

Bienestar/NEEMA Child Nutrition & School Food Service Guide



Eat to Live

4th Edition
Instructor Guide

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Eat to Live (4th Edition) Instructor Guide

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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 food 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 2020-2025 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

7. What are the risk factors for type 2 diabetes?

- A. Hereditary & age
- B. Lack of exercise
- C. Unhealthy diet (high fat, low fiber)
- D. All of the above*

Answer D

Evaluación Previa: Nutrición Infantil & Servicio de Comedor Escolar

Nombre: _____

Opción múltiple y verdadero/falso.

1. MiPlato, proporcionado por el USDA, promueve hábitos alimenticios saludables al incluir ¿cuántos grupos de alimento?

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

Respuesta: D

2. Un desayuno sano y nutritivo debe de tener los siguientes componentes:

- A. Granos enriquecidos, leche/productos lácteos sin grasa o bajos en grasa, carne magra y una fruta, jugo de vegetales o 100% natural
- B. Granos enteros, leche/productos lácteos sin grasa o bajos en grasa, carne magra y una fruta, jugo de vegetales o 100% natural*
- C. Granos enriquecidos y leche/productos lácteos sin grasa o bajos en grasa
- D. Granos enteros y carne magra

Respuesta: B

3. ¿Cuántos minutos de actividad física, como una caminata vigorosa, debe hacer un adulto por semana?

- A. 30
- B. 60*
- C. 45
- D. 20

Respuesta: B

4. Los alimentos que contienen granos enteros deben tener las siguientes palabras en la lista de ingredientes:

- A. Integral o grano entero*
- B. Harina enriquecida
- C. Trigo
- D. Multigrano

Respuesta: A

5. Las fuentes excelentes de grano entero incluyen:

- A. Pan 100% de grano entero, arroz integral y avena*
- B. Pan blanco enriquecido y tortillas de harina
- C. Panques y waffles de trigo
- D. Cereales endulzados

Respuesta: A

6. El enfoque de las Guías Alimentarias del 2015-2020 incluyen:

- A. Frutas, vegetales, granos enteros, leche/productos lácteos sin grasa o baja en grasa; carne magra, pollo, pescado, frijoles, huevos y nueces; alimentos bajos en grasas saturadas, grasas trans, colesterol, sal (sodio) y azúcares agregados.*
- B. Granos enteros, leche/productos lácteos sin grasa o baja en grasa; carne magra, pollo, pescado, frijoles, huevos y nueces; alimentos bajos en grasas saturadas, grasas trans, colesterol, sal (sodio) y azúcares añadidos.
- C. Leche/productos lácteos sin grasa o baja en grasa; carne magra, pollo, pescado, frijoles, huevos y nueces; alimentos bajos en grasas saturadas, grasas trans, colesterol, sal (sodio) y azúcares añadidos.
- D. Carne magra, pollo, pescado, frijoles, huevos y nueces; alimentos bajos en grasas saturadas, grasas trans, colesterol, sal (sodio) y azúcares añadidos.

Respuesta: A

7. ¿Cuáles son los factores de riesgo para la diabetes tipo 2?

- A. Hereditario y edad
- B. Falta de ejercicio
- C. Mala alimentación (alta en grasa, baja en fibra)
- D. Todas las anteriores*

Respuesta: D

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.
- Promote importance of eating school breakfast and lunch

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 role models.

**Participants should follow along using the workbook.*

Background. Why do school meals matter? Well, today, nearly 40% of kids and teens in the U.S. are overweight or obese.¹ Childhood obesity increases the risk of type 2 diabetes, hypertension, heart disease, stroke, and several types of cancer. The National School Breakfast and Lunch Program provides healthy nutritionally balanced, low-cost or free meals 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.



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 are some challenges low-income children may face? What is food insecurity (glossary)? How can Child Nutrition Professionals serve as role models?

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, such as involving students with planning healthy school menus, participating in school events, and developing a school wellness policy..

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
 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

School Meals: Why Do They Matter?

Today, nearly two in five kids and teens in the U.S. is overweight or obese.¹ 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.² 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.³

- 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 can also serve as role models to students and staff by:

- 1) Staying informed about national guidelines and school meal mandates
- 2) Being knowledgeable about the foods and beverages offered to students; school wellness policy.
- 3) Finding opportunities to encourage students to eat more fruits, vegetables, and whole grains
- 4) Adopting a healthy lifestyle
- 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/focts.htm>
2. Notional 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. School Breakfast Program (Fact Sheet). Retrieved from <https://www.fns.usda.gov/sbp/meal-pattern-chart>
4. United States Department of Agriculture, Food and Nutrition Service. National School Lunch Program (Fact Sheet). Retrieved from <https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>

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.² 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.³

- 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 modelos 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. Notional 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. School Breakfast Program (Fact Sheet). Retrieved from <https://www.fns.usda.gov/sbp/meal-pattern-chart>
4. United States Department of Agriculture, Food and Nutrition Service. National School Lunch Program (Fact Sheet). Retrieved from <https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>

Questions for Discussion

Preguntas para discusión

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

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

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:

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?

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:

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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