



A Public Agency

Beach Cities
Health District

LiveWell Kids

Nutrition Kickoff, Modules 1 & 2 Training

Agenda

- Beach Cities Health District (BCHD) Overview
- Docent Responsibilities
- Lesson Reporting & Tracking
- Food Safety and Allergies
- Classroom Management
- Program Design
- Module 1: Mindful Eating Behaviors
- Module 2: Fruits & Vegetables
- Q & A

Beach Cities Health District Overview



Mission

To enhance community health through partnerships, programs and services for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach.

Vision

A healthy beach community.



Health Priorities



Nutrition and Exercise



Social-Emotional Health

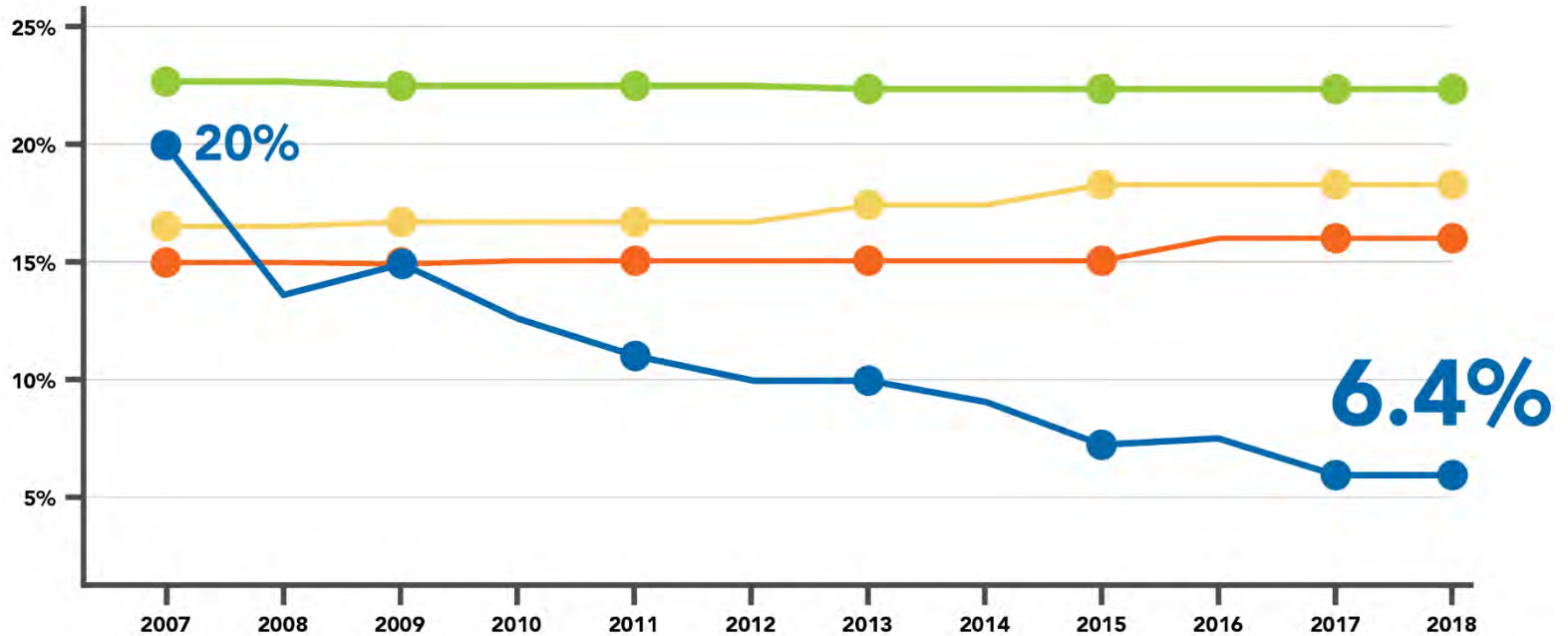


Substance Use



Cognitive Health

BMI Trends in Redondo Beach Unified School District



- National (2-19 yrs old)
- California (10-17 yrs old)
- LA County (10-15 yrs old)
- RBUSD (K-5)

National Rate

18.5% (2-19 yrs., 2017)

Source: National Health and Nutrition Examination Survey, 2016

Docent Responsibilities



Live Well. Health Matters.

LiveWell Kids: Nutrition Docent Checklist

Check off the following tasks in preparation for the delivery of a successful LiveWell Kids school year.

Onboarding

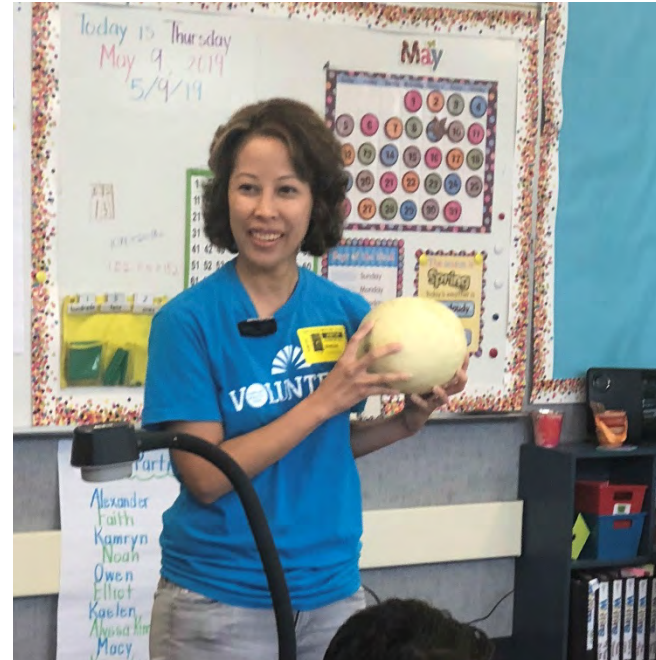
- Provide contact information to lead docent (name, email, phone, teacher's name and grade)
- Submit TB testing paperwork to school (contact school for information)
- Meet with Lead Docent to go over any school specific information

Beginning of the Year

- Attend LiveWell Kids docent training
- Review food allergy guidelines
- Review training schedule; put dates on your calendar
- Visit the BCHD website to view information and resources: www.bchd.org/lwk-resources
- Schedule lessons with teacher
 - Try to schedule all five lessons with the teacher before Module 1 lesson
 - Enter lessons on scheduling form http://bit.ly/LiveWellNutrition_19-20
- Obtain classroom allergy list from teacher before teaching Module 1 lesson

Lesson Trainings

- Attend ALL docent trainings
- Review BCHD website for additional online training materials and resources www.bchd.org/lwk-resources
- Confirm lesson date and time with teacher two weeks prior to lesson date
- Advise Lead Docent of any schedule changes so that changes can be recorded on the online form



<http://www.bchd.org/lwk-resources>

Lesson Delivery Dates

2019-2020 LiveWell Kids Nutrition Education Doцент Trainings

Lesson Delivery Dates

Trainings for LiveWell Kids Nutrition modules 1 & 2 and 3 & 4 are combined, however lessons need to be delivered within the lesson delivery time frame listed below. Food tasting ingredients are delivered prior to the lesson delivery time frame and are perishable. Therefore, it is important to deliver the lessons within dates listed below.

For questions, please contact the School Health Programs Coordinator, Timilie Losq at Timilie.losq@bchd.org

| Module 1: Mindfulness | |
|-------------------------------|---|
| Training: September 24 and 25 | Lesson Delivery: September 27 – October 4 |

| Module 2: Fruits and Vegetables | |
|---------------------------------|--|
| Training: September 24 and 25 | Lesson Delivery: November 4 – November 8 |

| Module 3: Food Labels and Marketing | |
|-------------------------------------|--|
| Training: January 14 and 15 | Lesson Delivery: January 17 – January 24 |

| Module 4: Water | |
|-----------------------------|--|
| Training: January 14 and 15 | Lesson Delivery: February 28 – March 6 |

| Module 5: Physical Activity | |
|-----------------------------|-----------------------------------|
| Training: April 22 | Lesson Delivery: April 24 – May 1 |



To schedule and report lessons delivered, please visit:
http://bit.ly/LiveWellNutrition_19-20

1200 Del Amo Street, Redondo Beach, CA 90277 • 310-374-3426 • www.bchd.org

2019-2020 LiveWell Kids Nutrition Education Doцент Trainings

| | |
|---|--|
| <p>All DAYTIME trainings will be held at: Beach Cities Health District 514 N. Prospect Ave. Lower Level, Beach Cities Room Redondo Beach, CA 90277</p> | <p>All EVENING trainings will be held at: AdventurePlex 1701 Marine Ave. Manhattan Beach, CA 90266 <i>Childcare provided. Kids play free during evening trainings.</i></p> |
|---|--|

| KICK OFF, MODULE 1 & 2 | | | | | |
|------------------------|-----------------|---|---------------|-------------------------|--------------------|
| DAYTIME | | EVENING | | DAYTIME | |
| Tuesday, September 24 | | Tuesday, September 24 | | Wednesday, September 25 | |
| 1st Grade | 9 – 10:30 a.m. | 1st – 5th Grade | 5:30 – 7 p.m. | 3rd Grade | 9 – 10:15 a.m. |
| 2nd Grade | 11 – 12:30 p.m. | Childcare check-in starts at 5 p.m., training starts at 5:30 p.m. | | 4th Grade | 10:30 – 11:45 a.m. |
| | | | | 5th Grade | 12 – 1:15 p.m. |

| MODULE 3 & 4 | | | | | |
|---------------------|--------------|--|------------|-----------------------|--------------|
| DAYTIME | | EVENING | | DAYTIME | |
| Tuesday, January 14 | | Tuesday, January 14 | | Wednesday, January 15 | |
| 1st Grade | 10 – 11 a.m. | 1st – 5th Grade | 6 – 7 p.m. | 3rd Grade | 9 – 10 a.m. |
| 2nd Grade | 11 – 12 p.m. | Childcare check-in starts at 5:30 p.m., training starts at 6:00 p.m. | | 4th Grade | 10 – 11 a.m. |
| | | | | 5th Grade | 11 – 12 p.m. |

| MODULE 5 & END OF YEAR REVIEW | | | | | |
|-------------------------------|--|--------------|---|--|------------|
| DAYTIME | | | EVENING | | |
| Wednesday, April 22 | | | Wednesday, April 22 | | |
| 1st – 5th Grade | | 10 – 11 a.m. | 1st – 5th Grade | | 6 – 7 p.m. |
| 1st – 5th Grade | | 11 – 12 p.m. | Childcare check-in at 5:30 p.m., training starts at 6:00 p.m. | | |

For more information contact School Health Programs Coordinator,
Timilie Losq at timilie.losq@bchd.org.

1200 Del Amo Street, Redondo Beach, CA 90277 • 310-374-3426 • www.bchd.org

<http://www.bchd.org/lwk-resources>



Lesson Tracking

URL

http://bit.ly/LiveWellNutrition_19-20

QR code with your phone



Save the link in your favorites!

| LiveWell Kids | Nutrition Tracking | 2018-19 |
|-------------------------------|-------------------------------|-------------------------------|
| SCHEDULE LESSON: | REPORT LESSON COMPLETED: | VIEW SCHEDULE |
| Alta Vista | Alta Vista | Schedule View |
| Beryl Heights | Beryl Heights | Schedule View |
| Birney | Birney | Schedule View |
| Jefferson | Jefferson | Schedule View |
| Lincoln | Lincoln | Schedule View |
| Madison | Madison | Schedule View |
| Tulita | Tulita | Schedule View |
| Washington | Washington | Schedule View |



Alta Vista Nutrition Schedule Form 2018-19

Please complete this form for each LiveWellKids Nutrition Lesson you schedule. If you need to make a change to an existing schedule, please e-mail your lead docent.

Docent Full Name: *

Co-Docent Name: (if applicable)

Module: *

Grade: *

Teacher: *

Scheduled Lesson Date: *

Scheduled Lesson START Time: *

Scheduled Lesson END Time: *

Send me a copy of my responses

Submit

| LiveWell Kids | Nutrition Tracking | 2018-19 |
|-------------------------------|-------------------------------|-------------------------------|
| SCHEDULE LESSON: | REPORT LESSON COMPLETED: | VIEW SCHEDULE |
| Alta Vista | Alta Vista | Schedule View |
| Beryl Heights | Beryl Heights | Schedule View |
| Birney | Birney | Schedule View |
| Jefferson | Jefferson | Schedule View |
| Lincoln | Lincoln | Schedule View |
| Madison | Madison | Schedule View |
| Tulita | Tulita | Schedule View |
| Washington | Washington | Schedule View |



Alta Vista Nutrition Delivery Form 2018-19

Please complete this tracking form after you have delivered each LiveWell Kids Nutrition lesson. Thank you for your time and feedback!

Docent Full Name: *

Co-Docent Name: (if applicable)

Module: *

Grade: *

Teacher: *

Lesson Delivery Date: *

Notes/Comments:

(Thank you! We read ALL your comments & suggestions!)

Send me a copy of my responses

Food Allergy Protocol

- Be aware of classroom allergies and make substitutions if necessary
- If a child has an allergy, families are welcome to bring a substitute.
- Always check ingredients before lesson
- Follow BCHD Food Allergy Guidelines
- Report any reactions immediately to lead docent and Program Coordinator

*Source: The Food Allergy & Anaphylaxis Network.
Food Allergy News. 2003;13(2).*

Food Safety and Handling

- Keep food at proper temperature – do not have perishable food sitting out for more than an hour
- Wash hands, produce and equipment
- Pull hair back
- Do not eat while preparing food
- ALWAYS use food handling gloves
- Report any foodborne illness to lead docent and Program Coordinator

Classroom Management

Use the 3 P's

PLANNING

✓ Review the lesson

✓ Prepare materials

✓ Have a signal

✓ Students – at tables/desks

✓ Materials

✓ Adults – where help is needed

✓ Acknowledge the behaviors you want

✓ Positive attitude

PLACEMENT

PRAISE/POSITIVITY


LiveWell Kids Nutrition Program Design

LiveWell Kids Modules

Mindfulness

 Fruits & Vegetables Consumption

Food Labels & Marketing

 Water Intake

 Physical Activity Participation

Module 1: Mindful Eating Behaviors

Module 1 Objectives - ALL GRADES

Module 1 Objectives

- Increase knowledge of mindful eating behaviors
- Increase practice of mindful behaviors
- Increase participation in mindful tasting activities

Module 1 Lesson Objectives

1st Grade Lesson Objectives

Understand the five senses and the importance of mindful practices

2nd Grade Lesson Objectives

Identify body signals for hunger and fullness

3rd Grade Lesson Objectives

Recognize mindless eating and learn its consequences

4th Grade Lesson Objectives

Identify strategies related to eating in moderation and portion control

5th Grade Lesson Objectives

- Describe the benefits of mindful eating
- Teach mindful-based practices to peers

Module 2: Fruits & Vegetables



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Health District

Module 2 Objectives – ALL GRADES

Module 2 Objectives

- Increase knowledge of and ability to distinguish between fruits & vegetables
- Increase consumption of fruits & vegetables
- Increase willingness to try new foods

Module 2 Lesson Objectives

1st Grade Lesson 2 Objectives

- Learn about the importance of eating breakfast daily
- Identify ways to incorporate fruits and vegetables at breakfast

2nd Grade Lesson 2 Objectives

Use MyPlate to make half of their plate fruits and vegetables

3rd Grade Lesson 2 Objectives

Learn / promote eating balanced meals

4th Grade Lesson 2 Objectives

- Learn about the importance of trying new foods
- Learn how to set goals to try new foods from all five food groups

5th Grade Lesson 2 Objectives

Learn how to eat healthy at social gatherings

Importance of Fruits and Vegetables

- Fruits and Vegetables are packed with:
 - Vitamins and minerals
 - Fiber and disease-fighting phytochemicals
- Help reduce the risk of:
 - Heart disease
 - High blood pressure
 - Type II diabetes
 - Certain cancers



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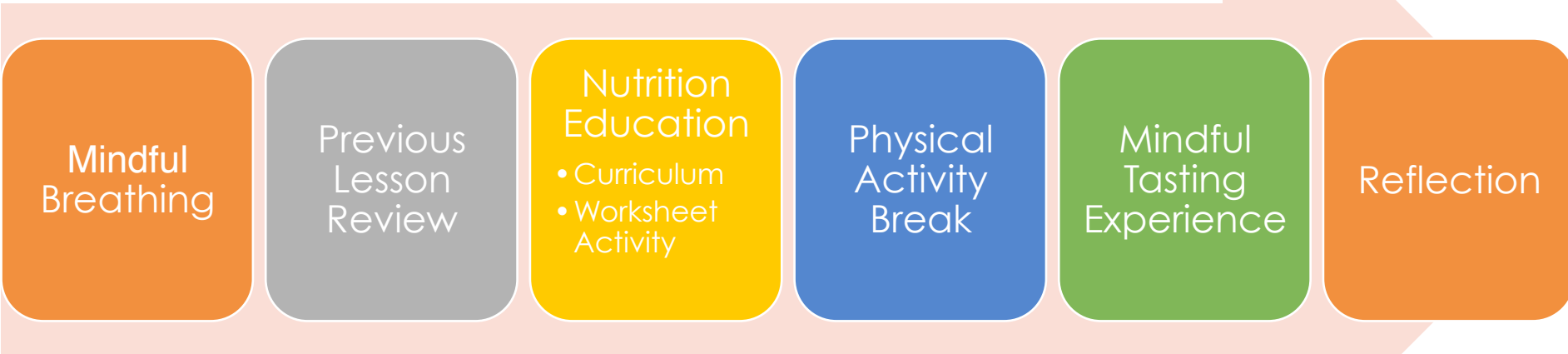
Beach Cities
Health District

Tips To Add Fruit and Vegetables to Meals

- Fill ½ your plate with colorful fruits and vegetables
- Add them to smoothies, omelets, oatmeal and cereal
- Keep a bowl of fruit and vegetables nearby
- Add them to pasta, stir frys or soups
- Add them to cookies, breads or pancakes
- Grow a garden: a small amount of herbs can brighten up any dish

Lesson Plan Overview

Physical Activity Break
is optional



Mindful Breathing

Previous Lesson Review

Nutrition Education
• Curriculum
• Worksheet Activity

Physical Activity Break

Mindful Tasting Experience

Reflection

Introducing Mindful Breathing

- Use a calm, soft voice
- Ring the chime once at the beginning of the exercise
- Direct the students to listen to their own breath
- Allow 30 seconds for the mindful breathing exercise
- Ring the chime again after the 30 seconds is up to close out the exercise

1st Grade

Module 1: Mindfulness


Lesson Objective

Understand the five senses and the importance of mindful practices


Curriculum Components

- Read through the Visual Aid: Mindful Tasting Senses
- Engage the class by pointing to each body area


Mindful Tasting Senses




Eyes:
Look at the color, shape, texture




Nose:
Smell the food. What does it smell like? Does it remind you of a memory?



Ears:
When you take a bite, is the food squishy or crunchy?



Mouth:
What does it taste like? Is the food sweet, salty, bitter?



Hands:
How does the food feel? Is it sticky, squishy?

Beach Cities Health District LiveWell Kids

1st Grade, Module 1 – Mindful (Eating) Behaviors
Visual Aid: Mindful Tasting Senses

Worksheet Activity

LESSON 1: Mindful (Eating) Behaviors

Activity

DIRECTIONS: Draw a line to match the picture with the sense on the right.



See



Taste



Touch



Hear



Smell

1st Grade

Module 2: Fruits & Vegetables

Lesson Objectives

- Learn about the importance of eating breakfast daily
- Identify ways to incorporate fruits and vegetables at breakfast

Curriculum Components

- Ask students why breakfast is important
- Breakfast = opportunity to eat fruits and vegetables
- Read through the **Visual Aid: What's Missing?**

What's Missing?

Directions:
Add 2 fruits and vegetables to each breakfast. To add a fruit or vegetable, draw a line to connect it to the plate.

Apple Orange Blueberries Banana Grapes

MILK 1% MILK 1% MILK 1%

Corn Tomato Broccoli Carrot Peas

Beach Cities Health District LiveWell Kids 1st Grade, Module 2 – Fruits & Vegetables
Visual Aid: What's Missing

Worksheet Activity

LESSON 2: Fruits and Vegetables

Activity

DIRECTIONS: Make a smart breakfast! Circle all of the foods you like in each food group.

GRAINS



Whole Wheat Bread



Oatmeal



Whole Wheat Tortillas



Whole Grain Bagel



Whole Wheat Waffle

PROTEIN



Eggs



Greek Yogurt



Turkey Bacon



Mixed Nuts



Chicken Sausage

FRUIT



Apple



Orange



Blueberries



Banana



Avocado

DIRECTIONS: Choose a food from each group that you like and write it below.

My Breakfast

Grains: _____ Protein: _____ Fruit: _____

Phyiscal Activity Break

Warm-Up:

- March in place

Moves:

- The Fastball
- The Wave
- Foul Ball

Cool-down:

- Slowly march in place
- Raise arms above head and take a deep breath (3 times)

Mindful Tasting

| | |
|-----------------|------------------------------|
| Module 1 | Plums |
| Module 2 | Brussels Sprout Salad |

- Start with one mindful breath
- Attitude of gratitude: “Don’t yuck my yum”
- Use all **5 SENSES** to interact with food
- Never pressure a child to taste; use gentle encouragement
- It’s ok if they look, smell or touch the food but do not taste it

Mindful Tasting



Live Well. Health Matters.

LiveWell Kids Nutrition Food Tasting Overview 2019 - 20

| | Module 1 Mindful Eating | Module 2 Fruits & Vegetables | Module 3 Food Labels & Marketing | Module 4 Water | Module 5 Year End Summary & Physical Activity |
|--|--|--|---|---|--|
| Lesson Dates | September 27 th – October 4 th | November 4 th – November 8 th | January 17 th – January 24 th | February 28 th – March 6 th | April 24 th – May 1 st |
| Food Sample | Plums | Brussels Sprout Salad <i>*1 jar of olive oil per school</i> | Dried Fruit | Cucumber Lemon Water | Melon and Fresh Herbs <i>*2 bunches of basil per school</i> |
| Food Count for 1st Grade Classes | 10 plums cut into 4-8 slices | 12 sprouts, 1 lemon, 1 tsp olive oil | 2 bags | 1 cucumber & 1 lemon | 2 melons, 25 basil leaves and/or mint leaves |
| Food Count for 2nd Grade Classes | 10 plums cut into 4-8 slices | 12 sprouts, 1 lemon, 1 tsp olive oil | 2 bags | 1 cucumber & 1 lemon | 2 melons, 25 basil leaves and/or mint leaves |
| Food Count for 3rd Grade Classes | 10 plums cut into 4-8 slices | 12 sprouts, 1 lemon, 1 tsp olive oil | 2 bags | 1 cucumber & 1 lemon | 3 melons, 25 basil leaves and/or mint leaves |
| Food Count for 4th Grade Classes | 11 plums cut into 4-8 slices | 15 sprouts, 1 lemon, 1.5 tsp olive oil | 3 bags | 1 cucumber & 1 lemon | 3 melons, 25 basil leaves and/or mint leaves |
| 5th Grade | 11 plums cut into 4-8 slices | 15 sprouts, 1 lemon, 1.5 tsp olive oil | 3 bags | 1 cucumber & 1 lemon | 3 melons, 25 basil leaves and/or mint leaves |

1200 Del Arno Street, Redondo Beach, CA 90277
Phone: (310) 374-3426 • Fax: (310) 376-4738 • www.bchd.org



Lesson Delivery

Please schedule to deliver your lessons between the following dates:

| Module | Topic | Delivery Date Range |
|--------|--------------------------|--------------------------|
| 1 | Mindful Eating Behaviors | September 27 – October 4 |
| Module | Topic | Delivery Date Range |
| 2 | Fruits and Vegetables | November 4 – November 8 |

Put the **PARTY** back
in birthdays!

All AdventurePlex Birthdays are now
PRIVATE Parties!

New!

PRIVATE ACCESS TO:

Play Structure

Inflatable

Party Room

Adventureplex.org/planyourparty



A Beach Cities Health District Program

Enjoy a **PARENT'S**
night out!

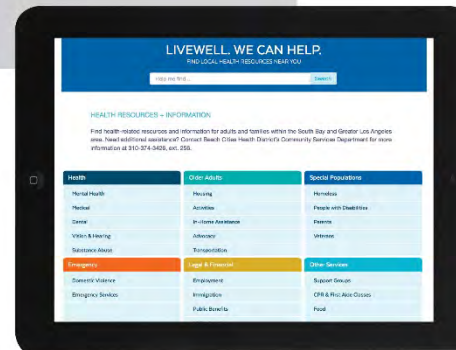
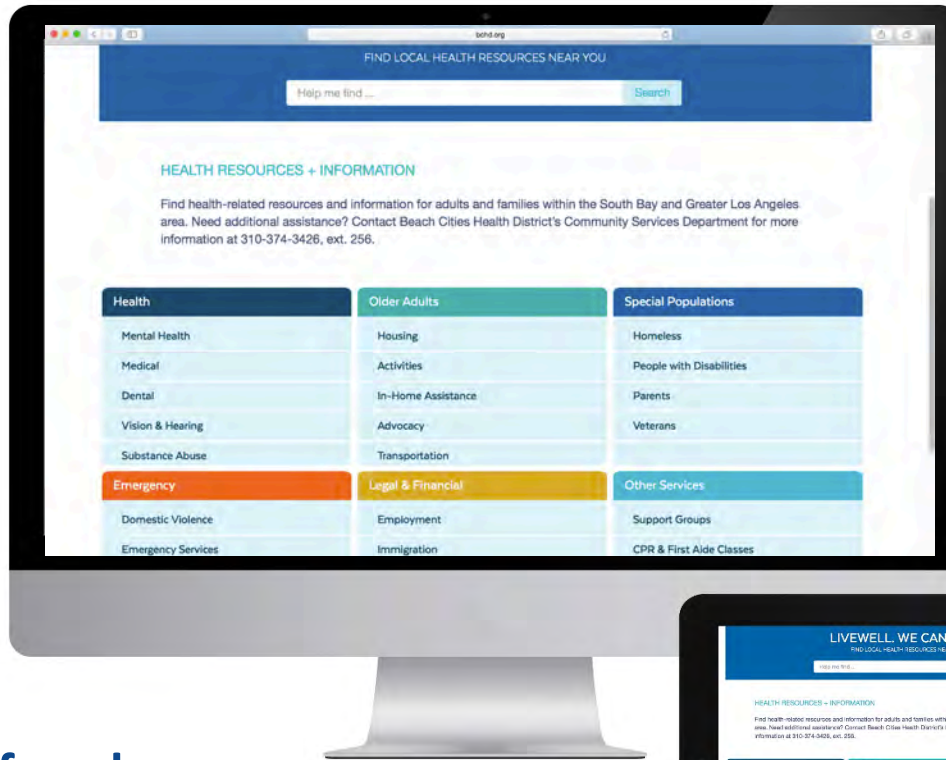
Drop the kids off at AdventurePlex!

FRIDAYS & SATURDAYS 5:30 – 9 PM

SUNDAYS 11 AM – 3 PM

Adventureplex.org/dropoffprograms





Resources & Referrals

100+ local health services

Join the Healthy Minds Initiative

bchd.org/HealthyMinds

livewell
JAN 2018



BCHD Teams With Acclaimed Neurologists to Study Relationship Between Environment & Brain Health

M.D.'s Dean and Ayesha Sherzai will lead the three-year 'Healthy Minds Initiative' in the Beach Cities



Effect of Lifestyle in Optimizing Brain Health





HEALTHY LIVING CAMPUS VISION

The Healthy Living Campus project is a unique opportunity for our community to chart the future of health by purposefully building an intergenerational, vibrant, research-driven campus where people can learn and engage in healthy behaviors, form meaningful connections and be well...
for many generations to come.



COMMUNITY WELLNESS PAVILION

Master Plan



Master Plan



- ✓ Community Wellness Pavilion
- ✓ Est. 420 residential care units
- ✓ New Center for Health & Fitness
- ✓ Medical Office Building
- ✓ Acres of active green space
- ✓ Bike & pedestrian paths
- ✓ Child development center
- ✓ Optimized vehicle flow



FAMILIES CONNECTED SPEAKER SERIES

"Under Pressure: Stress Resilience When the Stakes are High"

A panel discussion moderated by Positive Coaching Alliance and Children's Hospital of Los Angeles

Thursday, Oct. 3
6:30 – 8 p.m.

Mira Costa High School Auditorium



Norm Chow



Casey Jennings



Valorie Kondos Field



Mikah Maly-Karros

Register at southbayfamiliesconnected.org

For mental health referrals, go to bchd.org/resources



Join Beach Cities Health District for the
#ScreenTimeChallenge

**Join the #ScreenTimeChallenge from
September 9-27 by visiting [www.bchd.org/
screentime](http://www.bchd.org/screentime)**



JOIN US for **WALK TO SCHOOL DAY**

More kid-power. Less horsepower.

**WEDNESDAY
OCTOBER 2**

Leave the car at home and join Beach Cities Health District for International Walk to School Day on **Wednesday, October 2**. Be sure to check-in at your school's welcome booth to be officially counted as a participant and receive your prize!

Follow Us on Social Media!



@BeachCitiesHealth



@BeachCitiesHealth



@Bchd

Questions?

Timilie Losq

School Health Programs Coordinator

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O: (310) 374-3426 ext. 125

C: (424) 237-5159

Thank you!