



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

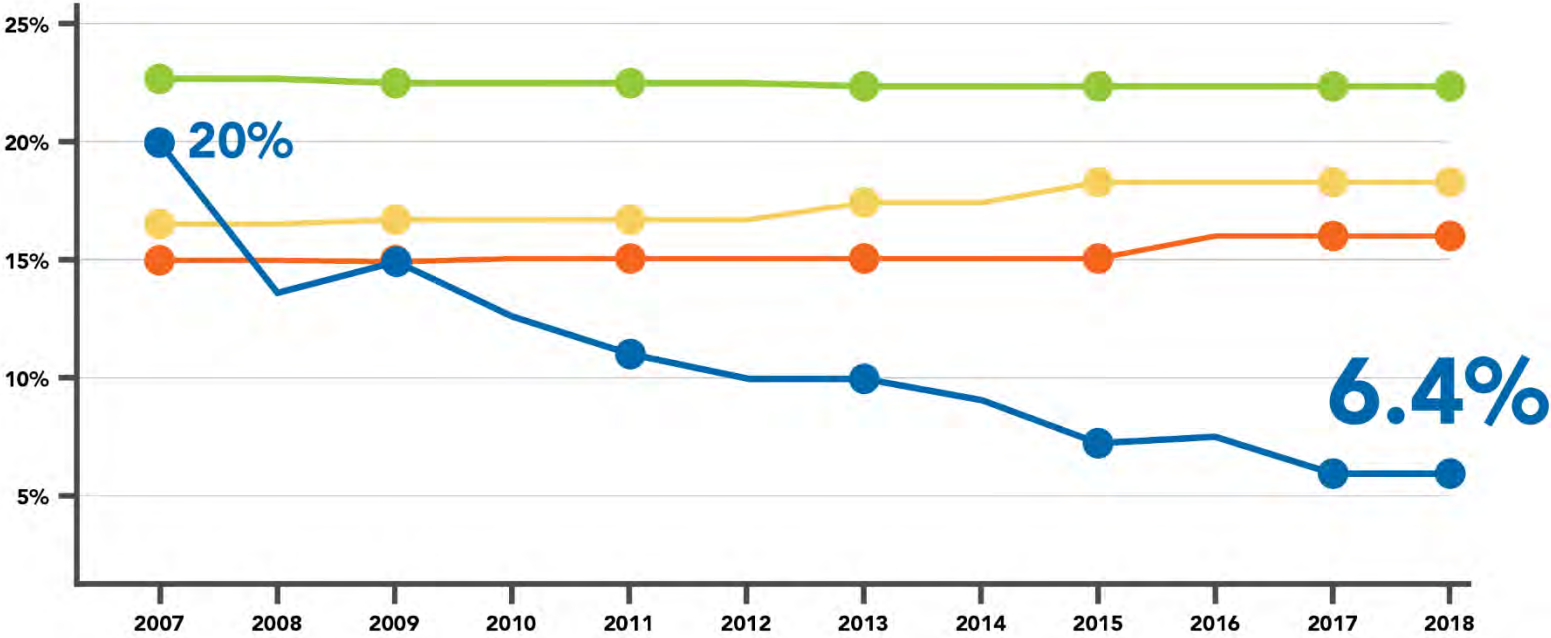


Substance Use



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

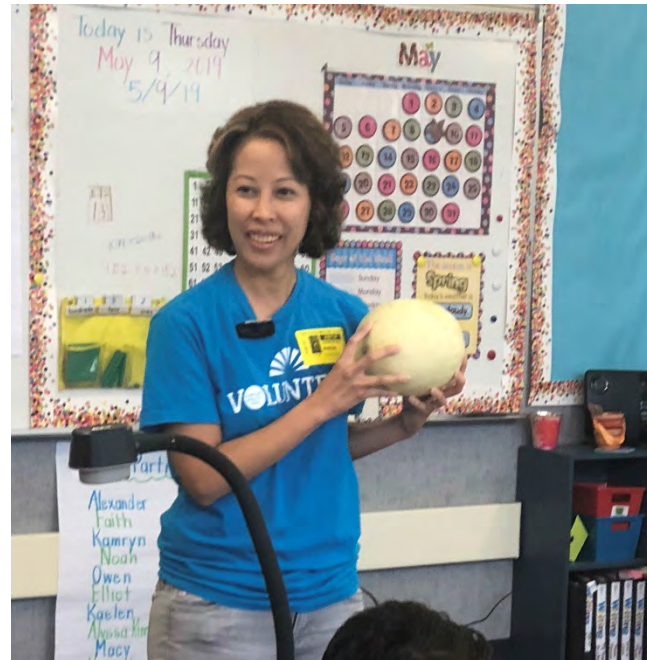
- Provide contact information to lead docent (name, email, phone, teacher's name and grade)
- Submit TB testing paperwork to school (contact school for information)
- Meet with Lead Docent to go over any school specific information

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>
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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.

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<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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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

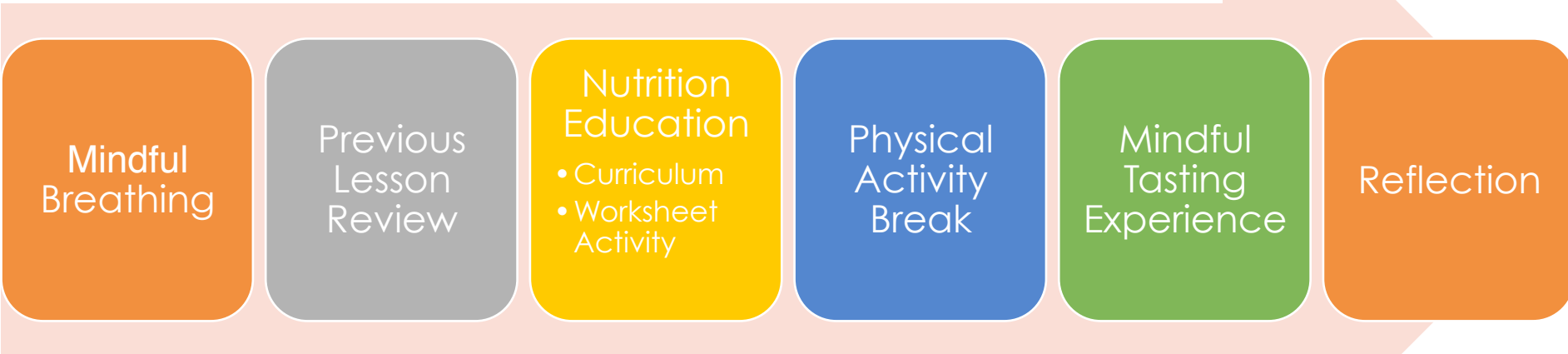
- Learn about the importance of trying new foods
- Learn how to set goals to try new foods from all five food groups

5th Grade Lesson 2 Objectives

Learn how to eat healthy at social gatherings

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

4th Grade

Module 1: Mindfulness








Lesson Objective

Identify strategies related to eating in moderation and portion control

Curriculum Components

- Ask students if they know why it is important to eat the right amount of food
- Review the Visual Aid: Hand Jive Method for Portion Control with the students

Hand Jive Method for Portion Control

Hand Symbol	Equivalent	Foods	Calories	Servings
	Fist 1 cup	Rice, pasta Fruit	200 75	3 – 4x/day 2 – 3x/day
	Two Fists 2 cups	Veggies	40	2 – 3x/day
	Palm 3 ounces	Meat Fish Poultry	160 160 160	1 – 2x/day 1 – 2x/day 1 – 2x/day
	Handful 1 ounce	Nuts Raisins	170 85	2 – 3x/week 2 – 3x/week
	2 Handfuls 2 ounces	Chips Popcorn Pretzels	150 120 100	<1x/week <1x/week <1x/week
	Thumb 1 ounce	Nut butter Hard cheese	170 100	2 – 3x/week 2 – 3x/day
	Thumb tip 1 teaspoon	Cooking oil Mayo, butter Sugar	40 35 15	2 – 3x/day 1 – 2x/day 1 – 2x/day

Worksheet Activity

LESSON 1: Mindful (Eating) Behaviors

Activity

Name: _____ Date: _____

Lucia needs your help to eat smart and play hard. Pick items in each food group for Lucia to eat the recommended amounts she needs for the day. Make sure she's getting the right portion of food!



Add up the amounts of foods in each food group your circled food choices provide. Do the meals and snacks you planned give her what she needs for the day?

Vegetables 2 cups 	Fruits 1 1/2 cups 	Grains 5 ounces 	Protein 5 ounces 	Dairy 3 cups 
small bowl of romaine lettuce (1/2 cup)	small orange (1/2 cup)	2 slices of whole-wheat bread (2 oz whole grains)	slice of turkey (1 oz)	glass fat-free milk (1 cup)
small bowl spinach (1 cup)	small apple (1/2 cup)	5 whole-wheat crackers (1 oz whole grains)	1 hard-boiled egg (1 oz)	2 slices low-fat Swiss cheese (1 cup)
medium baked potato (1 cup)	large banana (1 cup)	1/2 cup cooked brown rice (1 oz whole grains)	1/2 cup cooked black beans (2 oz)	1.5 oz low-fat shredded cheddar cheese (1 cup)
12 baby carrots (1 cup)	16 grapes (1/2 cup)	packet of instant oatmeal (1 oz whole grains)	small hamburger patty (3 oz)	snack-size container low-fat yogurt (1/2 cup)
large sweet potato (1 cup)	mango (1 cup)	3 cups popped popcorn (1 oz whole grains)	Small chicken breast half (3 oz)	1 fat-free milk chug (1 cup)
6-8 cherry tomatoes (1 cup)	large peach (1 cup)	medium piece of cornbread (1 oz whole grains)	12 almonds (1 oz)	slice low-fat American cheese (1/2 cup)
large ear of corn (1 cup)	large plum (1/2 cup)	small whole-wheat tortilla (1 oz whole grains)	small salmon patty (3 oz)	small low-fat milk carton (1 cup)
Side of cooked collard greens (3/4 cup)	snack container of pineapple (1/2 cup)	1 slice white bread (1 oz refined grains)	2 slices ham (2 oz)	
side of cooked lentils (1/2 cup)	small bowl of blueberries (1/2 cup)	1 cup whole-wheat pasta (2 oz whole grains)	3 small turkey meatballs (2 oz)	
4 tablespoons tomato sauce (1/4 cup)	Glass of 100% fruit juice (1 cup)	1 bowl low-fat granola (1 oz whole grains)	1 cup veggie chilli (2 oz)	
Total cups:	Total cups:	Total Ounces:	Total Ounces:	Total cups:

4th Grade

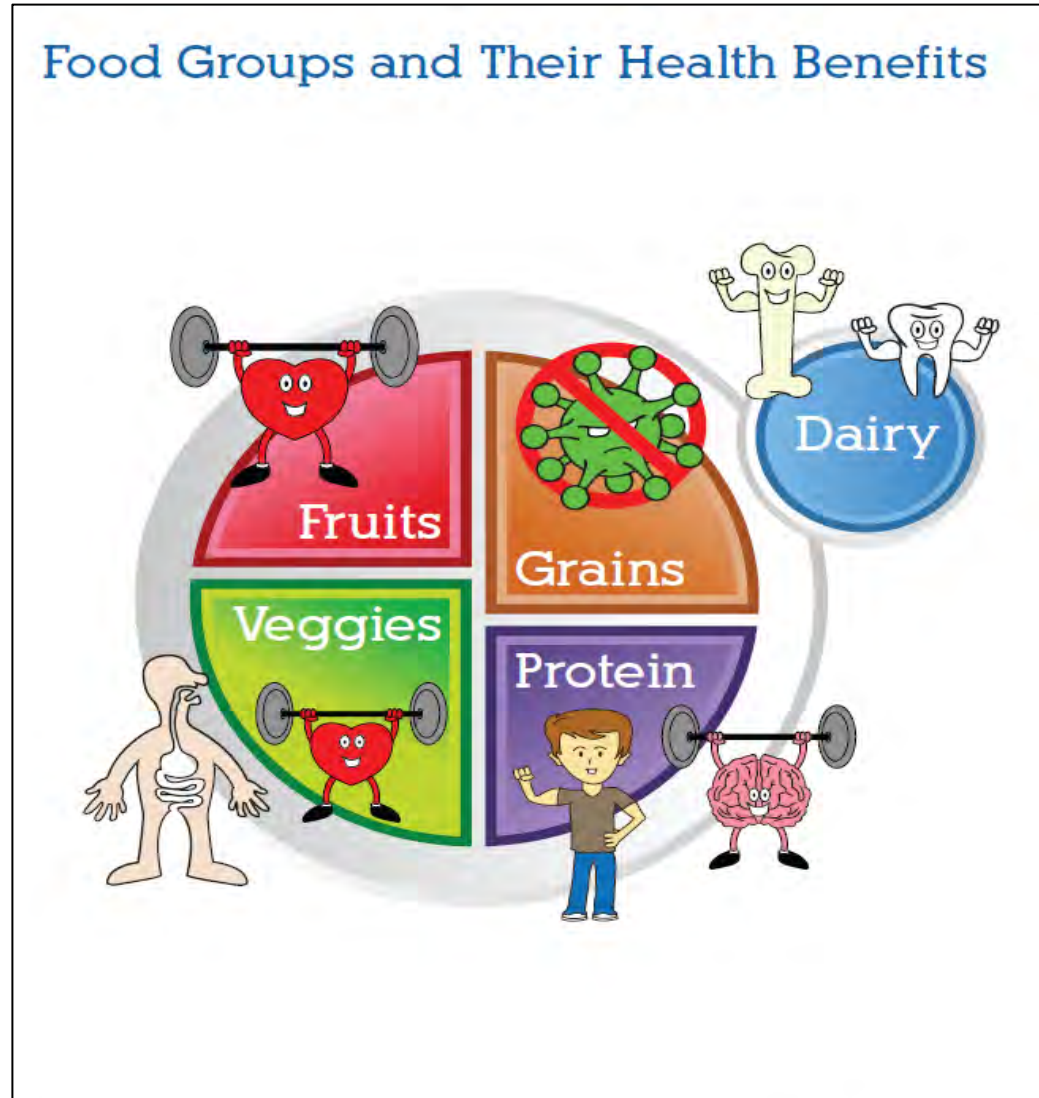
Module 2: Fruits and Vegetables

Lesson Objectives

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

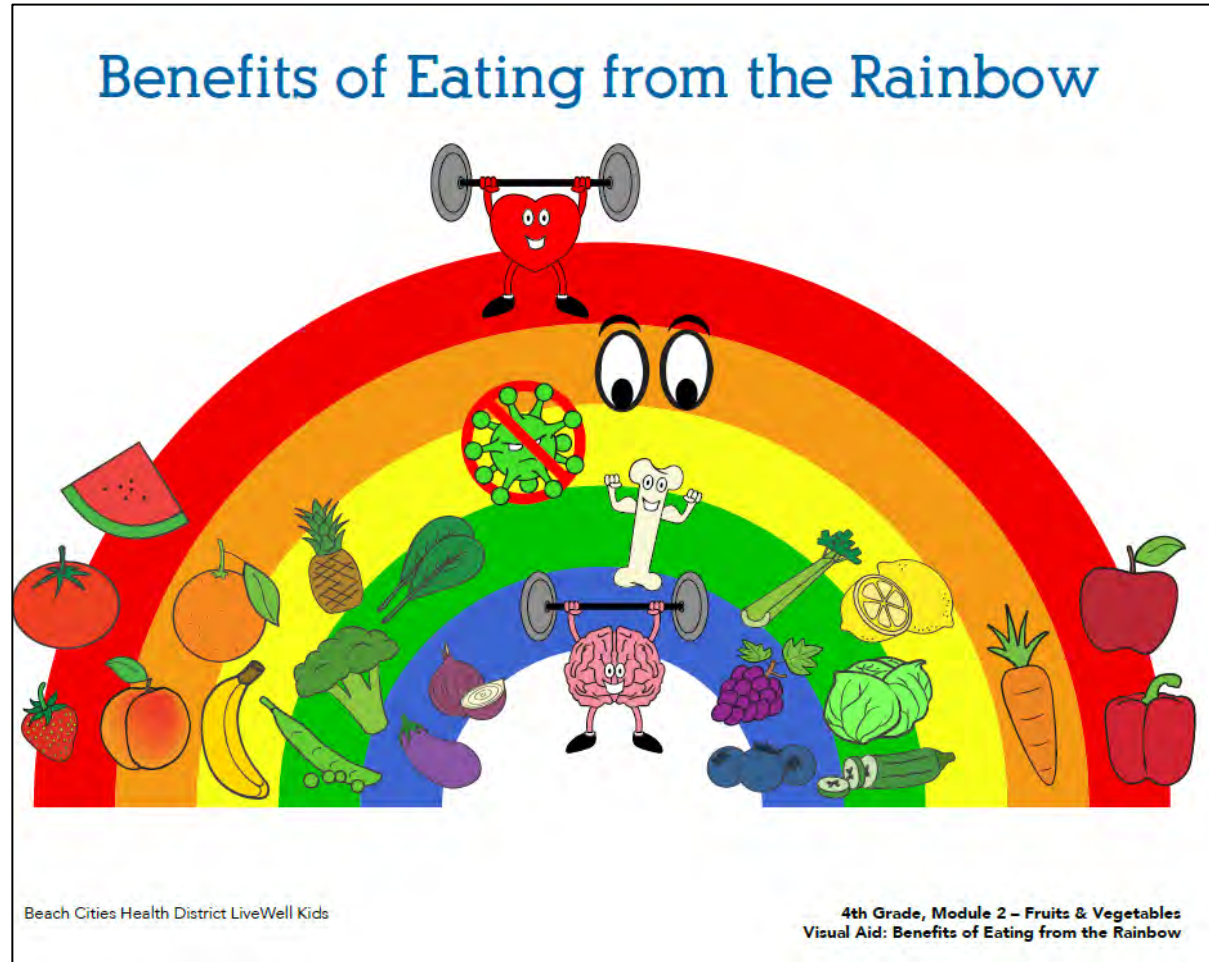
Curriculum Components

- Show the Visual Aid: **Food Groups and Their Health Benefits** and discuss how each food group helps keep our bodies healthy and strong



Curriculum Components

- Show the Visual Aid: **Benefits of Eating from the Rainbow** and discuss the health benefits from eating colorful fruits and vegetables



Worksheet Activity

LESSON 2: Fruits and Vegetables

Activity

DIRECTIONS: Tammy is tired of eating the same old fruits and vegetables each week. Help her come up with a colorful list of new fruits and vegetables to try by selecting two fruits/vegetables of each color.



Red	Red Bell Peppers, Tomatoes, Strawberries, Apples, Cherries, Raspberries, Radishes, Beets
Yellow	Carrots, Yellow Peppers, Lemons, Yellow Tomatoes, Squash, Banana, Pineapples
Orange	Oranges, Tangerines, Carrots, Sweet Potatoes, Persimmons
Green	Kale, Spinach, Lettuce, Limes, Broccoli, Bok Choy, Kohlrabi
Blue/Purple	Blueberries, Eggplant, Grapes, Plums, Prunes, Purple Asparagus, Purple Potatoes



Adapted from Serving up MyPlate: A Yummy Curriculum

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

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!

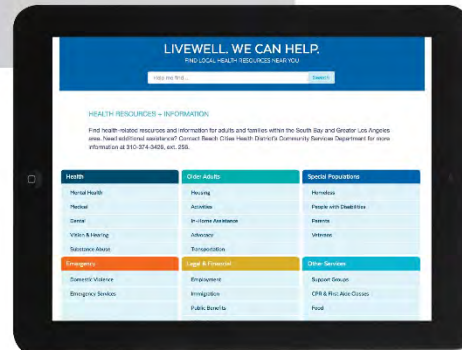
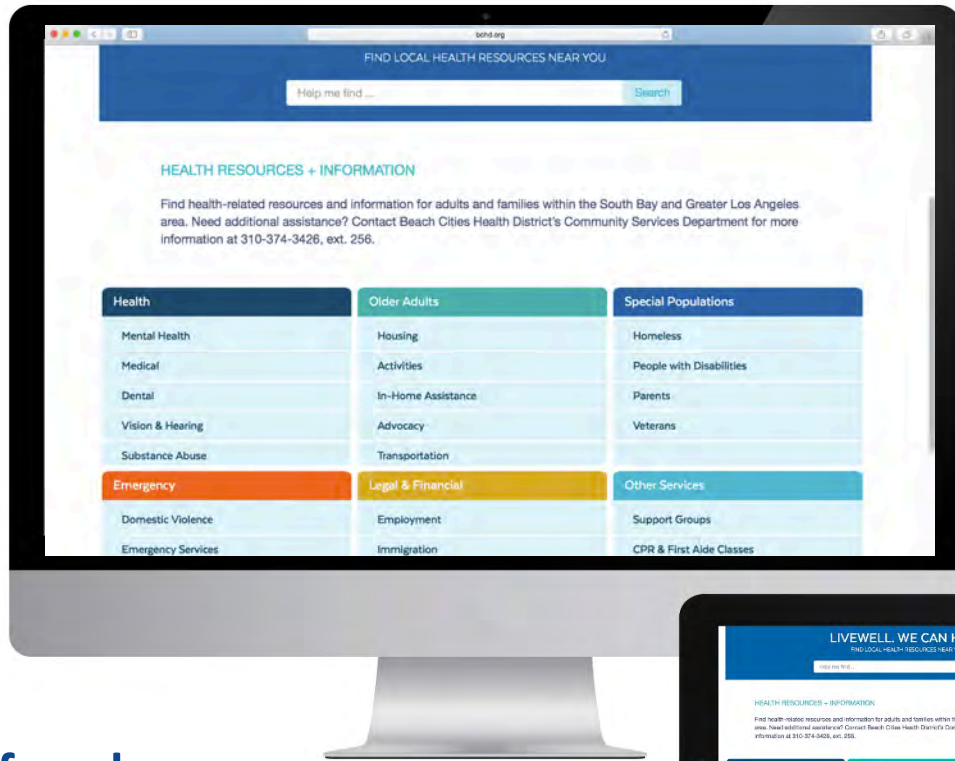
Drop the kids off at AdventurePlex!

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.

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

Timilie.losq@bchd.org

O: (310) 374-3426 ext. 125

C: (424) 237-5159

Thank you!