

Raising Healthy Children in Difficult Economic Times

2. Workshop description:

This workshop is a community event to bring in some of the most gifted guest speakers and food specialists together. They will inform parents about the importance of a healthy lifestyle, particularly in relationship to food. This will be an interactive workshop where participants will be preparing their own meal plans, will be taking part in tasting healthy snacks, and sampling healthy prepared meals. Participants also will enjoy being part of a food demonstration by a famous Food Network star and the co-author of *Eat This Not That!* will be a guest speaker. The different types of fat available to consumers will be discussed. All participants will learn how to read a food label and will learn to understand their importance. Help with food assistance programs will be provided. Children 6 years and older will be invited on the last day for lunch, and after lunch will be shown many healthy snack choices. The workshop will end with everybody tasting the snacks.

3. Family & Consumer Sciences National Standards and Competencies

- 9.2 Apply risk management procedures to food safety, food testing, and sanitation.
 - 9.2.1 Analyze factors that contribute to food borne illness.
 - 9.2.5 Demonstrate practices and procedures that assure personal and workplace health and hygiene.
 - 9.2.6 Demonstrate standard procedures for receiving and storage of raw and prepared foods.
- 9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans
 - 9.3.2 Analyze nutritional data
 - 9.3.3 Apply principles of food production to maximize nutrient retention in prepared foods.
 - 9.3.4 Assess the influence of socioeconomic and psychological factors on food and nutrition and behavior
 - 9.3.5 Analyze recipe/formula proportions and modifications for food production.
 - 9.3.6 Critique the selection of foods to promote a healthy lifestyle.
- 9.4 Apply basic concepts of nutrition and nutritional therapy in a variety of settings.
 - 9.4.2 Use nutritional information to support care planning.
 - 9.4.3 Utilize a selective menu.
 - 9.4.4 Construct a modified diet based on nutritional needs and health conditions
 - 9.4.5 Design instruction on nutrition for health maintenance and disease prevention
- 9.5 Demonstrate use of current technology in food product development and marketing

9.5.3 Prepare food for presentation and assessment.

4. Workshop Objectives:

At the conclusion of this workshop the participants will be able to:

- Understand the occurrence of obesity, physical inactivity in children in order to reduce the risk of coronary heart disease and type 2 diabetes.
- Be equipped to teach their children healthy food choices and participate in an active lifestyle.
- Understand the use of food labels in daily life.
- Know the importance of good fats.
- Become familiar with various food assistant programs available to them.

5. Assessment Plan:

- Parents will have question and answering sessions,
- Parents will be given a hand out with food pyramid questions..
- Parents will be tested on proper portion size by drawing the correct portion sizes of different foods on a paper plate.
- Parents will be given a hand out to plan a nutritious meal in a group setting
- Parents will be tested on reading food labels by participating in a power point presentation..

6. Workshop Justification:

Statistics from the CDC show that childhood obesity increased by an average of 11.2% since the 1980s. Those children are already at risk for cardiovascular diseases and diabetes. One study found that 80 % of those children will be overweight as adults. The purpose of the workshop is to teach parents of school age children the importance of a healthy lifestyle for their children to reduce obesity, particularly in difficult economic times. This is done by helping them understand the nutritional value of food and how parents can use food assistance programs to their advantage. By giving parents these helpful tools their children will be able to sustain a healthy weight and life style and prevent them from being overweight or obese. The workshop will draw about 100 parents of school aged children from the surrounding area.

7. Timeline

Day 1

1:00 p.m. – 2:00 p.m.

Registration and Refreshments

2:00 p.m. – 2:30 p.m.

Opening Remarks by LeRoy Chase, *President and CEO of Boys and Girls Cub*, will be welcoming the guests and

thanking them for attending the workshop and explaining the 3-day schedule. He will introduce each guest speakers as they come up to the podium starting with the Keynote speaker

- 2:30 p.m. – 3:30 p.m. Keynote Speech by Richard Simmons, a television celebrity promoting healthy living, will be giving a short statistically report on health problems in American children because of sedentary and unhealthy life styles. Talking about the importance of investing in the health of children, he will be giving a inspirational speech to the parents.
- 3: 30 p.m. – 3:45 p.m. Break and Refreshments
- 3:45 p.m. – 4:30 p.m. Understanding the Food Pyramid - Cathy Barn M.S., R.D., specializing in prevention through nutrition strategies, explains the USDA food pyramid in detail, and will demonstrate the importance of the food pyramid as a nutrition tool to become healthier.
- 4:30 p.m. - 5:00 p.m. Activity conducted by Cathy Barn M.S., R.D.:
In this hands-on activity each guest will be given a plate to draw the individual portions of the food types according to the USDA food pyramid.
- 5:00 p.m. – 5:30 p.m. Food Pyramid Questions handout in Spanish or English will be given to the participants. Participants will use their newly acquired knowledge in answering twelve multiple choice questions.
- 5:30 p.m. – 7:00 p.m. Closing Remarks by LeRoy Chase, *President and CEO of Boys and Girls Cub*. Mr. Chase will close the evening by thanking all those in attendance for coming, and announce that Rachel Ray, a famous TV Food Network star, will perform a cooking demonstration the next day. Then he will invite everyone for dinner.

Day 2

- 8:00 a.m. – 8:30 a.m. Check-In and Continental Breakfast
- 8:30 a.m. – 9:30 a.m. Meal Planning: Healthy Eating on a Budget by Maureen Green R.D. Ms. Green will give tips on carefully planning, shopping, and cooking within the food budget and how it can even be trimmed. She will give insight in how to plan the monthly budget.
- 9:30 a.m. - 10:00a.m. In group activity: Participants will be planning meals for a day. Each participant will be given a hand out of a meal planner, which contains the daily allowance of the 5 major food groups. Participants will apply their acquired knowledge and make their own meal plan.

10:00 a.m. – 10:15 a.m.	<u>Break and Refreshments</u>
10:15 a.m. – 11:30 a.m.	<u>Food Demonstration</u> by Rachel Ray, <i>TV Food Network Star</i> , that emphasizes vegetables, whole grains, and fruits in meal preparations, include plenty of cooking tips. The goal of this demonstration will be to show the participants how easy and quick it is to prepare healthy and fast foods in less time than it takes to go to a fast food restaurant. She will be available for autographs after the demonstration
11:30 a.m. – 1:00 p.m.	<u>Lunch</u> prepared by Good Earth Catering
1:00 p.m. – 1:25 p.m.	<u>Know Your Fats</u> by Gina Berry, M.S. R.D, <i>Nutrition Specialist</i> , who will explain the function fats fulfill in our bodies. She also will give details on what types of fat to use in food preparations.
1:25 p.m. – 1:50 p.m.	<u>Cholesterol: The Good, the Bad, and the Ugly</u> continues Ms. Berry's theme regarding fats in the human body by exploring the use of cholesterol by the body. She will explain the difference between LDL cholesterol and HDL cholesterol.
1:50 p.m. – 2:00 p.m.	<u>Fun with Fats</u> will be a question and answer period conducted by Ms. Berry.
2:00 p.m. – 2:45 p.m.	<u>Understanding Food Labels</u> by Cathy Barn, M.S., R.D, who will speak about the importance of how to read food labels. She also will give parents tips on how they can engage their children to realize the importance of reading labels.
2:45 p.m. – 3:00 p.m.	<u>Understanding Nutrition Label Game</u> conducted by Ms. Barn who will display nutrition labels on an overhead projector. She will ask different questions about the labels. Participants will write their answers on a piece of paper given to them at the beginning of the game. The participants with all the right answers will receive gift certificates to Albertson's Supermarkets.
3:00 p.m. – 3:15 p.m.	<u>Break and Refreshments</u>
3:15 p.m. – 4:30 p.m.	<u>Special Guest Speaker</u> , Mr. Matt Goulding, co-author of <i>Eat This Not That!</i> , will explain that when going to fast food restaurants it is necessary to make smart food choices. Each workshop participant will receive a free autographed copy of his book. He will make closing remarks and meet with the participants after his presentation.

Day 3

8:00 a.m. – 8:30 a.m.	<u>Check In and Continental Breakfast</u>
8:30 a.m. – 9:30 a.m.	<u>US Nutrition Assistance Programs</u> presented by Dr. Horton, <i>Director of California Department of Public</i>

	<i>Health</i> , will be talking about the different food assistance programs available to participants. He will also hand out information about the different programs.
9:30 a.m. – 10:00 a.m.	<u>Question and Answer Period</u> for Dr. Horton, who will also be available in Room C for additional questions after his presentation.
10:00 a.m. – 10:15 a.m.	<u>Break and Refreshments</u>
10:15 a.m. – 11:15 a.m.	<u>Prevention of Food Poisoning</u> by Horst Behr, M.D., who will introduce the culprits that make people sick and explain the requirements of safe food handling and storage.
11:15 a.m. – 11:30 a.m.	<u>Food Safety Wheel Computer Game</u> conducted by Dr. Behr will include a big screen projected computer game. This fun game will test the food safety knowledge of the participants.
11:30 a.m. – 1:00 p.m.	<u>Lunch Prepared by Good Earth Catering</u> - Attending parents and their children, ages 6 to 17 years, are invited for lunch.
1:00 p.m. – 2:00 p.m.	<u>Snacks and School Lunches</u> presented by Jeanne Bloom, Ph.D., R.N., who will introduce 20 healthy snack and school lunch choices. Both parents and children will be educated on how to make choices when shopping for snacks and lunches. After this session the parents and their children will have the opportunity to taste different snacks and refreshments which are provided through the courtesy of Albertson's Supermarkets.
2:00 p.m. – 3:00 p.m.	<u>Closing Remarks</u> by LeRoy Chase, <i>President and CEO of Boys and Girls Clubs</i> . He will thank the guest speakers, the parents, and the children for attending this workshop and inviting them to take the acquired knowledge to make a change for a healthier lifestyle for them and their children.

8. Primary Teaching Strategy

This work shop is designed to accommodate the different learning styles of most participants. Training will be accomplished through lectures, Power Point presentations, overhead projectors, posters, props, demonstration, hands on learning, and games. The variety of presenters and subjects are designed to stimulate the interest and maintain the attention of the participants.

9. Learning Environment

- 15 ea. Round Tables
- 150 ea. Chairs
- 6 ea. Long Tables
- 1 ea. Food Demonstration Table
- 1 ea. Podium

10. Materials

- 200 ea. Name Tags
- 5 ea. White Boards
- 5 ea. Multicolor White Board Marker Sets
- 200 ea. Paper Plates
- 200 ea. Meal Planner Copies
- 200 ea. Quiz Copies
- 200. ea. Food Pyramid Challenge copies
 - A/R Food for Demonstrations
 - A/R Cooking Utensils

11. List of Equipment

- 1 ea. Overhead Projector /w Spare Lightbulb
- 1 ea. Powerpoint Projector /w Spare Lightbulb
- 1 ea. Laptop for Powerpoint Presentations
- 1 ea. Projection Screen (16' x 16')
- 2 ea. Carts for Projectors
- 6 ea. Extension Cords
- 4 ea. Microphones w/ Stands and Speakers

12. Marketing Plan

- 1) Fliers announcing the event will be sent home weekly, starting one month before the event, with the children in the local elementary schools.
- 2) Fliers will also be sent home with the children who participate in the after school program of the Boy and Girls Club in the whole San Fernando Valley region.
- 3) Public announcements will be presented on radio stations.
- 4) Workshop will be announced on the Boys and Girls Club website.

References

- Food Safety Web Wheel*. Canadian Inspection Agency. (2000, February 15). Retrieved October 25, 2008) from <http://www.inspection.gc.ca/english/corpaffr/educ/gamejeu/wheeroue.shtml>
- Chamberlain, V. M., & Cummings, M. N., (2003). *Creative Instructional Methods for Family & Consumer Sciences and Nutrition & Wellness*. Peoria, IL: Glenco/McGraw-Hill.
- Food Pyramid Challenge*. Family and Consumer Science at the University of Tennessee. (2000, April 24). Retrieved October 25, 2008 from <http://web.utk.edu/~fnh/index.htm>
- How well do you know nutrition facts food labels*. About nutrition.Com. (2004). Retrieved October 25, 2008 from http://nutrition.about.com/library/bl_label_quiz.htm
- My Pyramid Menu Planner*. USDA (2008, October 14). Retrieved October 25, 2008 from <http://www.mypyramid.gov/index.html>
- Standards & Competencies. Area of Study 9.0 Food Science, Dietetics, and Nutrition*. (2008, May 29). Retrieved October 20, 2008, from http://www.doe.state.in.us/octe/facs/sc_foodscience.html

Sample Food Pyramid Challenge Questions

Choose your answer by circling the appropriate letter.

There is only one right answer for each question.

1. Which Food Group is made up of plants and is a major source for Vitamin A?
 - a. Milk Group
 - b. Meat Group
 - c. Vegetable Group
 - d. Bread Group
2. How many vegetable servings do teens need daily?
 - a. 3
 - b. 1
 - c. 6
 - d. 4
3. What is another plant-based food group that is a good source for Vitamin C?
 - a. Milk Group
 - b. Fruit Group
 - c. Meat Group
 - d. Bread Group
4. How many servings of Fruits do teens need to eat daily?
 - a. 3
 - b. 4
 - c. 2
 - d. 1
5. Which Food group comes from both plant and animal sources?
 - a. Milk Group
 - b. Vegetable Group
 - c. Bread Group
 - d. Meat Group
6. The Food Group that provides the most calcium is the Milk, Cheese, and Yogurt

TRUEFALSE
7. How many servings (on the average) do teens need from the milk group daily?
 - a. 3
 - b. 2
 - c. 6
 - d. 8

Meal Planner

[Your goals are based on a 2000 calorie pattern.](#)

Daily Goals:

100%	6 oz.	2 1/2 cups	2 cups	3 cups	5 1/2 oz.
75%					
50%					
25%					
0%					

▶ Grains ▶ Vegetables ▶ Fruit ▶ Milk ▶ Meat & Beans

Click on a food group name for helpful tips. Sound is on

Daily Limits:

Total Calories: 2000

▶ Extras*: 265 calories Oils: 6 tsp.

* solid fats, added sugars, and alcohol. What about salt? [Learn more.](#)

Menu Day 1

Breakfast Lunch Dinner Snacks

Sample Question

Question: You decide to make a peanut butter sandwich made with two slices of 100% whole grain bread and two tablespoons of peanut butter. How much protein is in this sandwich?

Creamy Peanut Butter			
Nutrition Facts			
Serving Size 2 Tbsp(32g)			
Servings Per Container about 56			
Amount Per Serving			
Calories	190	Calories from Fat	140
% Daily Value*			
Total Fat	17g		26%
Saturated Fat	3.5g		18%
Cholesterol	0mg		0%
Sodium	150mg		6%
Total Carbohydrate	7g		2%
Dietary Fiber	2g		8%
Sugars	3g		
Protein	7g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	2%
Niacin	20%	Vitamin E	10%
*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	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

100% Whole Wheat Bread			
Nutrition Facts			
Serving Size 1 slice(28g)			
Servings Per Container 20			
Amount Per Serving			
Calories	70	Calories from Fat	10
% Daily Value*			
Total Fat	1g		1%
Saturated Fat	0g		0%
Trans Fat	0g		0%
Cholesterol	0mg		0%
Sodium	135mg		4%
Total Carbohydrate	13g		2%
Dietary Fiber	2g		7%
Sugars	2g		
Protein	3g		
Vitamin A	0%	Calcium	6%
Vitamin C	0%	Iron	4%
Niacin	20%	Vitamin E	10%
Thiamin	6%	Riboflavin	2%
Folic Acid	4%		
*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	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- ☐ 10 grams
- ☐ 13 grams
- ☐ 17 grams
- ☐ 20 grams