



A Public Agency

Beach Cities
Health District

LiveWell Kids

Nutrition Module 3 & 4 Training
3rd Grade

LiveWell Kids Modules

Mindfulness

 Fruits &
Vegetables
Consumption

Food Labels
& Marketing

 Water Intake

 Physical
Activity
Participation



Beach Cities
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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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Health District

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Module 3: Food Labels & Marketing

Overview of Module 3 Objectives

Module 3 Objectives

- Increase knowledge of nutrition facts/food labels
- Increase ability to make healthy choices
- Increase ability to think critically about common marketing tactics

3rd Grade Lesson Objectives

- Learn to read and understand the nutrition facts label
- Compare food labels to determine what foods are healthier

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:

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 0%	Trans Fat	0g 0%
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	0%		

<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

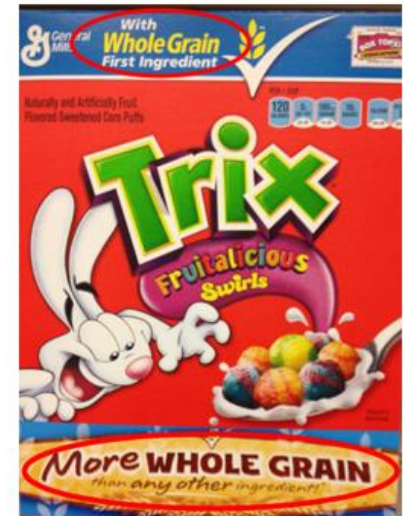
Food Label Changes

- 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

- Tell the students we can use the nutrition facts label to help us choose healthy foods
- Show Visual Aid: **Food Label Claims** and discuss how food companies use food claims to sell products

Food Label Claims



Curriculum Components

- Show Visual Aid: **How to Read a Food Label** and go over main components of a food label.

How to Read a Food Label

Sample Label for
Macaroni and Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Start Here

Limit these
Nutrients

Get Enough
of these
Nutrients

Quick Guide
to % DV

5% or less
is low
20% or more
is high

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs:

How to Read a Food Label

Sample Label for Macaroni and Cheese

Start Here

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	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:

**Limit these
Nutrients**

**Get Enough
of these
Nutrients**

**Quick Guide
to % DV**

**5% or less
is low
20% or more
is high**

How to Read a Food Label

Remember to read the ingredients! The first 3-5 ingredients make up the largest portion of the food.



Here are two different ingredient lists for Mac and Cheese.

Which one would you choose?

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, SODIUM TRIPOLYPHOSPHATE, CONTAINS LESS THAN 2% OF CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, YELLOW 5, YELLOW 6, CHEESE CULTURE, ENZYMES)

CONTAINS: WHEAT, MILK.

ORGANIC WHEAT MACARONI, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, NON-ANIMAL ENZYMES), WHEY, BUTTER, NONFAT MILK, CORN STARCH, SALT, SODIUM PHOSPHATE.

CONTAINS MILK AND WHEAT INGREDIENTS.

- Point out the two ingredient lists for Mac and Cheese and ask students which one is healthier and discuss why

MODULE 3 - Worksheet Activity



Name: _____ Date: _____

Module 3: Food Labels and Marketing

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

ACTIVITY: Nutrition label scavenger hunt. Activity continued on next page.

Nutrition Facts

Serving Size 6 donuts (85g)
Serving Per Container 1

Amount Per Serving		Calories from Fat 150	
		% Daily Values*	
Calories 340			
Total Fat 16g			25%
Saturated Fat 8g			40%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 330mg			14%
Total Carbohydrate 0g			0%
Dietary Fiber 1g			4%
Sugars 21g			
Protein 3g			6%
Calcium 8%			Iron 6%

*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



INGREDIENTS: Enriched Wheat Flour [Flour, Barley Malt, Ferrous Sulfate (Iron), B Vitamins (Niacin, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid)], Dextrose, Vegetable Shortening (Soybean, Palm and Hydrogenated Cottonseed Oil), Water, Sugar. Contains 2% or Less of: Nonfat Milk, Soy Flour, Leavenings (Sodium Acid Pyrophosphate, Baking Soda, Aluminum Sulfate, Sodium Aluminum Phosphate), Egg Yolks, Salt, Soy Lecithin, Modified Wheat Starch, Mono and Diglycerides, Tapioca Dextrin, Corn Dextrin, Guar Gum, Karaya Gum, Cornstarch, Cellulose Gum, Enzymes, Modified Corn Starch, Citric Acid, Wheat Starch, Partially Hydrogenated Vegetable Shortening (Soybean and Cottonseed Oil), Titanium Dioxide (Color), Extracts of Annatto and Turmeric (color), Natural and Artificial Flavors, Sorbic Acid and Sodium Propionate and Potassium Sorbate and Calcium Propionate (to Retain Freshness).

LESSON 3: Food Labels and Marketing

Activity

DIRECTIONS: Nutrition label scavenger hunt

Nutrition Facts

Serving Size 6 donuts (85g)
Serving Per Container 1

Amount Per Serving		Calories from Fat 150	
		% Daily Values*	
Calories 340			
Total Fat 16g			25%
Saturated Fat 8g			40%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 330mg			14%
Total Carbohydrate 0g			0%
Dietary Fiber 1g			4%
Sugars 21g			
Protein 3g			6%
Calcium 8%			Iron 6%

*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



INGREDIENTS: Enriched Wheat Flour [Flour, Barley Malt, Ferrous Sulfate (Iron), B Vitamins (Niacin, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid)], Dextrose, Vegetable Shortening (Soybean, Palm and Hydrogenated Cottonseed Oil), Water, Sugar. Contains 2% or Less of: Nonfat Milk, Soy Flour, Leavenings (Sodium Acid Pyrophosphate, Baking Soda, Aluminum Sulfate, Sodium Aluminum Phosphate), Egg Yolks, Salt, Soy Lecithin, Modified Wheat Starch, Mono and Diglycerides, Tapioca Dextrin, Corn Dextrin, Guar Gum, Karaya Gum, Cornstarch, Cellulose Gum, Enzymes, Modified Corn Starch, Citric Acid, Wheat Starch, Partially Hydrogenated Vegetable Shortening (Soybean and Cottonseed Oil), Titanium Dioxide (Color), Extracts of Annatto and Turmeric (color), Natural and Artificial Flavors, Sorbic Acid and Sodium Propionate and Potassium Sorbate and Calcium Propionate (to Retain Freshness).

MODULE 3 - Worksheet Activity

ACTIVITY CONTINUED:

1. Draw a star next to "Sugars."
2. Circle the "Protein."
3. Put a box around the "Serving Size."
4. Is there a lot or a little amount of sugar in this food based the number of grams shown in the label?

Circle one: A LOT A LITTLE

5. Is there a lot or a little fat in this food, based on the percent Daily Value? (%DV)

Circle one: A LOT A LITTLE

6. What type of grain is the food made from? (Hint: look at the first ingredient in the "Ingredients" list) _____
7. Are there a lot of ingredients listed in this food? YES NO
8. Since we know that foods with more ingredients in them tend to be more processed, and less healthy for our bodies, do you think this food is a healthy choice? Circle one: YES NO

Today I tasted:

Fruit Smoothie



- Ingredients**
- 1 frozen banana, peeled and sliced
 - 2 c. frozen strawberries, raspberries or cherries
 - 1 c. milk
 - 1/2 c. plain or vanilla yogurt
 - 1/2 c. freshly squeezed orange juice
 - 2 to 3 Tbsp. honey or to taste

- Instructions**
- Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.
 - For non-dairy smoothies, substitute 1 c. rice milk for the milk and yogurt. Or, use soy yogurt or soy milk instead of dairy.



Fun Fact:
In 2012, \$4.6 billion was spent to advertise fast food and only \$116 million was spent to advertise fruits and vegetables.



Joke:
What do you call a fruit that plays the trumpet?
Tooty fruity!

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/frozen-fruit-smoothies-recipe-1914927>

Activity

1. Draw a star next to "Sugars."
2. Circle the "Protein."
3. Put a box around the "Serving Size."
4. Is there a lot or a little amount of sugar in this food based the number of grams shown in the label?

Circle one: **A LOT** A LITTLE

5. Is there a lot or a little fat in this food, based on the percent Daily Value? (%DV)

Circle one: **A LOT** A LITTLE

6. What type of grain is the food made from? (Hint: look at the first ingredient in the "Ingredients" list) **Enriched wheat flour**
7. Are there a lot of ingredients listed in this food? **YES** NO
8. Since we know that foods with more ingredients in them tend to be more processed, and less healthy for our bodies, do you think this food is a healthy choice? Circle one: YES **NO**

Mindful Tasting – Module 3

Upcycled dried peaches

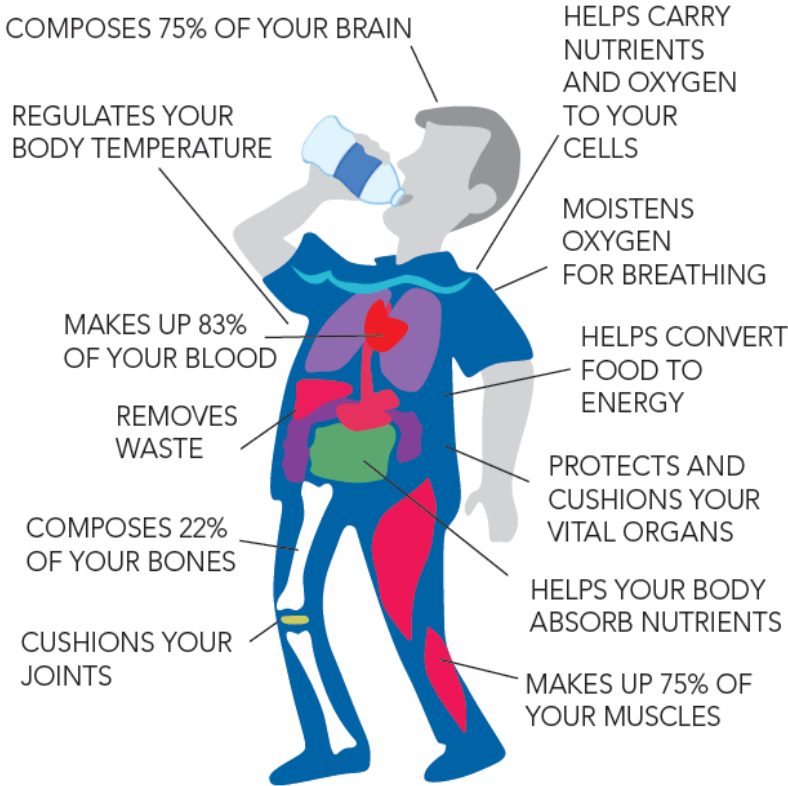
Module 4:

Water

3rd 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

3rd Grade Lesson Objectives

- Learn that food contains water and is another way to get the water we need

Curriculum Components

Review the importance of water with students

- Water makes up most of our body weight we need to consume water every day
- We should drink at least 5 cups of water per day
- Foods with high water content can also help us get the water we need

Curriculum Components

- Use the **Visual Aid: Percentage of Water** to have an interactive discussion about the water content in different foods
- Tell the students that eating foods with high water content is another way to get water



Spinach



Oatmeal Cookie



Celery



Some Cheeses



Oranges

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: Circle the correct percentage of water in each food.

Water Works



Cucumber
96% or 38%



Oatmeal Cookie
84% or 6%



Pear
84% or 15%



Crispy Rice Cereal
3% or 30%



Banana
74% or 35%



Whole Wheat Bread
91% or 38%



Grapes
81% or 3%



Celery
95% or 15%



Raisin
15% or 74%

Activity

DIRECTIONS: Circle the correct percentage of water in each food.

Water Works



Cucumber
96% or 38%



Oatmeal Cookie
84% or 6%



Pear
84% or 15%



Crispy Rice Cereal
3% or 30%



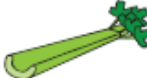
Banana
74% or 35%



Whole Wheat Bread
91% or 38%



Grapes
81% or 3%



Celery
95% or 15%



Raisin
15% or 74%

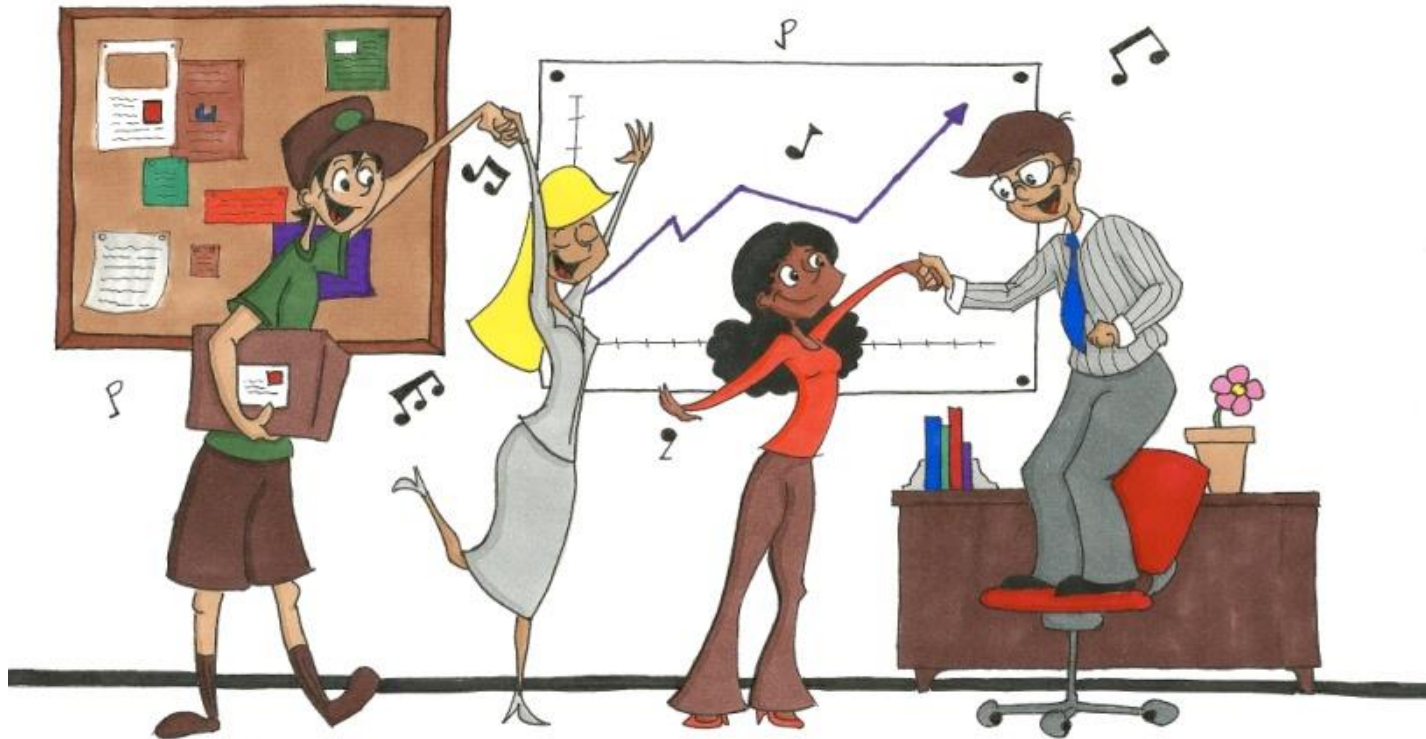
Mindful Tasting – Module 4

Cucumber and lemon water

Mindful Food Tasting

- Practice food safety – wear food handling gloves when prepping and serving
- One mindful breath to start tasting
- Use all 5 senses to interact with food
- Practice gratitude for the food sample - Don't yuck my yum!

Physical Activity Break!



Physical Activity Break!



Warm-up:

- March in place
- Shoulder rolls

Moves:

Module 3 and 4

- The Celebration
- Warrior Lift
- Criss-Cross

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

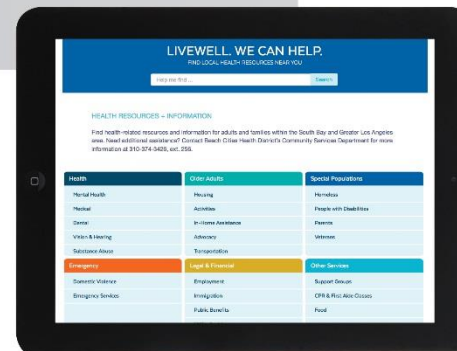
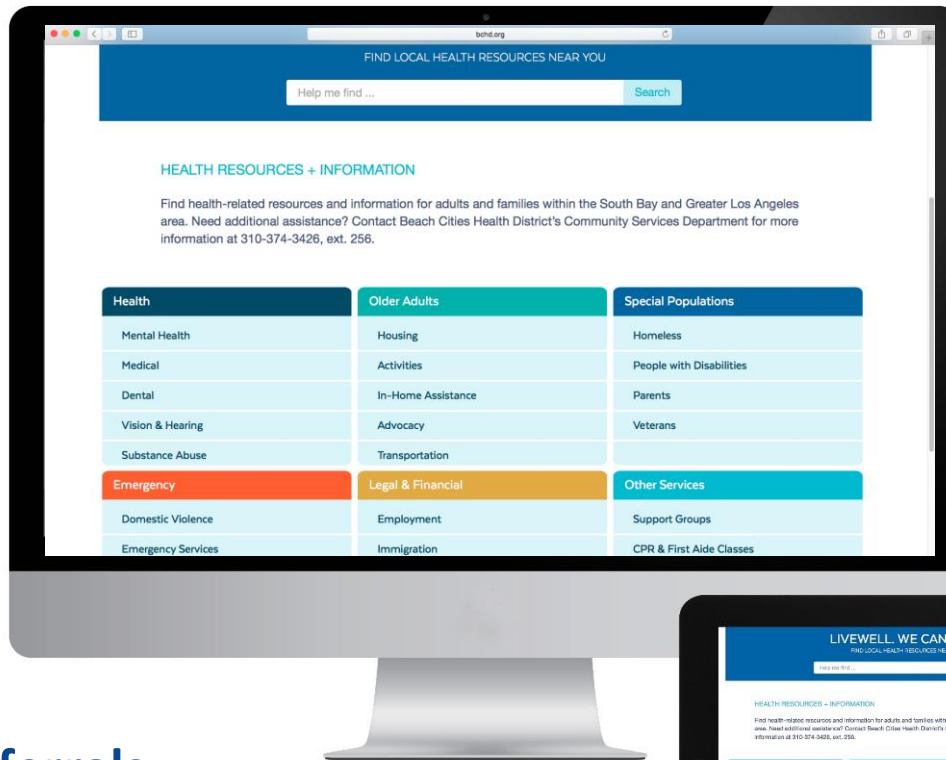


To schedule and report lessons delivered, please visit:
http://bit.ly/LiveWellNutrition_19-20



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

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



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!



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@Bchd

Questions?

Timilie Losq

School Health Programs Coordinator

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O: (310) 374-3426 ext. 125

C: (424) 237-5159

Thank you!