



A Public Agency

Beach Cities
Health District

LiveWell Kids

Nutrition Module 3 & 4 Training

1st Grade

LiveWell Kids Modules

Mindfulness

 Fruits &
Vegetables
Consumption

Food Labels
& Marketing

 Water Intake

 Physical
Activity
Participation



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Lesson Plan Overview

Physical Activity
Break Optional



Mindful
Breathing

Previous
Lesson
Review

Nutrition
Education

- Curriculum
- Workbook Activity

Physical
Activity
Break

Mindful
Tasting
Experience

Reflection



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Module 3: Food Labels & Marketing

Overview of Module 3 Objectives

Module 3 Objectives

- Increase nutrition fact and food label knowledge
- Increase ability to make healthy food choices
- Increase ability to think critically about common marketing practices

1st Grade Lesson 3 Objectives

- Learn about the importance of choosing minimally processed foods

Did You Know

- The food and beverage industry spends about \$2 billion per year marketing to children
- Children watch an average of more than 10 food-related ads every day (nearly 4,000/year)
- Nearly all (98%) of food advertisements viewed by children are for products that are high in fat, sugar or sodium
- Nearly 40% of children's diets include added sugars and unhealthy fats
- Only 21% of youth age 6-19 eat the recommended 5 or more servings of fruits and vegetables each day

Food Label Changes

In May 2016, the FDA approved a new format for food labels. Food and drink manufacturers have 2 years to comply with the new labeling standards:

The image shows two side-by-side food labels. The left label is the 'ORIGINAL' format, and the right label is the 'NEW' format. Both labels are for a product with a serving size of 2/3 cup (55g) and 8 servings per container. The original label lists 230 calories and 72 calories from fat. The new label lists 230 calories. The new label also includes a section for 'Total Sugars' (12g) and 'Includes 10g Added Sugars' (20%), which were not explicitly listed in the original label's carbohydrate section.

ORIGINAL		NEW	
Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8		Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)	
Amount Per Serving		Amount per serving	
Calories	230	Calories	230
Calories from Fat 72			
% Daily Value*		% Daily Value*	
Total Fat	8g 12%	Total Fat	8g 10%
Saturated Fat	1g 5%	Saturated Fat	1g 5%
Trans Fat	0g	Trans Fat	0g
Cholesterol	0mg 0%	Cholesterol	0mg 0%
Sodium	160mg 7%	Sodium	160mg 7%
Total Carbohydrate	37g 12%	Total Carbohydrate	37g 13%
Dietary Fiber	4g 16%	Dietary Fiber	4g 14%
Sugars	1g	Total Sugars	12g
Protein	3g	Includes 10g Added Sugars	20%
Vitamin A	10%	Protein	3g
Vitamin C	8%		
Calcium	10%		

<https://www.youtube.com/watch?v=TwDADSXIR5M>

About Food Labels

Original Label

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

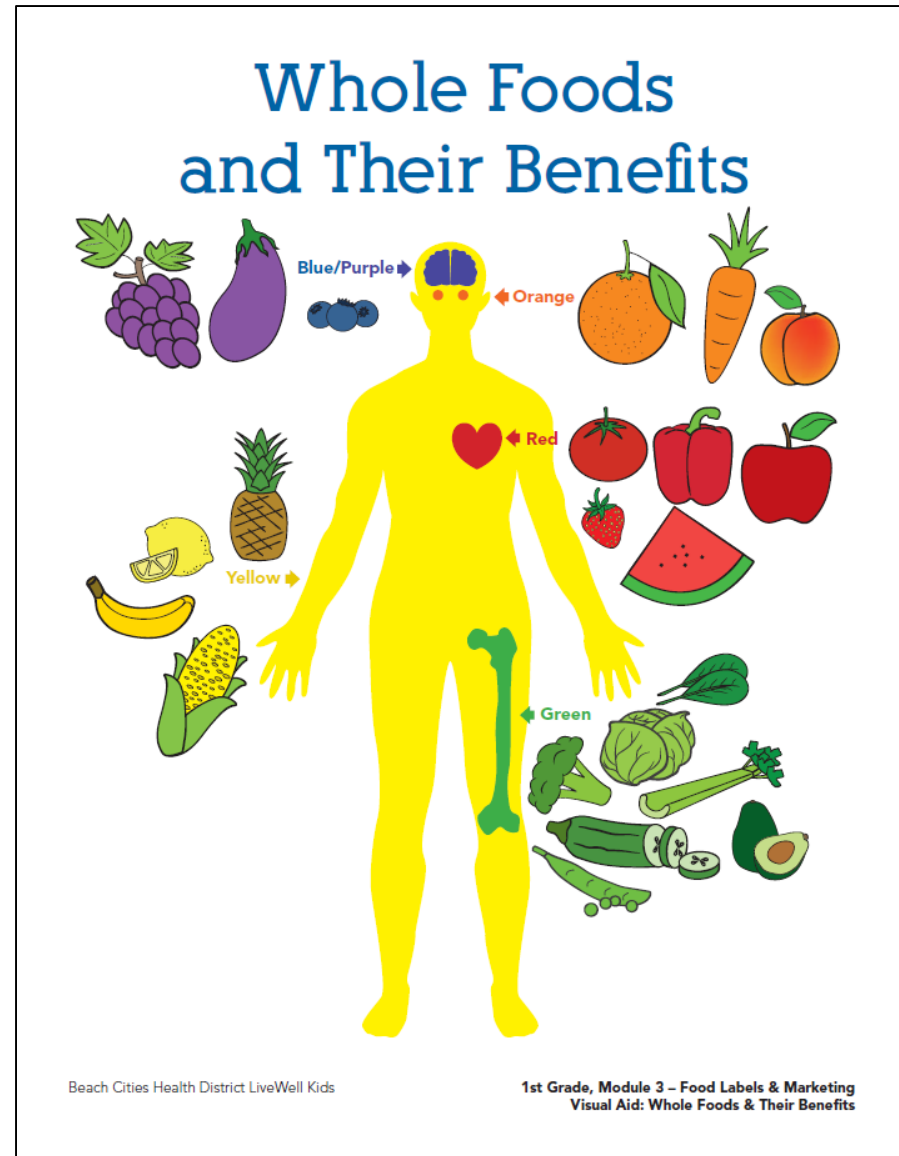
1. Servings data is larger font size; Serving sizes are updated to reflect actual consumption
2. Calories information in larger font size
3. Daily values are being updated to reflect new evidence and nutrition guidelines
4. Includes data on 'added sugars'
5. Shows the actual amount, in addition to percent daily value of vitamin D, calcium, iron and potassium

Food Label Changes

- In March of 2018, the FDA issued an update. The earlier compliance date is for large manufacturers with annual sales of more than \$10 million
- Manufacturers with annual sales less than \$10 million will have until 2020 to comply with the new label changes
- The FDA plans on embarking on a education campaign for consumers when changes go into effect in 2020 and 2021

Curriculum Components

- Ask the class where food comes from; solicit answers
- Show the ***Visual Aid: Whole Foods and Their Benefits***
- Ask students for examples of colorful foods and discuss the benefits of each color
- These foods are also good for the environment because they use less resources



Curriculum Components

- Show the Visual Aid: **Colorful Processed Foods**
- Discussed how these foods are processed and if they are healthy for our bodies
- Discuss how whole and unprocessed and minimally processed foods are better for our bodies and the environment



Worksheet Activity

LIVEWELL KIDS NUTRITION WORKSHEET - Module 3: Grade 1

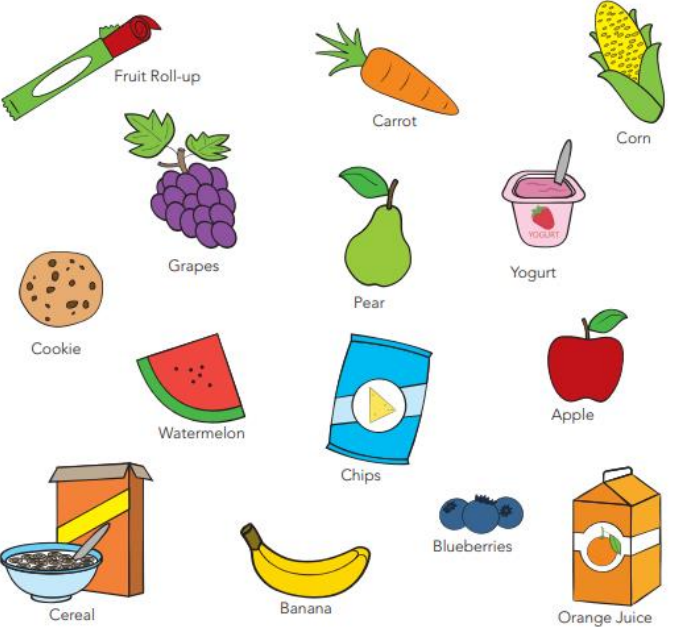


Name: _____ Date: _____

Module 3: Food Labels and Marketing

Lesson Theme: Equipping students with knowledge related to nutrition information and food marketing techniques.

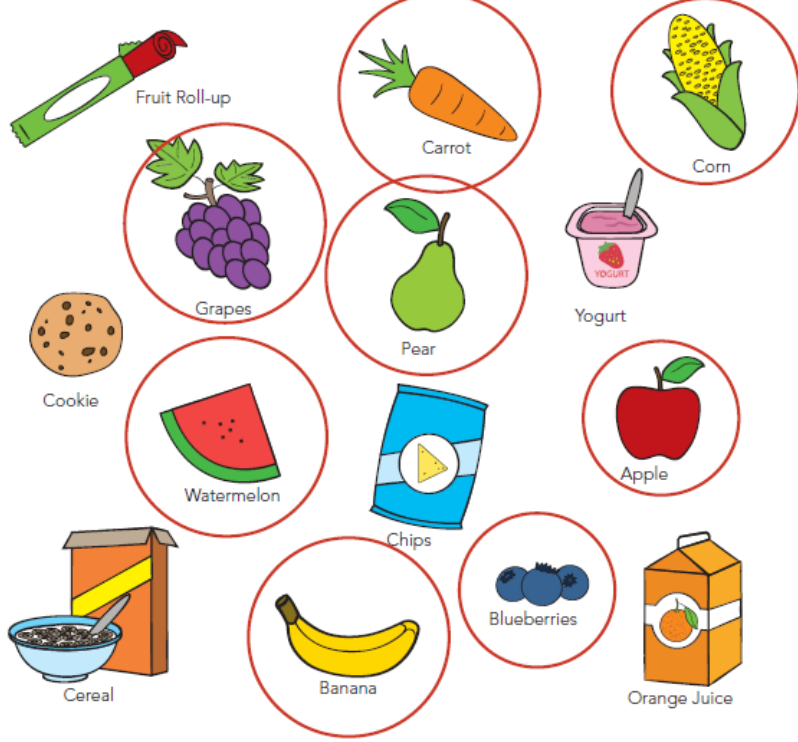
ACTIVITY: Draw a CIRCLE around all the foods you can eat in their natural state.



My favorite natural food is: _____

Activity

DIRECTIONS: Draw a CIRCLE around all the foods you can eat in their natural state.



My favorite natural food is: _____

Mindful Tasting – Module 3

Upcycled dried peaches

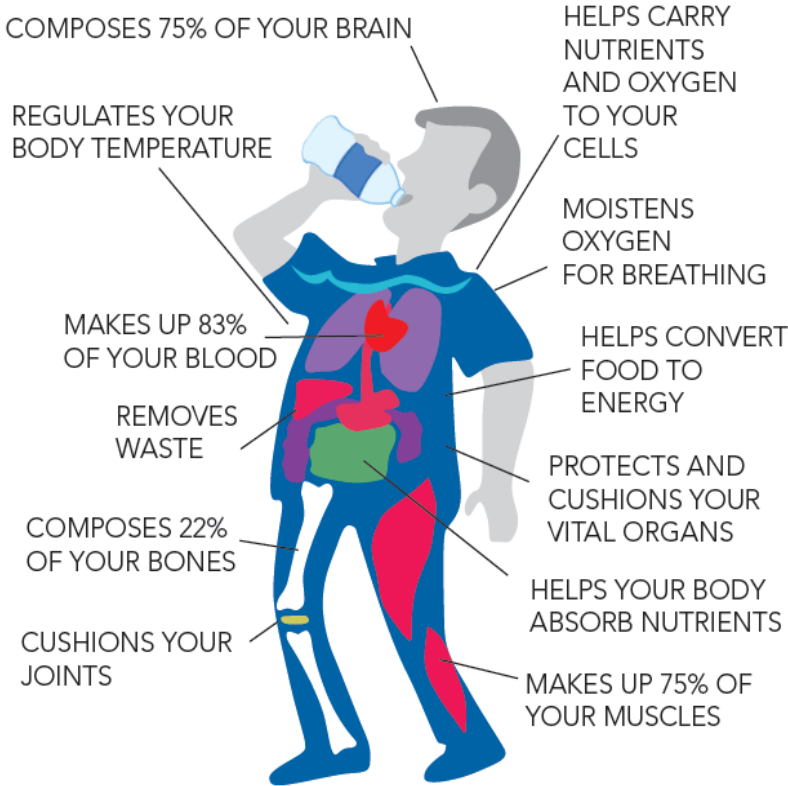
Module 4:

Water

1st Grade

Background Information

Benefits of Drinking Water



- Water is the nutrient our bodies need in the greatest amount; our body is 60-70% water
- Water benefits our bodies in many ways
- It's important to recognize when our bodies are dehydrated

Background Information

- Sugar-sweetened beverages are the leading source of calories in the American diet
- A child's risk of becoming obese increases by 60% with each additional sugary beverage consumed daily
- Children who drink carbonated sugary beverages have almost double the risk of dental cavities



Overview of Module 4 Objectives

Module 4 Objectives

- Increase knowledge of the benefits of drinking water
- Increase water consumption & decrease sugar-sweetened beverage consumption
- Increase knowledge related to alternative sources of water

1st Grade Lesson Objectives

- Identify ways to use water to keep us healthy, clean and safe

Curriculum Components

- Show students the **Visual Aid: Water Use**
- Ask the students to act out and describe the actions
- Discuss how we get water: through drinking it and foods with high water content
- Tell students they should drink 5 cups of water per day



Module 4 - Worksheet Activity

Name: _____ Date: _____

Module 4: Water

Lesson Theme: Reinforce the benefits of drinking water daily and increase knowledge related to alternative sources of water.

ACTIVITY: Draw a line to match when you can use water to keep you healthy, clean and safe.



When you're thirsty



When you need to wash your hands



When you need to brush your teeth



When you need to clean up



LESSON 4: Water

Activity

DIRECTIONS: Draw a line to match when you can use water to keep you healthy, clean and safe.



When you're thirsty



When you need to wash your hands



When you need to brush your teeth



When you need to clean up

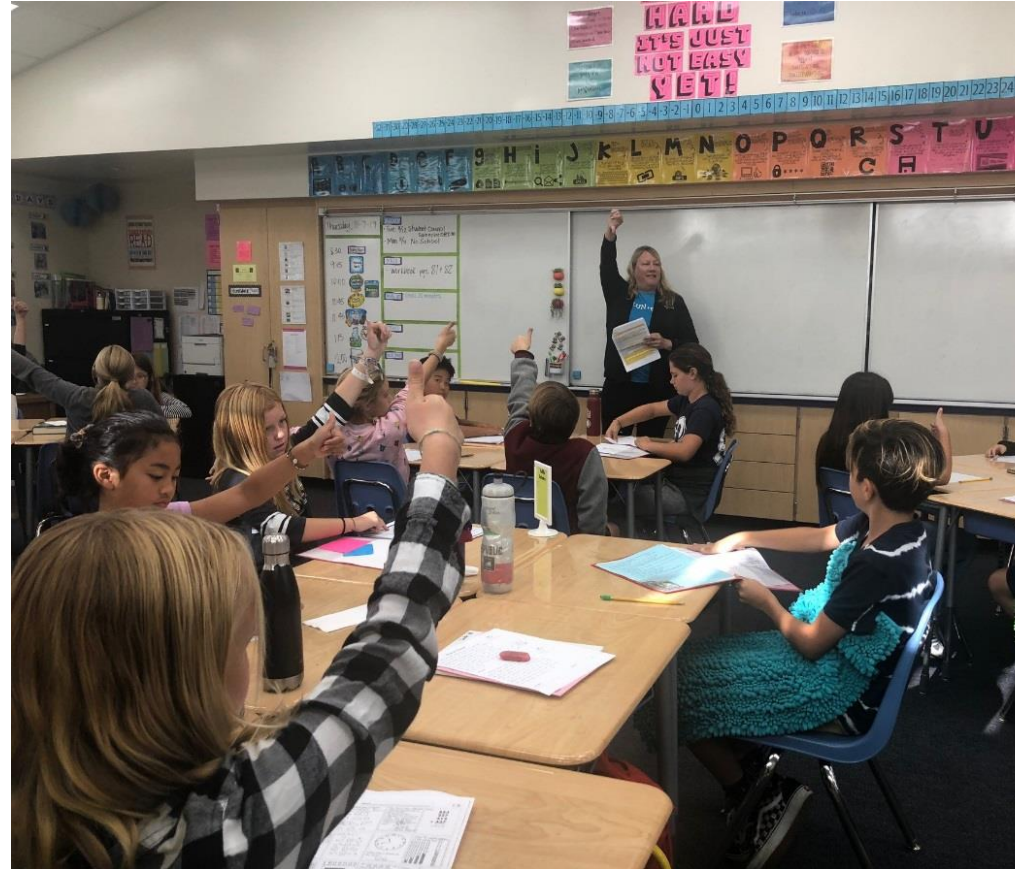


Mindful Tasting – Module 4

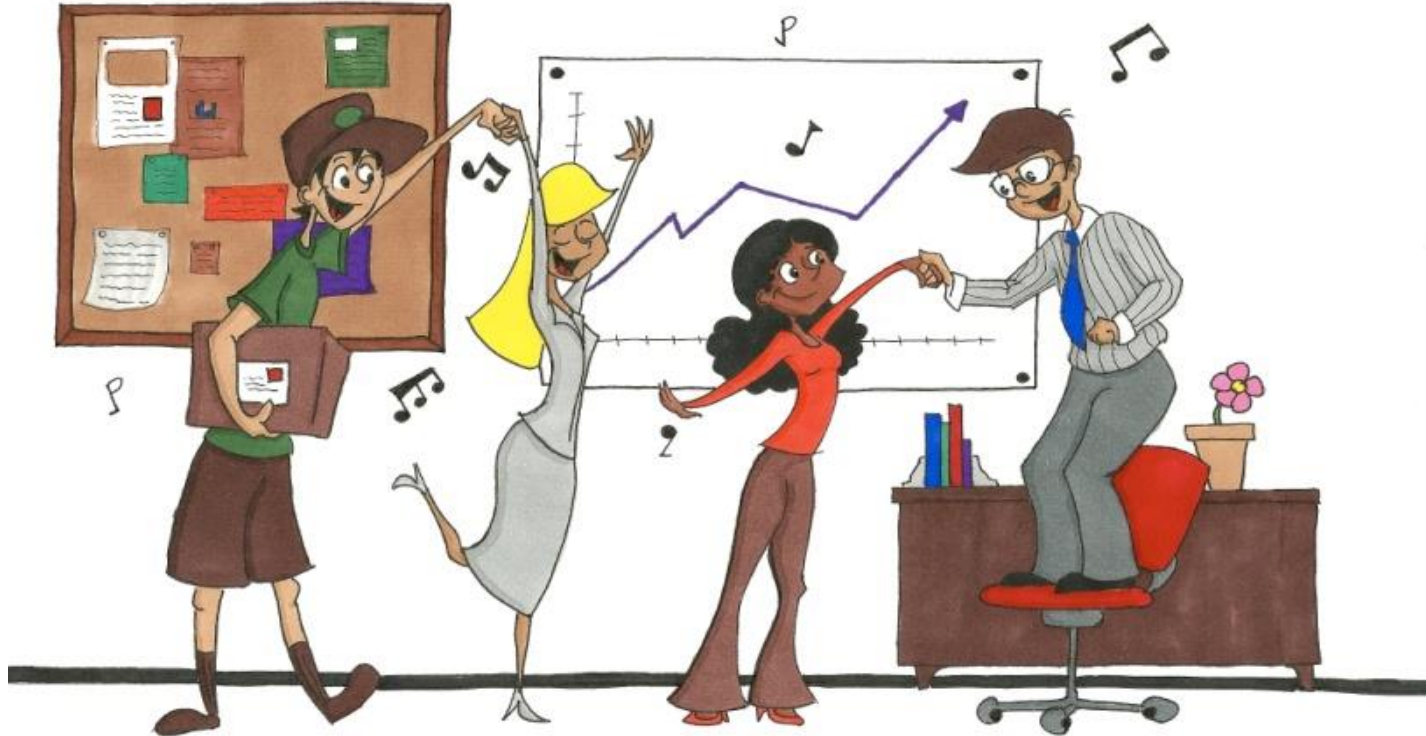
Cucumber and lemon water

Mindful Tasting

- 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



Physical Activity Break!



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Physical Activity Break!



Warm-up:

- March in place
- Shoulder rolls

Moves:

Module 3 and 4

- The Fastball
- The Wave
- Foul Ball

Cool-down:

- Raise arms above head and take a deep breath 3 times

Lesson Delivery & Tracking

2019-2020 LiveWell Kids Nutrition Education Docent 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



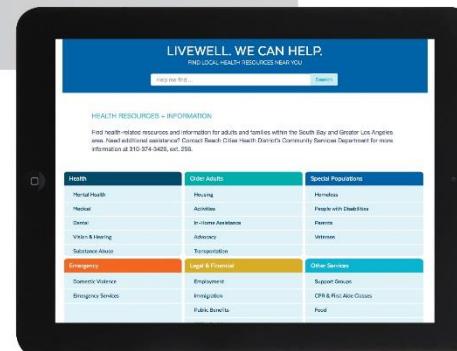
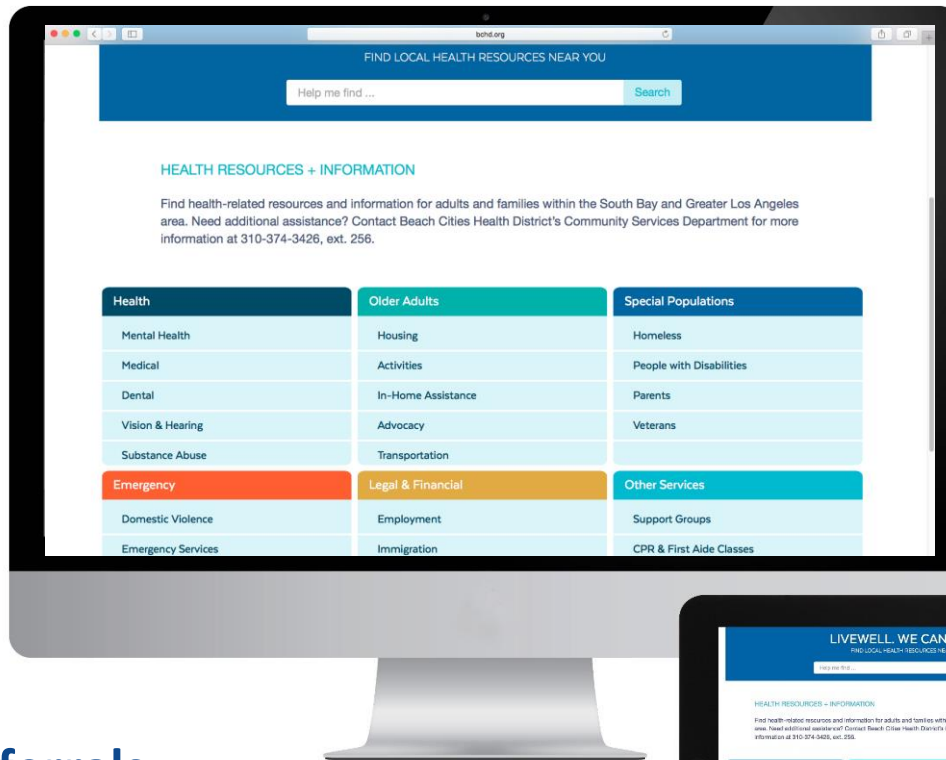
1200 Del Amo Street, Redondo Beach, CA 90277 • 310-374-3426 • www.bchd.org

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

LiveWell Kids Nutrition Webpage

For LiveWell Kids Nutrition Materials, go to:

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



Resources & Referrals

100+ local health services

FAMILIES CONNECTED PARENT CHAT

FREE GROUP FOR PARENTS



Wondering if your child is experimenting with drugs or alcohol?
Trying to manage student stress? Seeking guidance around social
media and technology?

10 – 11 a.m. Every Monday

Beach Cities Health District

514 N. Prospect Ave.

Redondo Beach

In partnership with



TORRANCE MEMORIAL
THELMA MCMILLEN CENTER
FOR ALCOHOL & DRUG TREATMENT



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

For parent and student resources, go to
southbayfamiliesconnected.org

Join the Healthy Minds Initiative

bchd.org/HealthyMinds



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

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



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!