BCHD
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Beach Cities Health District

LiveWell Kids

Nutrition Module 3 & 4 Training

4th Grade

LiveWell Kids Modules

Mindfulness

Fruits & Vegetables Consumption

Food Labels & Marketing

Water Intake

Physical Activity Participation

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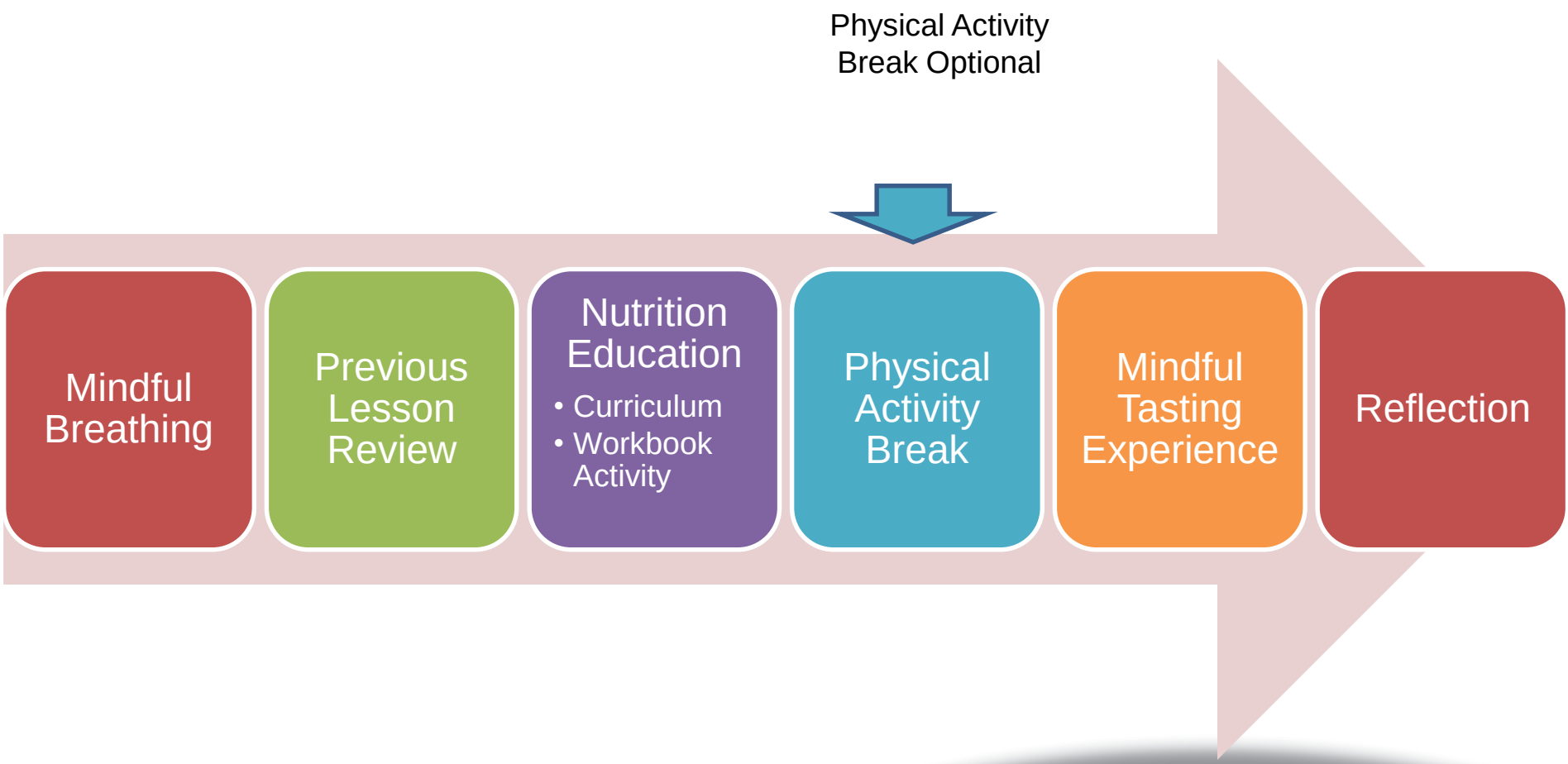
Lesson Plan Overview



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Module 3:
Food Labels & Marketing

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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

4th Grade Lesson Objectives

- Use the Nutrition Facts Label to identify foods that are high/low in sugar and sodium

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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

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Food Label Changes

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

https://www.youtube.com/watch?v=TwDADSXlR5M

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About Food Labels

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

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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

- Discuss the kinds of information found on the Nutrition Facts Label including: calories, sugar and sodium
- Consuming too many foods that are high in sugar and sodium may cause health problems
- Students will be looking at the serving size when identifying the sugar and sodium content

Curriculum Components

- Use the **Visual Aid: Sugar & Sodium** to show students the sugar and sodium content on two common foods
- Discuss the daily recommended amount of sugar, and sodium:
  - **Sugar:** 8 – 9 teaspoons (or about 32 – 36 grams)
  - **Sodium**: Less than 1,500mg (or less than 1 teaspoon) of sodium per day

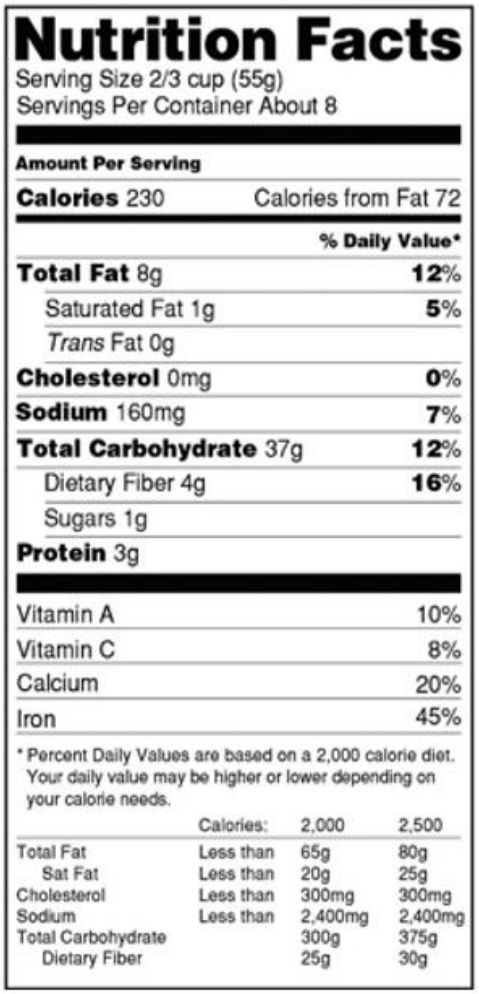
Curriculum Components

Some talking points for each food item:

- Sugar of one Cinnabon exceeds what we should have in one day
- Discuss sugar and sodium intake if students have more than one serving
- These foods don’t contain fiber and won’t keep us full for long

Nutrition Label Comparison

- Show **Visual Aid: Nutrition Label Comparison** and show the difference between the old label and the new one. Point out the new added sugar section



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

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.

Larger, bolded font for serving size and calories

Updated daily values

New line for added sugars

Actual amounts and Vitamin D and Potassium added

MODULE 3 - Worksheet Activity

Nutrition Label Comparison

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

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- **Larger, bolded font for serving size and calories**
- **Updated daily values**
- **New line for added sugars**
- **Actual amounts and Vitamin D and Potassium added**

LIVEWELL KIDS NUTRITION WORKSHEET - Module 3: Grade 4

Beach Cities Health District

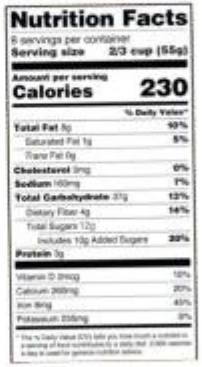
Name: _____ Date: _____

Module 3: Food Labels and Marketing

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

ACTIVITY: Answer the following questions using the Nutrition Facts Label listed below. Keep in mind both labels are for the same food item.

Nutrition Facts Label Reading



1. What is the serving size? _____
2. How many servings per package? _____
3. How many calories for **entire** package? _____
4. How many total grams of sugar per serving? _____
5. How many grams of added sugar per serving? _____
6. How many grams of sodium per serving? _____
7. Name two things that are different on the new label.
   1) _____
   2) _____

MODULE 3 - Worksheet Activity

Activity

DIRECTIONS: Answer the following questions using the Nutrition Facts Label listed below. Keep in mind both labels are for the same food item.

Nutrition Facts Label Reading

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 12g
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
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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. What is the serving size? 2/3 cup
2. How many servings per package? 8
3. How many calories for **entire** package? 1,840
4. How many total grams of sugar per serving? 12 grams
5. How many grams of added sugar per serving? 10 grams
6. How many grams of sodium per serving? 160 mg
7. Name two things that are different on the new label.
   1) Calories are listed in a larger font.
   2) Now includes added sugars.

Mindful Tasting – Module 3

Upcycled dried peaches

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Module 4:
Water
4th Grade

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Background Information

- 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

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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

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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

4th Grade Lesson Objectives

- Review ingredients in sugar sweetened beverages
- Learn about the effects of sugar sweetened beverage to the body

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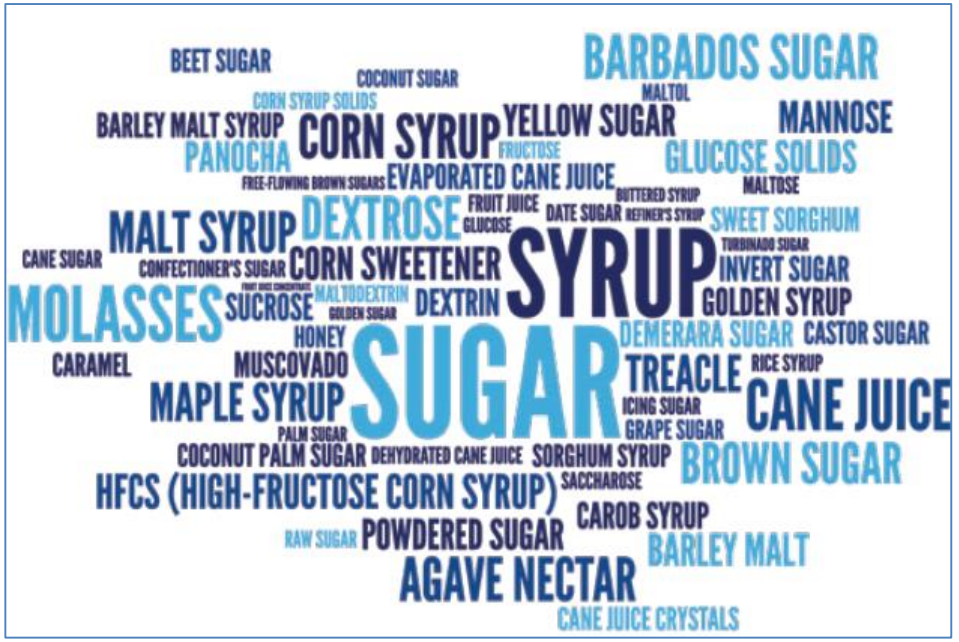
Curriculum Components

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
- Beverages like soda, sports drinks and even juices can contain a large amount of sugar in
- Ask the students why eating too much sugar can be bad for the body (e.g., can cause tooth decay, it can lead to obesity, and it can cause long-term harm to your heart and liver)

Curriculum Components

- Use the **Visual Aid: Sugar Word Cloud** to show there are different words for sugar
- These words can be found on food and beverage packages such as cookies, crackers, cereal, breads, juices, sodas and sports drinks
- Ask students how do they determine if a food product is a high quality food by the ingredients



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Curriculum Components

- Teach students how to figure out the number of grams in a teaspoon of sugar
  - 4 grams = 1 teaspoon.
  - Sugar intake should be 8-9 tsp. every day.
  - Any food label that says the food or drink has 36g or more of sugar, exceeds our recommended daily intake of sugar
- Show the “How much sugar in soda” public service announcement: https://www.youtube.com/watch?v=wKhi8uaoDeo

Curriculum Components

- Use the **Visual Aid: Coca-Cola**
- Have them review the Nutrition Facts Label and tell them that a can of Coke has the amount of sugar we are supposed to have in a day
- Ask students if they can see any of the words from the **Visual Aid: Sugar Word Cloud** *(High Fructose Corn Syrup)*

Coca-Cola

Nutrition Facts

Serving Size: 1 Can

Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Sodium 45mg	2%
Total Carb. 39g	13%
Sugars 39g	
Protein 0g	

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Caffeine Content: 34 mg

INGREDIENTS

Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

Workbook Activity

- Work with the students to determine the amount of teaspoons of sugar for each beverage
- Shade in the amount of sugar using the date from the table above
- Answer the questions the bottom of the page

DIRECTIONS: Please complete the following chart and answer the questions below.

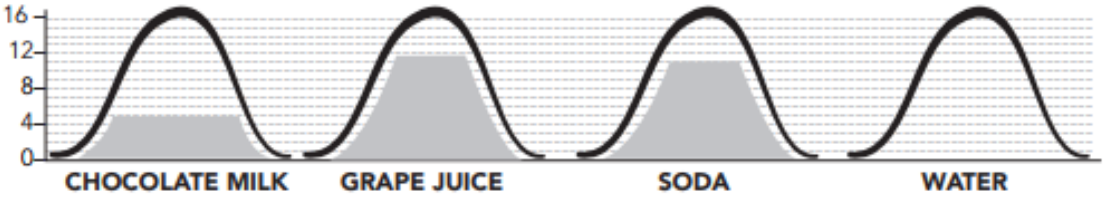
What's in my drink?

Remember: 4 grams = 1 teaspoon
Example 16 grams of sugar = 4 teaspoons
Note: The recommended daily consumption of sugar is less than 36 grams of sugar per day.

Name of Drink*	Grams of Sugar (Approx.)	Teaspoons of Sugar (Approx.)
Sweet Tea	**32**	**8**
Chocolate milk	20	5
Grape juice	48	12
Blended coffee drink with whipped cream	44	11
Soda	44	11
Slushie	36	9
Water	0	0
Sports Drink	21	5

*Per 12 fluid ounces

DIRECTIONS: Shade in the amount of sugar (in teaspoons) using the numbers from the graph.



1. If you drink three 12 oz cans of soda in one day, how many grams of sugar did you consume? 120 g
2. There are 40 grams of sugar in one can of soda, how many grams of sugar are in 3 cans? 120 g
3. Of the drinks on the list, which one do you think is the best one to have when you are thirsty? Why?

Water, because it does not have any sugar.

Mindful Tasting – Module 4

Lemon and cucumber water

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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!

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Physical Activity Break!

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Physical Activity Break!

Warm-up:

- March in place
- Shoulder rolls

Moves:

Module 3 and 4
• Beat the Drum • Harvest • Sun Salute

Cool-down:

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

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Lesson Delivery & Tracking

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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

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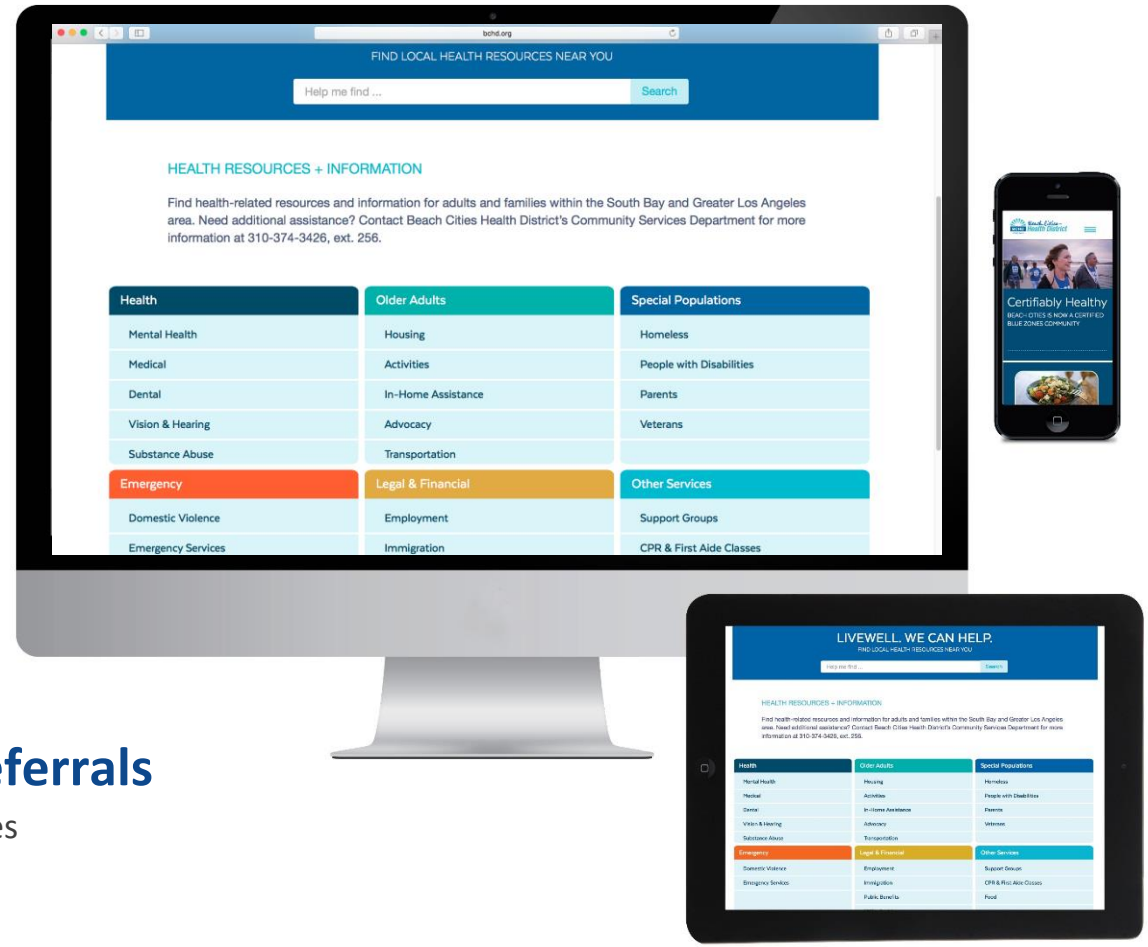
1200 Del Amo Street, Redondo Beach, CA 90277 • 310-374-3426 • www.bchd.org

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

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TEAM SHERZAI M.D.

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
Child development center
RCFE
RCFE
RCFE
Beryl St.
Center for Health & Fitness
Active Green Space
Community Wellness Pavilion
Medical Office Building
Active Green Space
Active Green Space
Diamond St.
RCFE
Prospect Ave.
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!

New!

All AdventurePlex Birthdays are now PRIVATE Parties!

PRIVATE ACCESS TO:

Play Structure | Inflatable | Party Room

Adventureplex.org/planyourparty

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

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Questions?

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O: (310) 374-3426 ext. 125

C: (424) 237-5159

Thank you!

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