



*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**

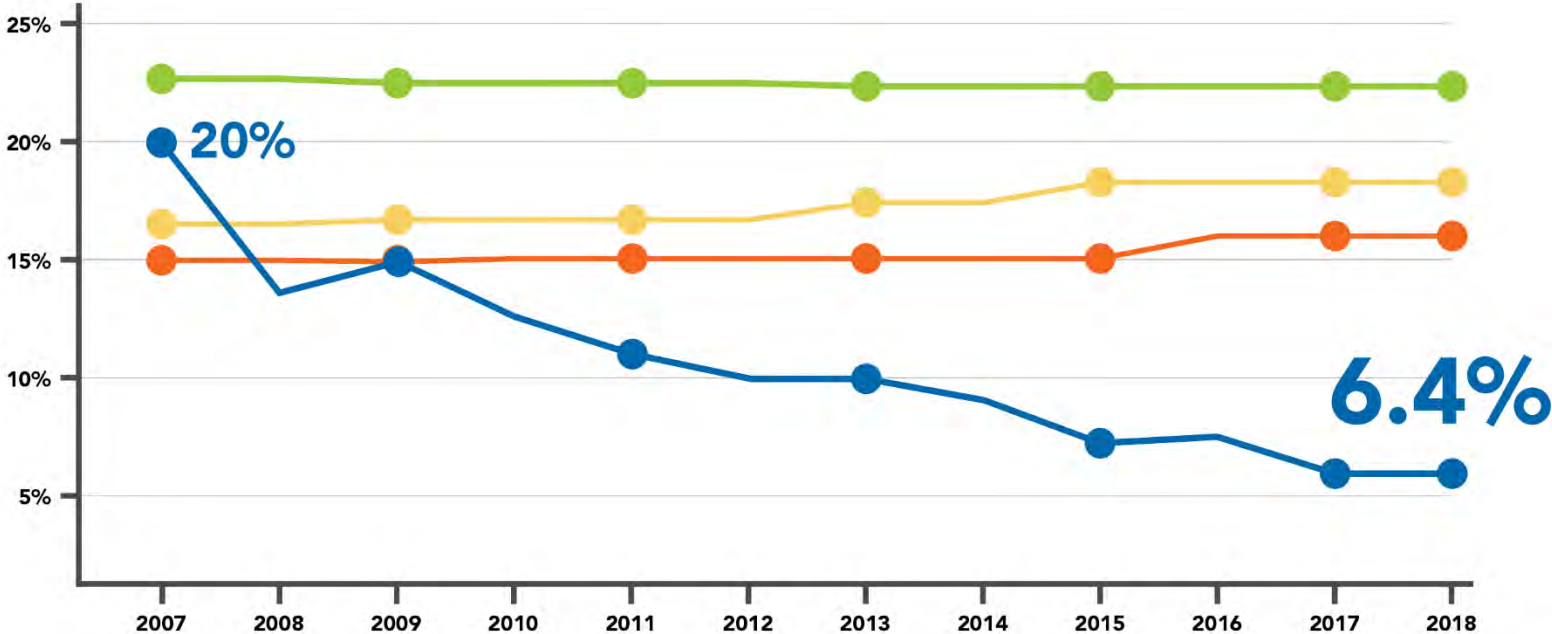


**Substance Use**



**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

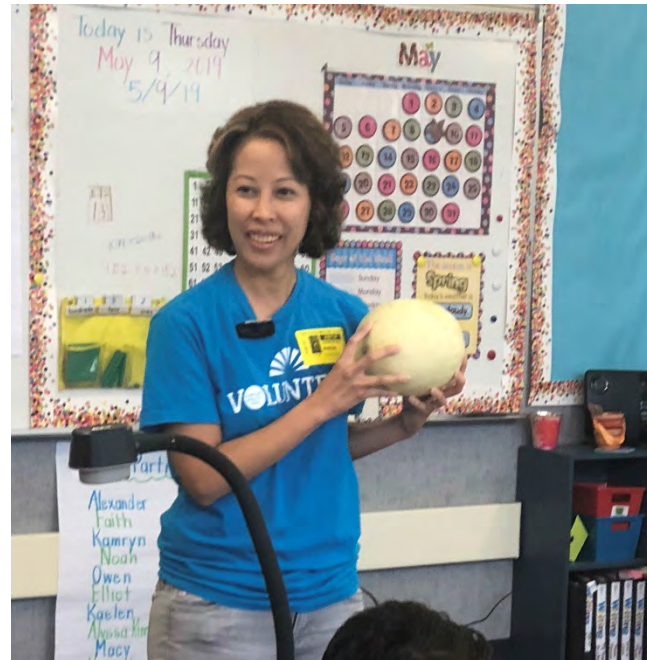
- Provide contact information to lead docent (name, email, phone, teacher's name and grade)
- Submit TB testing paperwork to school (contact school for information)
- Meet with Lead Docent to go over any school specific information

### 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](http://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](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](http://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](mailto: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](http://bit.ly/LiveWellNutrition_19-20)

1200 Del Amo Street, Redondo Beach, CA 90277 • 310-374-3426 • [www.bchd.org](http://www.bchd.org)

## 2019-2020 LiveWell Kids Nutrition Education Doцент Trainings

|   |  |
|---|--|
| <p><b>All DAYTIME</b> trainings will be held at:<br/>Beach Cities Health District<br/>514 N. Prospect Ave.<br/>Lower Level, Beach Cities Room<br/>Redondo Beach, CA 90277</p> | <p><b>All EVENING</b> trainings will be held at:<br/><b>AdventurePlex</b><br/>1701 Marine Ave.<br/>Manhattan Beach, CA 90266<br/><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](mailto:timilie.losq@bchd.org).

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



# Lesson Tracking

**URL**

[http://bit.ly/LiveWellNutrition\\_19-20](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                 |
| <a href="#">Alta Vista</a>    | <a href="#">Alta Vista</a>    | <a href="#">Schedule View</a> |
| <a href="#">Beryl Heights</a> | <a href="#">Beryl Heights</a> | <a href="#">Schedule View</a> |
| <a href="#">Birney</a>        | <a href="#">Birney</a>        | <a href="#">Schedule View</a> |
| <a href="#">Jefferson</a>     | <a href="#">Jefferson</a>     | <a href="#">Schedule View</a> |
| <a href="#">Lincoln</a>       | <a href="#">Lincoln</a>       | <a href="#">Schedule View</a> |
| <a href="#">Madison</a>       | <a href="#">Madison</a>       | <a href="#">Schedule View</a> |
| <a href="#">Tulita</a>        | <a href="#">Tulita</a>        | <a href="#">Schedule View</a> |
| <a href="#">Washington</a>    | <a href="#">Washington</a>    | <a href="#">Schedule View</a> |



## 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                 |
| <a href="#">Alta Vista</a>    | <a href="#">Alta Vista</a>    | <a href="#">Schedule View</a> |
| <a href="#">Beryl Heights</a> | <a href="#">Beryl Heights</a> | <a href="#">Schedule View</a> |
| <a href="#">Birney</a>        | <a href="#">Birney</a>        | <a href="#">Schedule View</a> |
| <a href="#">Jefferson</a>     | <a href="#">Jefferson</a>     | <a href="#">Schedule View</a> |
| <a href="#">Lincoln</a>       | <a href="#">Lincoln</a>       | <a href="#">Schedule View</a> |
| <a href="#">Madison</a>       | <a href="#">Madison</a>       | <a href="#">Schedule View</a> |
| <a href="#">Tulita</a>        | <a href="#">Tulita</a>        | <a href="#">Schedule View</a> |
| <a href="#">Washington</a>    | <a href="#">Washington</a>    | <a href="#">Schedule View</a> |



## 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

## 1<sup>st</sup> Grade Lesson Objectives

Understand the five senses and the importance of mindful practices

## 2<sup>nd</sup> Grade Lesson Objectives

Identify body signals for hunger and fullness

## 3<sup>rd</sup> Grade Lesson Objectives

Recognize mindless eating and learn its consequences

## 4<sup>th</sup> Grade Lesson Objectives

Identify strategies related to eating in moderation and portion control

## 5<sup>th</sup> Grade Lesson Objectives

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

# Module 2: Fruits & Vegetables



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# 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

## 1<sup>st</sup> Grade Lesson 2 Objectives

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

## 2<sup>nd</sup> Grade Lesson 2 Objectives

Use MyPlate to make half of their plate fruits and vegetables

## 3<sup>rd</sup> Grade Lesson 2 Objectives

Learn / promote eating balanced meals

## 4<sup>th</sup> Grade Lesson 2 Objectives

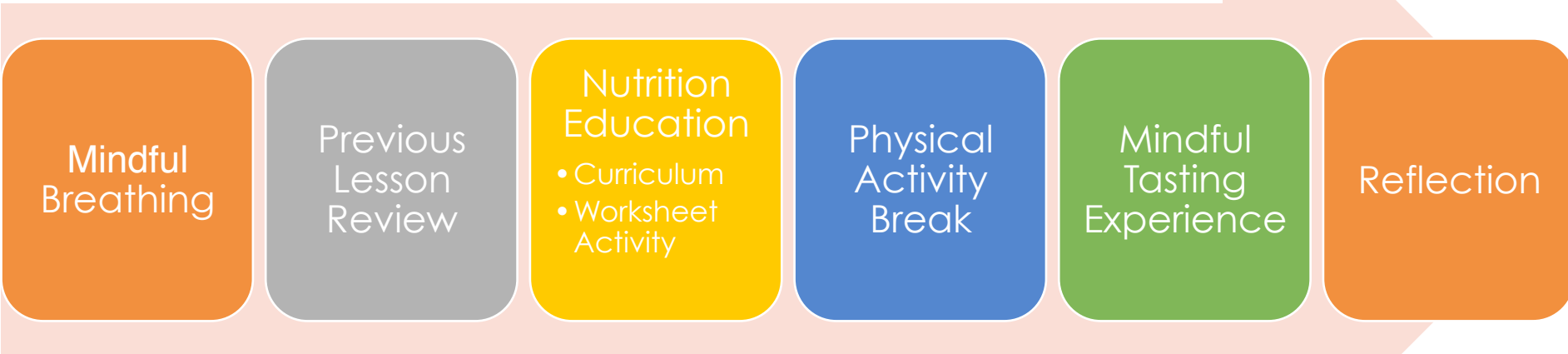
- Learn about the importance of trying new foods
- Learn how to set goals to try new foods from all five food groups

## 5<sup>th</sup> Grade Lesson 2 Objectives

Learn how to eat healthy at social gatherings

# 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



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# 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

# 3<sup>rd</sup> Grade

## Module 1: Mindfulness

### Lesson Objective

Recognize mindless eating and learn its consequences

# Curriculum Components

- Discuss some of the factors that can influence the amount and types of food we eat
- If we are not careful, we can overeat or eat mindlessly
- What are some examples of things we do while eating?
- Review the Visual Aid: Mindless Eating with the students

## Mindless Eating

Below are some things that influence the amount and type of food we eat:

**1. Watching TV/movies**

**2. Eating because we're with friends**

Example: Hanging out at a friend's place

**3. Sight, smell, sound of food**

Example: Popcorn at a movie theater

**4. Our Emotions**

Example: Eating when we're too excited or too upset

**5. Talking on the phone**

**6. Boredom**

**7. Size of plates, bowls, cups and packages**

If we use bigger plates/bowls/etc. or if we eat right out of the bag, we consume more

# Worksheet Activity

LESSON 1: Mindful (Eating) Behaviors

## Activity

**DIRECTIONS:** Take a look at the picture below and answer the questions that follow.

### Busy Becky



1. Circle three ways in which Becky is being distracted while eating.
2. Think of a time when you ate mindlessly. What were you doing? \_\_\_\_\_  
\_\_\_\_\_
- 2a. What were you eating? \_\_\_\_\_
3. What can you do to prevent mindless eating in the future? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# 3<sup>rd</sup> Grade

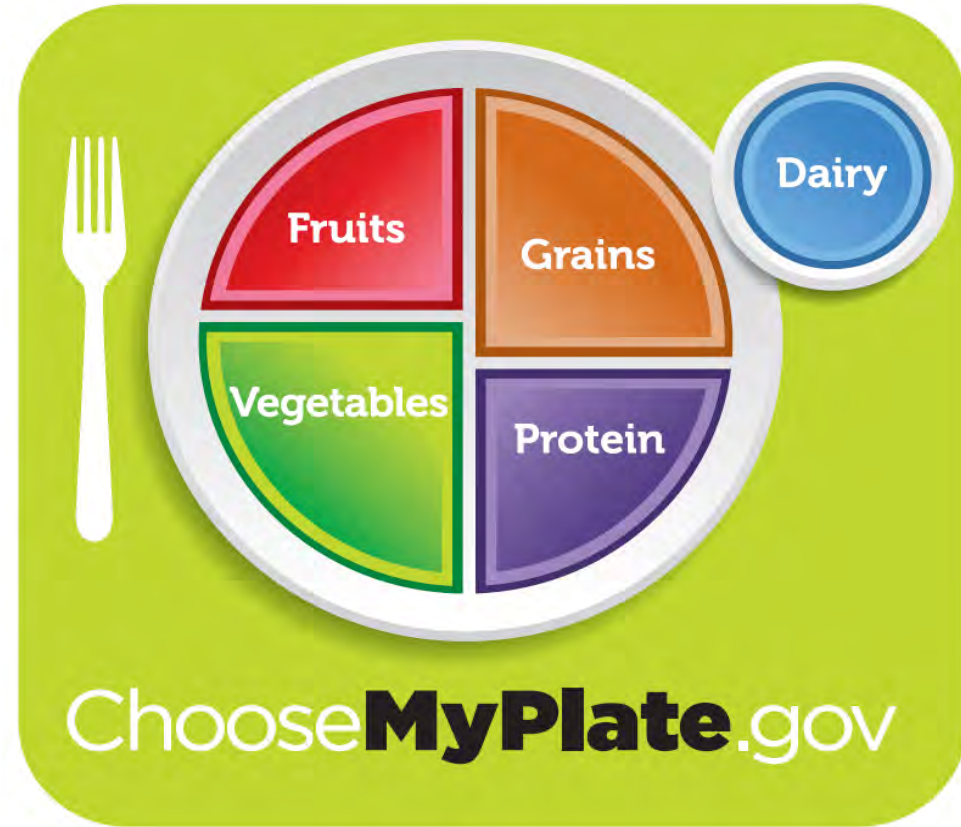
## Module 2: Fruits and Vegetables

### Lesson Objective

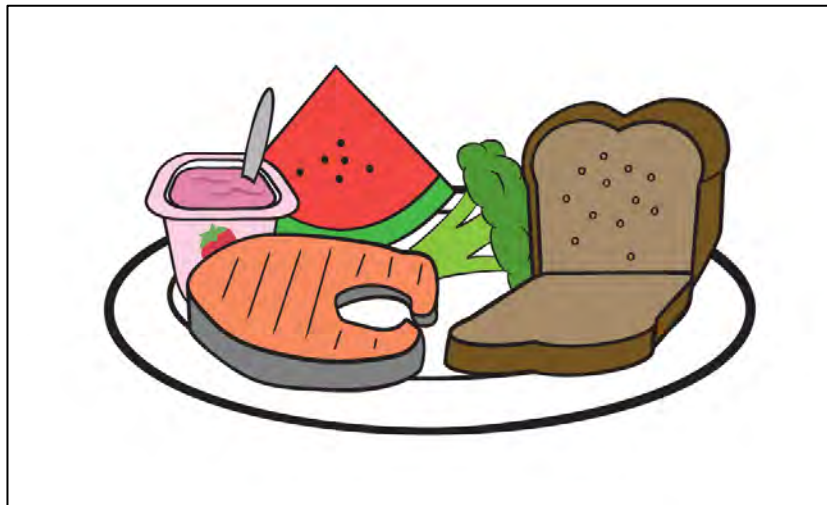
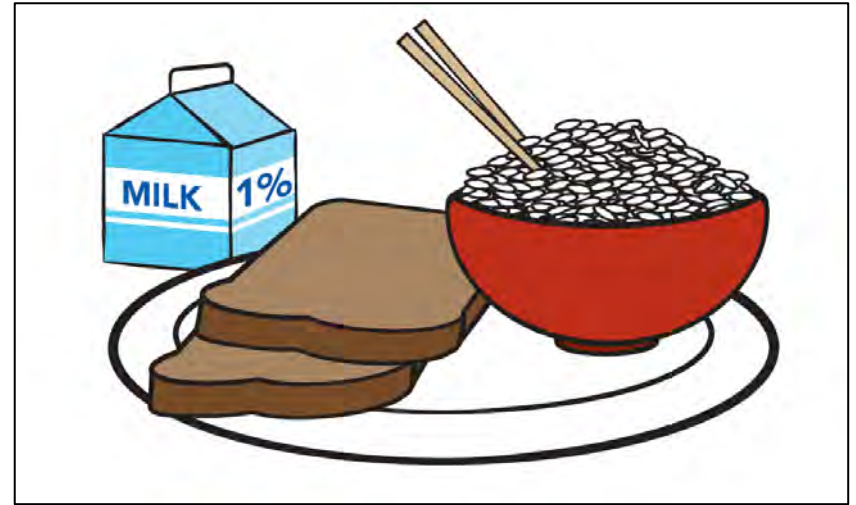
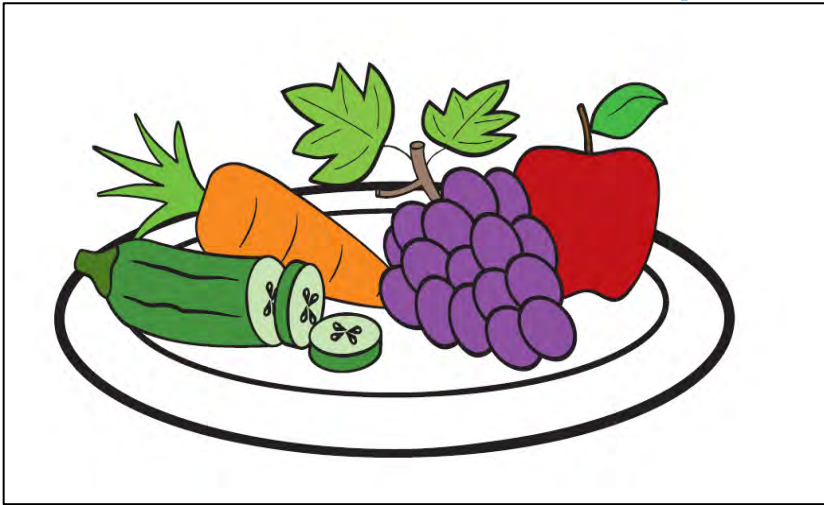
Learn / promote eating balanced meals

# Curriculum Components

- Show the class **Visual Aid: MyPlate & Plates of Food**
- **Nutrients** help our bodies grow and stay healthy
- Different food groups have different nutrients



# Curriculum Components



- Show Visual Aid: **My Plate and Plates of Food** and discuss what food groups are missing from each picture.






# Worksheet Activity

## LESSON 2: Fruits and Vegetables

### Activity

**DIRECTIONS:** Plan your dinner for today and tomorrow. Work with a partner to make a balanced meal each day. Remember to include one food from each of the five food groups!

### My Menu Planner

| TODAY'S DINNER   | TOMORROW'S DINNER   |
|--|---|
| Fruits:   | Fruits:   |
| Vegetables:  | Vegetables:  |
| Protein:  | Protein:  |
| Grains:  | Grains:   |
| Dairy:   | Dairy:     |



# 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

|                 |                              |
|-----------------|------------------------------|
| <b>Module 1</b> | <b>Plums</b>                 |
| <b>Module 2</b> | <b>Brussels Sprout Salad</b> |

- 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

|  | <b>Module 1</b><br>Mindful Eating                    | <b>Module 2</b><br>Fruits & Vegetables                         | <b>Module 3</b><br>Food Labels & Marketing          | <b>Module 4</b><br>Water                          | <b>Module 5</b><br>Year End Summary & Physical Activity        |
|--|--|--|---|---|--|
| <b>Lesson Dates</b>                                | September 27 <sup>th</sup> – October 4 <sup>th</sup> | November 4 <sup>th</sup> – November 8 <sup>th</sup>            | January 17 <sup>th</sup> – January 24 <sup>th</sup> | February 28 <sup>th</sup> – March 6 <sup>th</sup> | April 24 <sup>th</sup> – May 1 <sup>st</sup>                   |
| <b>Food Sample</b>                                 | Plums  | Brussels Sprout Salad<br><i>*1 jar of olive oil per school</i> | Dried Fruit   | Cucumber Lemon Water                              | Melon and Fresh Herbs<br><i>*2 bunches of basil per school</i> |
| <b>Food Count for 1<sup>st</sup> Grade Classes</b> | 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                   |
| <b>Food Count for 2<sup>nd</sup> Grade Classes</b> | 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                   |
| <b>Food Count for 3<sup>rd</sup> Grade Classes</b> | 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                   |
| <b>Food Count for 4<sup>th</sup> Grade Classes</b> | 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                   |
| <b>5<sup>th</sup> Grade</b>                        | 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](http://Adventureplex.org/planyourparty)



A Beach Cities Health District Program

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

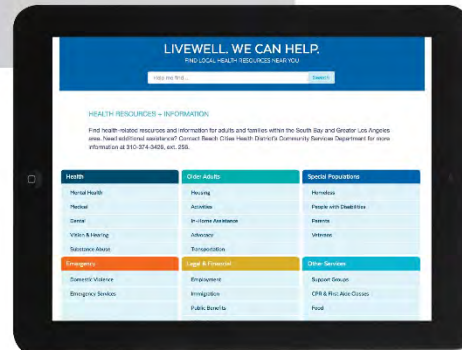
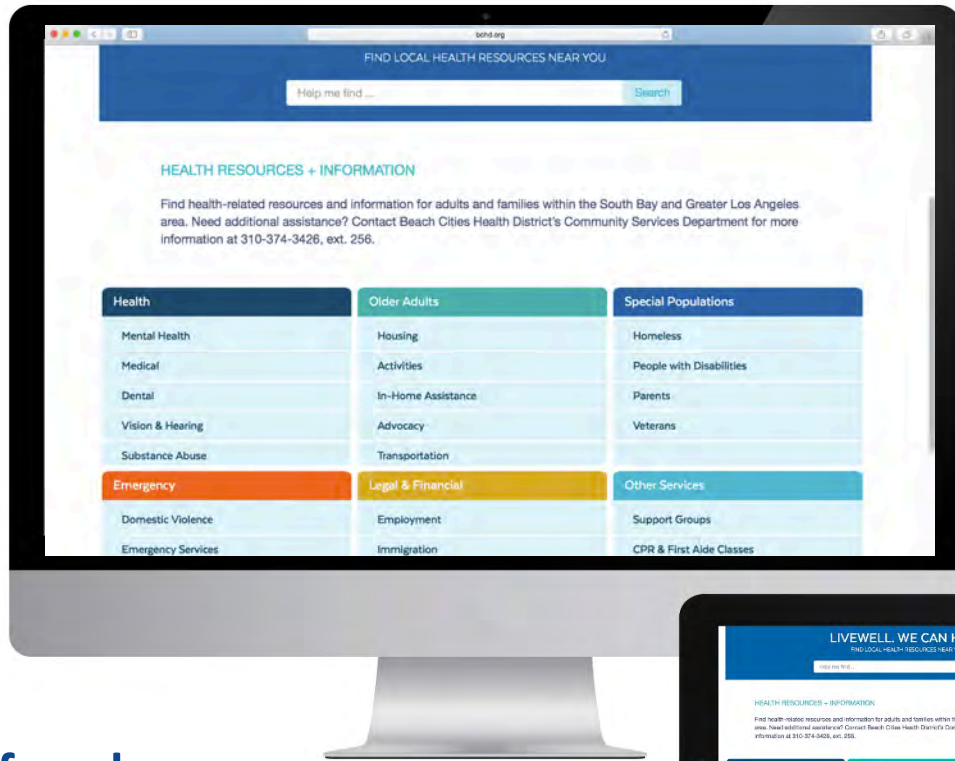
Drop the kids off at AdventurePlex!

**FRIDAYS & SATURDAYS 5:30 – 9 PM**

**SUNDAYS 11 AM – 3 PM**

[Adventureplex.org/dropoffprograms](http://Adventureplex.org/dropoffprograms)





## Resources & Referrals

100+ local health services

# Join the Healthy Minds Initiative

[bchd.org/HealthyMinds](http://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.

# 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](https://southbayfamiliesconnected.org)

For mental health referrals, go to [bchd.org/resources](https://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

[Timilie.losq@bchd.org](mailto:Timilie.losq@bchd.org)

O: (310) 374-3426 ext. 125

C: (424) 237-5159

Thank you!