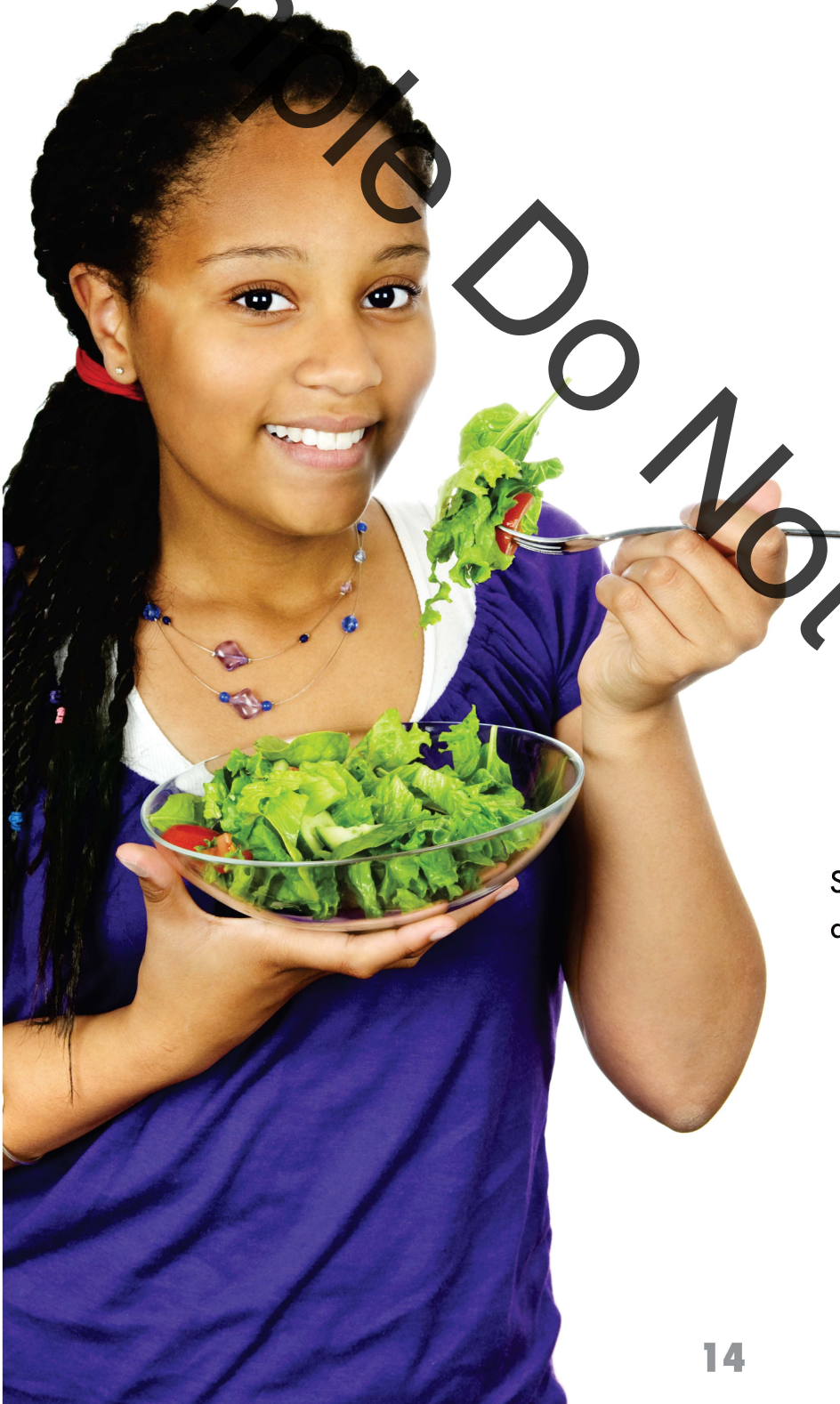


## PART 1: Introduction & Background

**Introduce session topic.** In this session we will learn about the importance of school meals and how Child Nutrition Professionals can serve as a role model.

*\*Participants should follow along using the workbook.*

**Background.** Why do school meals matter? Well, today, nearly one in three kids and teens in the U.S. is overweight or obese.<sup>1</sup> Childhood obesity increases the risk of type 2 diabetes, hypertension, heart disease, stroke and several types of cancer. The School Meal Program provides healthy foods so that children can be in their best health and can do well academically. The School Meal Program also serves as a safety net for children that may be struggling with food security.



In the United States more than 16 million (22%) children live in homes with incomes below the poverty level, which can result in food insecurity.<sup>2</sup> More than 31 million children eat at school through the National School Lunch and Breakfast Programs, which provides a nutritional balanced, low-cost or free meal.<sup>3</sup>

Thus, the role of the Child Nutrition Professional is key to the overall health of students as well as their academic performance.

Child Nutrition Professionals must be informed and knowledgeable about the foods and beverages offered to students and staff.

They also can serve as role models to students and staff by: **1)** being knowledgeable and staying informed with national guidelines and school meal mandates; **2)** finding opportunities to encourage students to eat more fruits, vegetables and whole grains; **3)** drinking healthier beverages; **4)** adopting a healthy lifestyle; and **5)** participating in school, district and community healthy living activity events and challenges.



## Questions for Discussion:

**Ask? Why do school meals matter?**

*Answers can include, because we serve healthy meals, good nutrition improves academic performance, prevent hunger.*

**What is our role as Child Nutrition Professionals?**

*Answers can include, to make and serve healthy and safe meals, be role models, to improve academic performance, and prevent childhood obesity.*

## PART 2:

### APPLY

**Session Review.** Review and discuss the following: What are the health issues that overweight children can experience? How many children live in low-income households in the U.S.? What is food insecurity (glossary)? How can Child Nutrition Professionals serve as a role model?

Review and complete the following questions: What are the Dietary Guidelines for Americans, MyPlate, Healthy Hungry-Free Kids Act school standards and USDA School Meal Program patterns/standards?

Discuss the following:

My Role & Impact

## PART 3:

### REINFORCE

**Role Model.** Make a commitment to serve as a role model for students and staff. Find opportunities to participate in school, school campus, school district or community events that promote good health.

**Student Encouragement.** Encourage students to live a healthy lifestyle by participating in school campus, school district or community events that promote good health.

### Glossary

**Food security:** access to sufficient, safe and nutritious food at all times.

**Food insecurity:** access to food is limited due to lack of money or resources.

**Websites:** Dietary Guidelines and MyPlate <http://www.choosemyplate.gov/dietary-guidelines.html>  
 Healthy, Hunger Free Kids Act of 2010 [http://www.fns.usda.gov/cnd/governance/legislation/cnr\\_2010.htm](http://www.fns.usda.gov/cnd/governance/legislation/cnr_2010.htm)  
 United States Department of Agriculture- Food and Nutrition Service <http://www.fns.usda.gov/nslp/national-school-lunch-program>  
 United States Department of Agriculture- Healthy Meal Resource System, Team Nutrition. All About Child Nutrition Professionals <http://healthymeals.nal.usda.gov/resource-library/general-information/all-child-nutrition-professionals>

#### Sources:

1. Centers for Disease Control and Prevention (2014) Childhood Obesity Facts. Retrieved from <http://www.cdc.gov/healthyyouth/obesity/facts.htm>
2. National Center for Children in Poverty. Child Poverty. Retrieved from <http://nccp.org/topics/childpoverty.html>
3. United States Department of Agriculture, Food and Nutrition Service. National School Lunch Program [Fact Sheet]. Retrieved from [www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf](http://www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf)

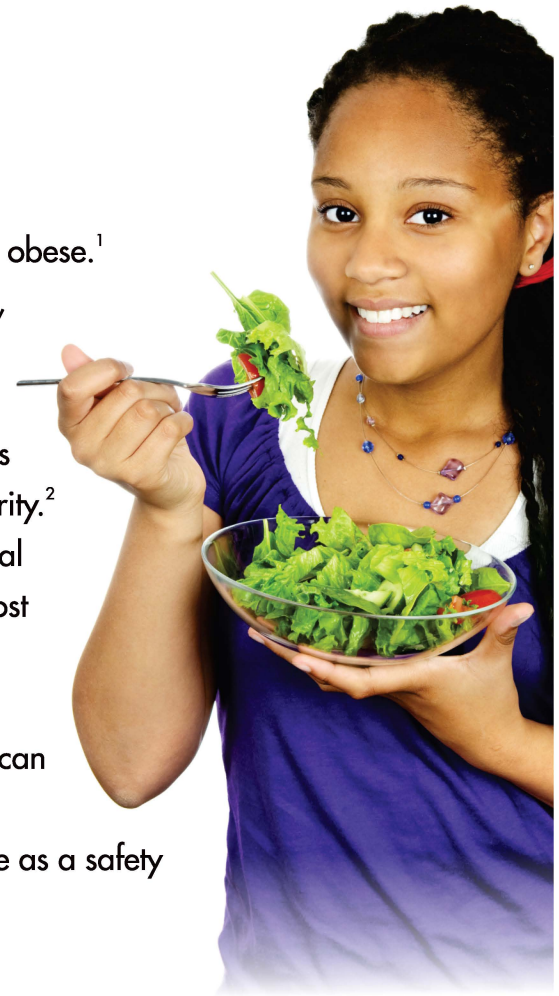


## School Meals: Why Do They Matter?

Today, nearly one in three kids and teens in the U.S. is overweight or obese.<sup>1</sup> Childhood obesity increases the risk of type 2 diabetes, hypertension, heart disease, stroke and several types of cancer.

In the United States more than 16 million (22%) children live in homes with incomes below the poverty level, which can result in food insecurity.<sup>2</sup> More than 31 million children eat lunch at school through the National School Lunch Program, which provides a nutritional balanced, low-cost or free lunch.<sup>3</sup>

- The National School Lunch and Breakfast Programs provide healthy foods so that children can be in their best health and can do well academically.
- The National School Lunch and Breakfast Programs also serve as a safety net for children that may be struggling with food security.



The role of the Child Nutrition Professional is key to the overall health of the students as well as their academic performance. They also can serve as role model to students and staff by:

- 1) Staying informed with national guidelines and school meal mandates
- 2) Being knowledgeable about the foods and beverages offered to students
- 3) Finding opportunities to encourage students to eat more fruits, vegetables and whole grains
- 4) Adopting a healthy lifestyle and
- 5) Participating in school, district and community healthy living activity events and challenges

Sources:

1. Centers for Disease Control and Prevention (2014) Childhood Obesity Facts. Retrieved from <http://www.cdc.gov/healthyyouth/obesity/facts.htm>
2. National Center for Children in Poverty. Child Poverty. Retrieved from <http://nccp.org/topics/childpoverty.html>
3. United States Department of Agriculture, Food and Nutrition Service. National School Lunch Program [Fact Sheet] [www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf](http://www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf)

## Comida Escolares: ¿Por qué Son Importantes?

Hoy en día casi uno de cada tres niños y adolescentes en los EE.UU. tiene sobrepeso o está obeso. La obesidad infantil aumenta el riesgo de diabetes tipo 2, hipertensión, enfermedades cardíacas, derrames cerebrales y varios tipos de cáncer.



En los Estados Unidos más de 16 millones (22%) de niños viven en hogares con ingresos por debajo del nivel de pobreza, lo que puede dar lugar a recibir una alimentación inadecuada.<sup>2</sup> Más de 31 millones de niños almuerzan en las escuelas a través del Programa Nacional de Almuerzos Escolares el cual provee almuerzos con una nutrición balanceada, a bajo costo o gratis.<sup>3</sup>

- El Programa Nacional de Alimentación Escolar provee alimentos saludables para que los niños puedan tener una salud óptima y puedan sobresalir académicamente.
- El Programa Nacional de Alimentación Escolar también sirve como una red de protección para los niños que pueden estar enfrentando una alimentación inadecuada.

El rol del Profesional de Nutrición Infantil es clave para la salud general de los estudiantes, así como su rendimiento académico. También pueden ser un modelo a seguir para los estudiantes y el personal de la siguiente manera:

- 1) Manteniéndose informado con la guía nacional y los mandatos a seguir acerca de las comidas escolares
- 2) Conociendo sobre los alimentos y bebidas que se ofrecen a los estudiantes
- 3) Encontrando oportunidades para motivar a los estudiantes a comer más frutas, vegetales y granos enteros
- 4) Adoptando un estilo de vida saludable
- 5) Participar en eventos y retos de actividades de vida saludable en la escuela, distrito y en la comunidad

Fuente de recursos:

1. Centers for Disease Control and Prevention (2014) Childhood Obesity Facts. Retrieved from <http://www.cdc.gov/healthyyouth/obesity/facts.htm>
2. National Center for Children in Poverty. Child Poverty. Retrieved from <http://nccp.org/topics/childpoverty.html>
3. United States Department of Agriculture, Food and Nutrition Service. National School Lunch Program [Fact Sheet] [www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf](http://www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf)



# What are the Dietary Guidelines for Americans & School Meal Standards?



## Dietary Guidelines for Americans

encourages Americans to eat a healthy diet that promotes health and prevents disease. Recommendations include consuming:

- Fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Lean meats, poultry, fish, beans, eggs, and nuts; and
- Foods that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

For more information, visit:

Dietary Guidelines and MyPlate

<http://www.choosemyplate.gov/dietary-guidelines.html>

**MyPlate** is the symbol provided by the U.S. Government to assist consumers in adopting healthy eating habits consistent with the 2015-2020 Dietary Guidelines for Americans.

The focus of MyPlate include:

- Make smart choices from every food group.
- Find balance between food and physical activity.
- Get the most nutrition out of calories.
- Stay within daily calorie needs.

For more information, visit:

Dietary Guidelines and MyPlate

<http://www.choosemyplate.gov/dietary-guidelines.html>





## ¿Qué son las Guías Alimentarias y los Estándares de Comidas Escolares para los Estadounidenses?



**Las Guías Alimentarias para los Estadounidenses** motiva a los Americanos a consumir una dieta saludable que promueva la salud y prevenga enfermedades.

Las recomendaciones sugieren consumir:

- Frutas, vegetales, granos enteros (cereales), y leche sin grasa (descremada) o baja en grasa y productos lácteos;
- Carnes magras (sin grasa), pollo, pescado, frijoles, huevos y nueces; y
- Alimentos que sean bajos en grasas saturadas, grasas trans, colesterol, sal (sodio), y azúcares añadidos.

Para más información visite: Dietary Guidelines and MyPlate  
<http://www.choosemyplate.gov/dietary-guidelines.html>

**MiPlato** es el símbolo proporcionado por el gobierno de los Estados Unidos para ayudar a los consumidores a adoptar hábitos saludables de alimentación compatibles con los Estándares Alimenticios para los Estadounidenses del 2015-2020.

El enfoque de MiPlato incluye:

- Tomar decisiones inteligentes de cada grupo de alimentos.
- Encontrar un balance entre una buena alimentación y la actividad física.
- Obtener la mayor nutrición de las calorías.
- Permanecer dentro de las necesidades calóricas diarias

Para más información visite:

Dietary Guidelines and MyPlate

<http://www.choosemyplate.gov/dietary-guidelines.html>





## What are the Dietary Guidelines for Americans & School Meal Standards?

### Hunger-Free Kids Act of 2010 School Meals

implemented by the First Lady and signed by President Obama provided an opportunity for USDA to make changes in the meals served at school as a way to improve our children's health.

Recommendations are based from the Institute of Medicine:

- Ensure students are offered both fruits and vegetables every day of the week
- Increase offerings of whole grain-rich foods;
- Offer only fat-free or low-fat milk;
- Limit calories based on the age of children being served to ensure proper portion size;
- Increase the focus on reducing the amounts of saturated fat, trans fats, added sugars, and sodium.

For more information, visit:

Dietary Guidelines and MyPlate <http://www.choosemyplate.gov/dietary-guidelines.html>

### United States

### Department of Agriculture School Meals

must meet meal patterns and nutrition standards based on the Dietary Guidelines of Americans and the Hunger-Free Kids Act nutrition standards. The meal pattern increases the availability of fruits, vegetables and whole grains. Specific calorie limits are set to ensure age-appropriate meals.

For more information, visit,

<http://www.fns.usda.gov/nsfp/national-school-lunch-program>



## ¿Qué son las Guías Alimentarias para los Estadounidenses y los Estándares de Comidas Escolares?

**Ley de Niños Sin Hambre del 2010 para Comidas en las Escuelas** implementada por la Primera Dama y firmada por el Presidente Obama brinda la oportunidad a la USDA de hacer cambios en los alimentos servidos en la escuela como una manera de mejorar la salud de nuestros niños. Las recomendaciones se basan en el Instituto de Medicina:

- Asegurarse que a los estudiantes se les ofrecen frutas y vegetales todos los días de la semana
- Ofrecer más a menudo los alimentos ricos en granos enteros;
- Ofrecer solo leche sin grasa (descremada) o baja en grasa;
- Limitar las calorías de acuerdo a la edad de los niños asegurándose de servirles porciones adecuadas;
- Aumentar el enfoque en la reducción de grasas saturadas, grasas trans, azúcares y sodio.

**Departamento de Agricultura de Alimentos Escolares de los Estados Unidos** debe cumplir con los patrones alimenticios y los estándares de nutrición basados en Guías Alimentarias para los Estadounidenses y la Ley de Niños sin Hambre.

El modelo alimenticio dispone de más frutas, vegetales y granos enteros. Se han establecido límites específicos de calorías para asegurar que los alimentos sean apropiados para las edades



# Questions for Discussion

## Preguntas para discusión

How do the Dietary Guidelines for Americans impact your personal health?

¿Cómo las Guías Alimentarias para los Estadounidenses impactan su salud personal?

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List one Dietary Guideline you will work to implement to improve your personal health:

Mencione un Patrón Alimenticio que pondría en práctica para mejorar su salud personal:

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How does the Hunger-Free Kids Act of 2010 recommendations/mandates impact your role as a Child Nutrition Professional?

¿Cómo afectan las recomendaciones/mandatos a seguir de la Ley de Niños sin Hambre del 2010 a su rol como profesional de la Nutrición Infantil?

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List one recommendation/mandate from the Hunger-Free Kids Act of 2010 that your school meal program implements well:

Mencione una recomendación/mandato a seguir de la Ley de Niños sin Hambre del 2010 que su programa de alimentación escolar implemente correctamente:

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List one recommendation/mandate from the Hunger-Free Kids Act of 2010 that you hope to implement as part of your school meal program:

Mencione una recomendación/mandato a seguir de la Ley de Niños sin Hambre del 2010 que espera poner en práctica como parte de su programa de alimentación escolar:

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# My Role & Impact

**Directions:** In this activity, assign the participants into groups of two or three. Provide the group with one card. Give the groups approximately 5 minutes to discuss their thoughts and opinions. Have one participant from each group share the responses with the entire group.

Copy, print and cut cards 1 and 2

## Mi Papel y Impacto

**Direcciones:** En esta actividad asigne a los participantes en grupos de dos o tres. Provee a cada grupo una tarjeta. Dele a los grupos aproximadamente 5 minutos para discutir sus pensamientos y opiniones. Haga a un participante de cada grupo compartir sus respuestas con todo el grupo. *Copie, imprime, o corte las tarjetas 1 y 2*

### My Role Mi Papel

What is my role on the school campus? *Que es mi papel en la escuela?*

What makes me a role model? *Que me hace un modelo ejemplar?*

List two ways you can better serve as a role model to students and staff:

*Apunte 2 maneras de como servir como modelo ejemplar a los estudiantes y el personal:*

### My Impact Mi Impacto

How does serving a healthy menu impact students? *¿Cómo afecta a los estudiantes el hecho de servir un menú saludable?*

How has your role impacted the following (can be related to a school event, personal story or part of a school meal standard): *Como es que su papel a impactado a los siguientes? (Puede estar relacionado a un evento escolar, historia personal, o parte de un estándar de los alimentos escolares)*

\*hunger & poverty *hambre y pobreza*

\*childhood obesity *obesidad infantil*

\*health & nutrition *salud y nutrición*

\*student academic performance *calificaciones del estudiante*

# Session 2

## It's MyPlate & My Choice

In this session, Child Nutrition Professionals will learn the benefits of a balanced meal using MyPlate and its key concepts. Participants will learn ways to incorporate the five food groups into their daily meals and understand the major essential nutrients and tools to determine appropriate serving sizes.

### Objectives

- **Identify** the food groups that make up MyPlate
- **Understand** the key concepts and recommendations of MyPlate
- **Identify** the major nutrients from each of the food groups

### Materials

- Computer with internet access
- Instructor guide
- Staff workbook
  - MyPlate Mini Poster
  - MyPlate Key Concepts
  - MyPlate Dining Out
  - School Menu