LOS ANGELES UNIFIED SCHOOL DISTRICT

Healthy Schools Campaign

Poster Contest

A project of

SOSMentor ShapeUp

in partnership with

LAUSD Beyond the Bell Branch
LAUSD School Nursing Services

Sponsored By

Five Star Gourmet Foods, Inc.
Network for a Healthy California
NEWtritious
St. Vincent Medical Center
The Vons Foundation
Tyson Foods, Inc.

LAUSD Healthy Schools Campaign Time Line

Phase 1: February 1-29, 2012

- Preparation

Phase 2: March 5-16, 2012

- Nutrition education lessons
- 5 Activity Worksheets

Phase 3: March 19-23, 2012

- Help students come up with nutrition AND physical activity message
- Send home parent materials
- Distribute and explain “Poster Contest Entry Form”
- Poster creation

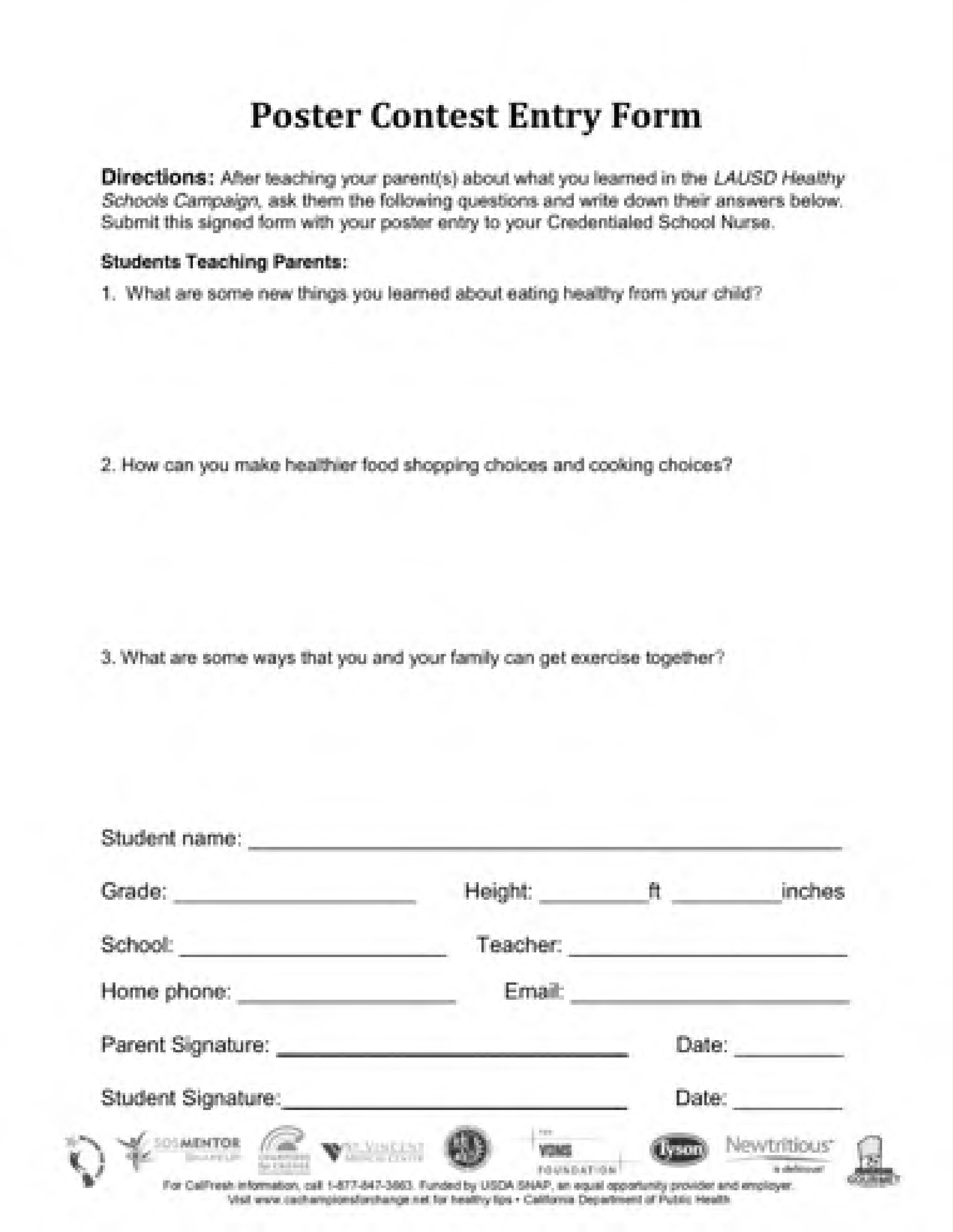
POSTER CONTEST RULES

1. **Include a nutrition AND a physical activity message. Use the back of this flyer to create your own message or use one of the following:**
    - **Eat smart. Play hard.**
    - **Use MyPlate.gov to stay healthy.**
    - **Eat Breakfast everyday to stay active throughout the day!**
    - **Make smart food, drink, and exercise choices for good health.**
2. **Write name, school, class, home phone # and email on the back of the poster.**
3. **Create your message in English or English and Spanish.**
4. **Use landscape format on 22" x 28" poster board.**
5. **Submit "Poster Contest Entry Form" with poster to qualify for District awards.**
6. **Submit one poster entry per student only.**
7. **Submit poster by March 23, 2012 to Beyond the Bell staff or the School Nurse.**

Have fun! Be creative!

Note: Posters will not be returned to participants.
Contact Beyond the Bell Staff or your credentialed school nurse with questions.

Poster Contest Entry Form- Students Teaching



Poster Contest Entry Form

Directions: After teaching your parent(s) about what you learned in the *LAUSD Healthy Schools Campaign*, ask them the following questions and write down their answers below. Submit this signed form with your poster entry to your Credentialed School Nurse.

Students Teaching Parents:

1. What are some new things you learned about eating healthy from your child?

2. How can you make healthier food shopping choices and cooking choices?

3. What are some ways that you and your family can get exercise together?

Student name: ______________________________

Grade: ______________ Height: ________ft ________inches

School: ______________ Teacher: ______________

Home phone: ______________ Email: ______________

Parent Signature: ______________________ Date: ________

Student Signature: ______________________ Date: ________

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer.
Visit www.cachampionsforchange.net for healthy tips • California Department of Public Health

Judging Time Line:

Level 1: Posters submitted to school	**March 23, 2012**
School Judging	**March 26-29, 2012**
School chooses 1st, 2nd & 3rd place winners.	
Level 2: 1 poster per school submitted to field office	**March 30, 2012**
Field Office Judging	**April 2-20, 2012**
Field office chooses 4 best posters at each level.	
Level 3: Posters submitted to District	**April 20, 2012**
District-Wide Judging	**TBD**
1st, 2nd & 3rd place winner from each level will be awarded.	

Prizes:

District Winners for ES, MS, HS

1st Place: 4 Disneyland Tickets

2nd Place: Bicycle

3rd Place: Sports Gift Card

Posters must include a nutrition

<u>AND</u>

a physical activity message.


FRUIT, Veggies & Exercise make you FIT & Fabulous!
Take Your Pick!


Jump and eat an a day to Keep the doctor away!
Get lots of Sleep
Play outdoors
Eat fruits and vegetables


PLAY HARD
EAT SMART
100% Juice


EAT SMART
PLAY HARD!

Creating the message:

Use the back of flier!

Posters must include a nutrition AND a physical activity message.

LAUSD Healthy Schools Campaign Poster Contest

What does it mean to "eat smart"? Focus on whole grains, increase vegetable intake: try and eat them at every meal, add fruit, choose milk instead of soda, think about different sources of low fat protein and don't forget the healthy fats. Cut down on "junk" foods that have unhealthy ingredients and minimal amounts of the vitamins and minerals we need to stay healthy.

What does it mean to "play hard"? Move your body more with sports, dance and play; play less video games, watch less T.V., and limit computer time.

Steps for Healthy Lives

1. Grains: Make half your grains whole
2. Vegetables: Vary your veggies
3. Fruit: Focus on fruit
4. Protein: Go lean with healthy meats, beans, nuts and seeds
5. Dairy: Get calcium rich foods
6. Enjoy your food, but eat less
7. Limit junk foods and fast foods
8. Avoid oversized portions
9. Make half your plate fruits and vegetables
10. Be a Restaurant Detective
11. Be physically active every day
12. Make smart choices from every food group, and find a balance between food and fun.

Grains: Make at least half your grains whole – 4-6 servings per day

1. Choose brown rice, whole wheat pasta and whole grain cereals
2. Search the ingredients list to make sure the first word is "whole" like "whole wheat"
3. Whole grains are an excellent source of fiber which is needed for healthy digestion
4. 1 serving is considered one of the following: 1 slice of bread, 1 cup of cereal, ½ cup of rice or pasta

Vegetables: Make half your plate fruits and vegetables – 3 cups per day

1. Color half your plate with all kinds of great tasting veggies
2. Eat vegetables for a healthy immune system, healthy skin and to help heal cuts and bruises
3. Eat a rainbow of colors. Every veggie has different vitamins and minerals that are good for your body.

Fruits: Make half your plate fruits and vegetables – 2 cups per day

1. Fruits are nature's treats – sweet and delicious
2. They protect our bodies against disease and have been proven to help prevent cancer

Dairy: Switch to fat-free or low-fat (1%) milk – 3 servings per day

1. Calcium builds strong bodies – Find this in all dairy products as well as in calcium enriched products
2. Look at the carton or container to make sure your milk, yogurt, or cheese is low fat or fat-free
3. If you can't or don't drink milk try other lactose free alternatives: soy milk, rice milk or other lactose free products

Protein: Go lean with protein – 5-6 ounces per day

1. Eat lean or low fat meat - chicken, turkey or fish
2. Ask for it baked, broiled, or grilled – not fried
3. Nuts, seeds, peas, and beans are all great sources of protein

Fats and sugars: Know your limits

1. Read food labels: try to find snacks with less than 10g of sugar per serving and less than 1g of saturated fat per serving (nuts are an exception)
2. Limit solid fats as well as foods that contain them
3. Choose food and beverages low in added sugars
4. When eating out, look for healthy menu words

Find your balance between food and fun

1. Move more – Aim for at least 60 minutes of physical activity every day
2. Walk, dance, bike, rollerblade – it all counts

LAUSD Healthy Schools Campaign

SOSMentor ShapeUp Poster Contest

Phase 1: Preparation **February 1-29, 2012**

- Read through the 8-page STAFF RESOURCE GUIDE and familiarize yourself with the curriculum.
- Review worksheets and make enough copies of worksheets and *Poster Contest Entry Form* for your students.
- Look over the MyPlate mini-poster. This is a great resource to use when teaching the lessons.

  Suggestion: Laminate MyPlate mini-poster.

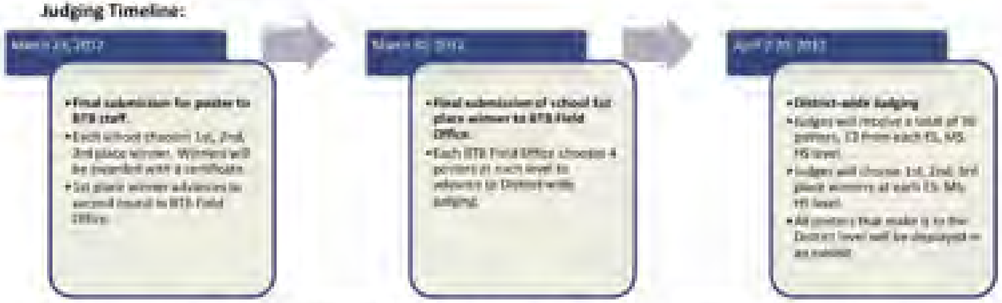
Phase 2: Nutrition Education Lessons **March 5-16, 2012**

- Teach nutrition education lessons to students over two week period, one lesson per day, using *LAUSD Healthy Schools Campaign STAFF RESOURCE GUIDE*
- Facilitate worksheet activities using *Worksheet Lesson Plans*.
- Use MyPlate mini-poster when teaching lessons.

Phase 3: Poster creation **March 19-23, 2012**

- Use back of poster flyer (which you will distribute to students), the nutrition education lessons, and the *STAFF RESOURCE GUIDE* to help students come up with a nutrition and physical activity message to use on their posters.
- Encourage students to create a poster with a written nutrition and physical activity message and a graphic illustration.
- **Thoroughly** go over the Poster Contest Rules found on the front of the Poster Contest flyer.
- Emphasize to students that the *Poster Contest Entry Form* **MUST** be completed and turned in with poster to qualify for District awards. Have students attach form to back of poster and make sure student information is also written on back of poster.

Judging Timeline:



- **Final submission for poster to BTB staff.**
- Each school chooses 1st, 2nd, 3rd place winner. Winners will be awarded with a certificate.
- 1st place winner advances to second round to BTB Field Office.

- **Final submission of school 1st place winner to BTB Field Office.**
- Each BTB Field Office chooses 4 posters at each level to advance to District-wide judging.

- **District-wide Judging**
- Judges will receive a total of 36 posters, 12 from each ES, MS, HS level.
- Judges will choose 1st, 2nd, 3rd place winners at each ES, MS, HS level.
- All posters that make it to the District level will be displayed in an exhibit.

First Place Posters from each school to be dropped off at one of the following locations by March 30, 2012:

Zelzah Nursing Services
6505 Zelzah Ave.
Reseda, CA 91335

BTB Elementary School Unit
2060 West 156th St.
Gardena, CA 90249

BTB Middle Schools Unit
1317 San Julian St.
Los Angeles, CA 90015

BTB Hughes Site
5607 Capistrano Ave.
Woodland Hills, CA 91367

Poster Contest Prizes:

1st Place District Winner for Elementary, Middle, High School: **4 Disneyland Tickets**
2nd Place District Winner for Elementary, Middle, High School: **Bicycle**
3rd Place District Winner for Elementary, Middle, High School: **Sports Gift Card**

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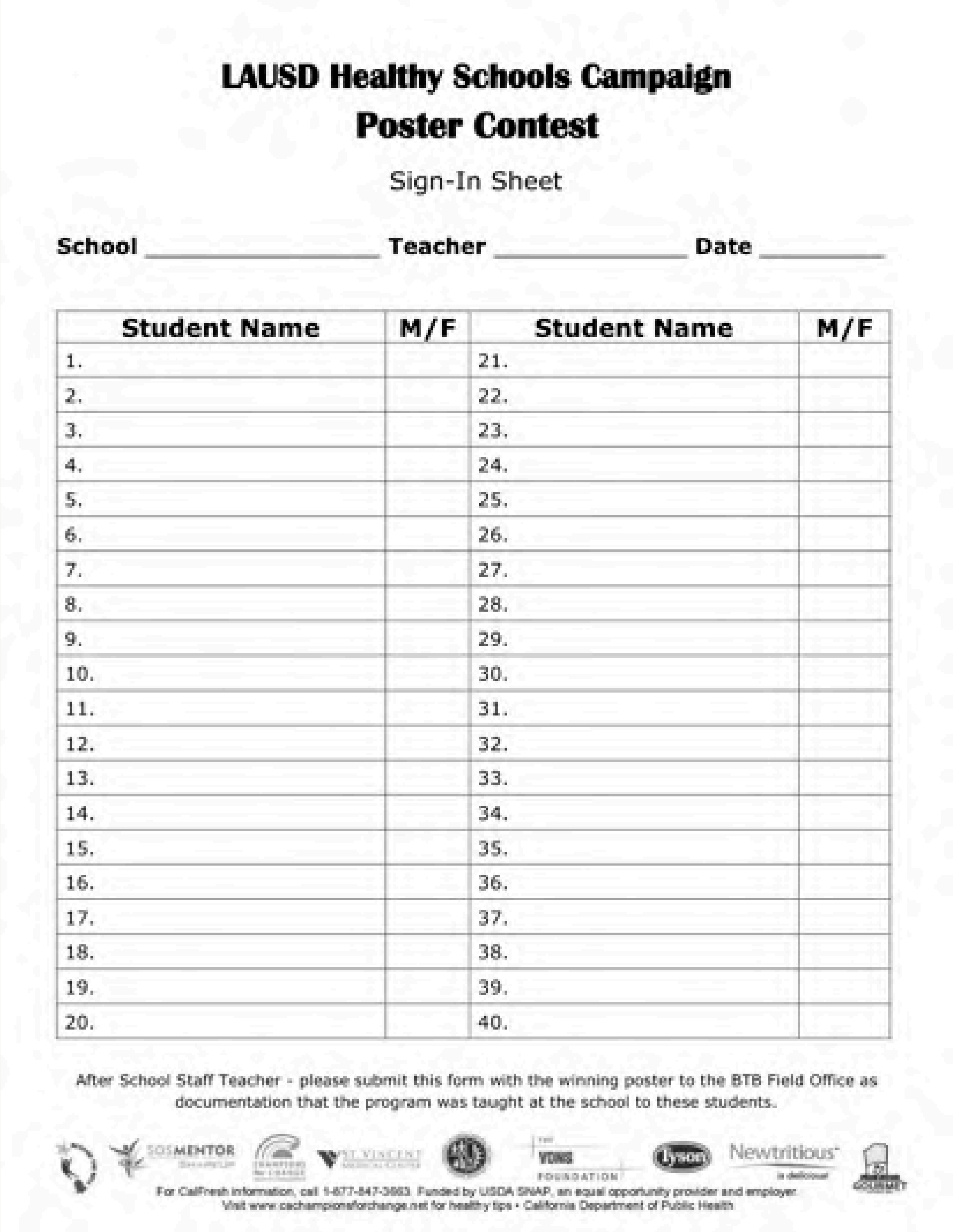

LAUSD Healthy Schools Campaign
Poster Contest

Sign-In Sheet

School ________________ **Teacher** ______________ **Date** _________

Student Name	M/F	Student Name	M/F
1.		21.	
2.		22.	
3.		23.	
4.		24.	
5.		25.	
6.		26.	
7.		27.	
8.		28.	
9.		29.	
10.		30.	
11.		31.	
12.		32.	
13.		33.	
14.		34.	
15.		35.	
16.		36.	
17.		37.	
18.		38.	
19.		39.	
20.		40.	

After School Staff Teacher - please submit this form with the winning poster to the BTB Field Office as documentation that the program was taught at the school to these students.

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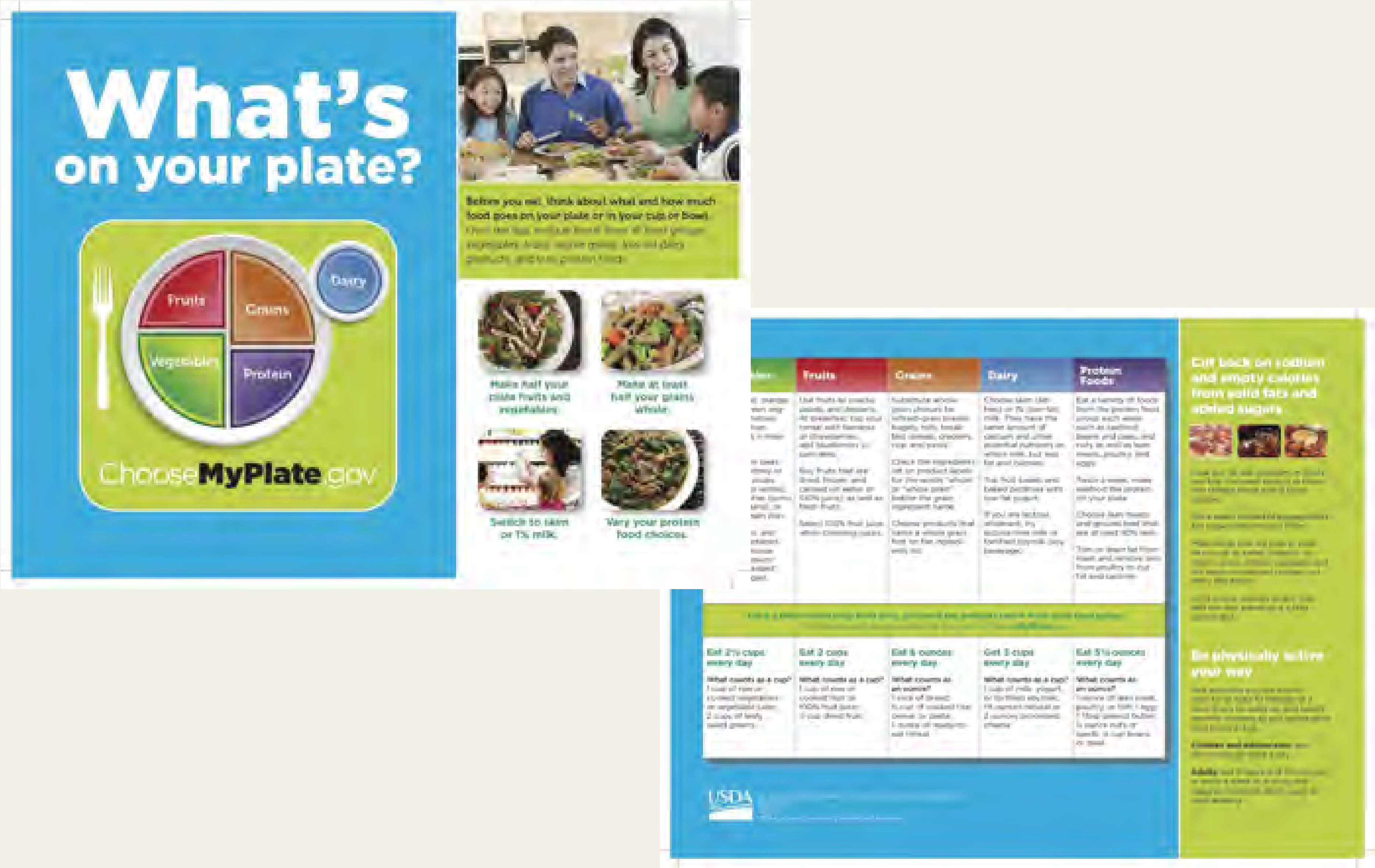
Turn this sheet in at drop off location with winning poster

Refer to the "What's on Your Plate" mini-poster throughout all lessons



What's on your plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl.

Make half your plate fruits and vegetables.

Make at least half your grains whole.

Switch to skim or 1% milk.

Vary your protein food choices.

Fruits	Grains	Dairy	Protein Foods
Eat 2 cups every day	Eat 6 ounces every day	Get 3 cups every day	Eat 5½ ounces every day

Eat 2½ cups every day

Cut back on sodium and empty calories from solid fats and added sugars

Be physically active your way

Use the Staff Reference Guide

◆ The Reference Guide is designed to reflect the guidelines set by the USDA Food Guide MyPlate

- ◆ MyPlate was created in response to an increase in heart disease
- ◆ Gives Americans an outline for healthy eating and lifestyle
- ◆ Groups food into 5 categories: Grains, Vegetables, Fruit, Dairy, and Protein
- ◆ Manual includes healthy recipes, tips for eating out and importance of breakfast

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STAFF REFERENCE GUIDE©

GRAINS
Make at least half your grains whole

Grains: Make at least half your grains whole -

What's in the grains group: Any food made from wheat, rice, oats, corn meal, barley or another cereal grain. Whole grains include whole wheat flour, bulgur (cracked wheat), oatmeal, whole corn meal and brown rice.

- Grains are an important source of energy for our bodies and help us to run, play and study.
- Whole grains contain beneficial nutrients like carbohydrates, magnesium, selenium, B vitamins, iron and fiber, all of which we need to stay healthy.
- It is important to understand that refined grains like white bread, white rice, white pasta and white flour do not provide us with as many nutrients as whole grains, and they have very little fiber.
- Fiber is important for digestion. It keeps you feeling full and it helps maintain a healthy heart.
- To find out if a product has whole grains, search the ingredients for key words like 100% whole grain, whole wheat, stoneground whole grain, brown rice, oats and wheat berries.

Just because bread is brown doesn't mean it's whole grain.

- Try to eat more whole grains like oatmeal, popcorn, whole grain breads and pastas, brown rice, cereal, granola and whole wheat tortillas.

How many grains should I eat?

Aim for 6 servings per day

1 serving is considered one of the following: 1 slice of bread, 1 cup of cereal, ½ cup of rice or pasta.

- Provide our bodies with its main source of **sustained** energy
- Important to understand the difference between whole grains and processed grains
- Look for key words like 100% whole grain, whole wheat, stoneground whole grain, brown rice, oats, wheat berries

VEGETABLES
Make half your plate fruits and vegetables

- Provide our bodies with vitamins, minerals and phytonutrients which help protect us against diseases like cancer

- Aim for 3 cups per day

- Help our bodies maintain a healthy immune system, healthy skin and help our bodies heal cuts and bruises

Vegetables: **Make half your plate fruits and vegetables**

What's in the vegetable group: Any vegetable or 100% vegetable juice. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated.

- Eat vegetables for a healthy immune system, healthy skin and to help heal cuts and bruises.
- Veggies provide our bodies with nutrients like carbohydrates, potassium, fiber, folic acid, vitamins A, E, C and antioxidants.
- Antioxidants protect our bodies against disease and have been proven to help prevent cancer.
- Vitamin A helps keep eyes healthy, clears harmful cells out of the body and can help decrease acne.
- Eat a rainbow of colors. Every veggie has different vitamins and minerals that are good for your body.
- Encourage your parents to buy frozen vegetables. These are easy to use, they can always be kept on hand and they retain their nutrients.
- Suggest to your parents to add frozen vegetables to eggs in the morning to make tasty omelets, add to soups and stir fries, or you can even microwave a bowl full and sprinkle with olive oil and seasonings.
- Veggies contain high amounts of water which allows them to be low in calories and generally fat free.
- Suggest a family trip to the farmers' market. Explore all of the different vegetables and try something new.
- 3 servings of vegetables per day can help prevent diseases like diabetes and heart disease.
- Delicious veggies include broccoli, asparagus, cauliflower, bell peppers, carrots, onions, celery, spinach, jicama and cucumbers.

[illegible]

Aim for at least 3 cups per day

- Farmers markets are a great way to get fresh and local produce

FRUITS
Make half your plate fruits and vegetables

Fruits: **Make half your plate fruits and vegetables**

What's in the fruits group: Any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried and may be whole, cut up, pureed, raw or cooked.

[illegible]

Aim for at least 2 cups per day

- Fruits are not only a delicious treat, but they are also packed with nutrients like carbohydrates, potassium, fiber, vitamins A and C and antioxidants.
- Vitamin C helps prevent colds, boosts our immune system, and heals cuts and bruises. As fruits age, the vitamin C content decreases so try to eat fruits when they are fresh.
- Fruits are a great snack and easy to grab when you are on the run. Toss in an apple to munch with lunch and some raisins to satisfy you at snack time.
- Fruits protect our bodies against disease and have been proven to help prevent cancer.
- Leave the skins on whenever possible for extra fiber in your diet.
- Buy fresh fruits in season when they taste best and cost less.
- Fruits are packed with antioxidants, another important part of maintaining health and protecting your body from stress.
- An apple a day really does keep the doctor away!
- Fruits provide a great source of natural energy without all the added fat.
- It's always best to eat whole fruit over drinking fruit juices.
- When drinking fruit juice, watch out for added sugar! Look for juices that are 100% fruit juice.
- Delicious fruits include bananas, apples, strawberries, kiwis, grapes, watermelon, oranges, mangos and persimmons.

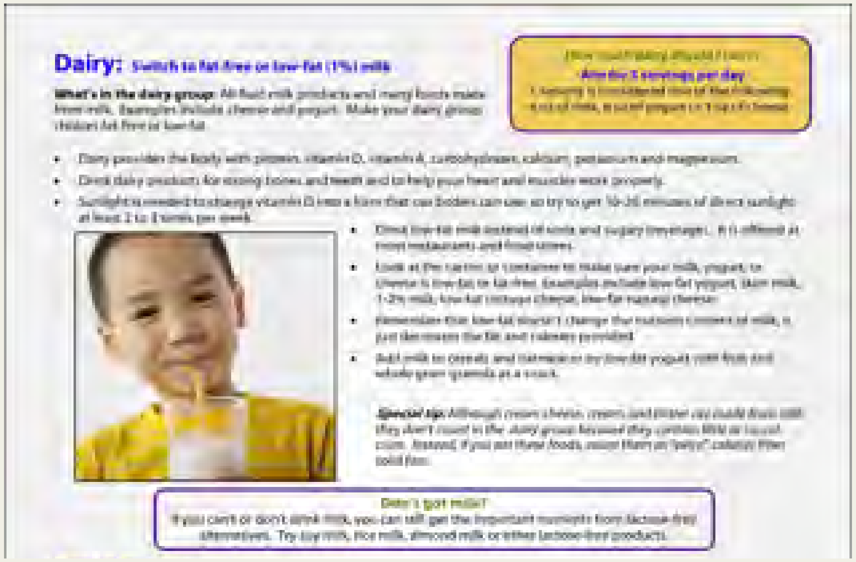
◆Many fruits contain Vitamin C which can help prevent colds

◆Can give you a quick source of energy without any added fat

◆Aim for 2 cups per day

◆Experiment with different fruits and different colors

DAIRY
Switch to fat-free or low-fat milk



- Good source of protein, calcium, Vitamin D, Vitamin A and potassium

- Helps your bones and teeth grow strong and helps your heart and muscles work properly

- Healthy alternative to soft drinks, choose low-fat milk

- Some people don’t have the ability to digest lactose, an enzyme contained in milk

- Try other dairy free foods that contain calcium: collard greens, soy or rice milk, cauliflower, brussel sprouts, broccoli, sardines and many other plant sources

PROTEIN
Go lean with protein

Protein: Go lean with protein

What's in the protein group:

Powerful Protein

Did you know?

- Provides our bodies with a high value complete protein
- When eating out choose meat that is baked, grilled, and broiled - not fried
- Aim for leaner cuts of meat: 90-95% lean ground meat, fish, chicken and turkey
- Important to consider the source of your meat; fast food uses highly processed meats that have a lower nutrient value

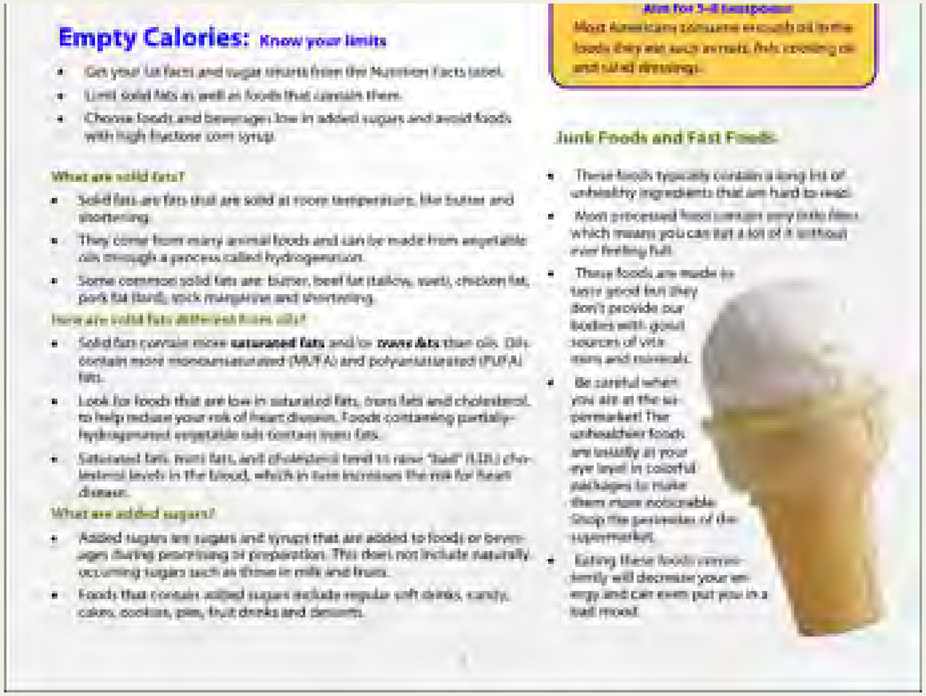
OILS: Know your fats

Oils: **Know your fats**

Empty Calories: **Know your limits**

- Contrary to popular belief fats are actually an important and healthy part of our diets
    - Fats compose about 60% of the brain and are essential for learning abilities, memory retention and mood
- It is important to consider the types of fats you are eating
    - Mono and polyunsaturated fats: avocados, nuts, seeds
    - Trans and saturated fats: fried foods, margarine, red meats

EMPTY CALORIES
Know your limits



Empty Calories: Know your limits

What are solid fats?

How are solid fats different from oils?

What are added sugars?

Junk Foods and Fast Foods

- Read food labels: added sugar can be hidden in many different foods
  - Find snacks that have less than 10g of sugar per serving and less than 1 g of saturated fats (nuts are an exception
  - Watch out for sports drinks, energy drinks and juices
- Sugar does not provide the body with any valuable nutrients

Breakfast, Snacks
Eating Out

What can breakfast do for you?

Quick and healthy snacks

Going out to eat!

- Eat a healthy breakfast to maintain high energy levels all day and to give your brain the energy it needs to think and stay focused

- Eat fruits and veggies for snacks

- When eating out, ask for dressings on the side, order water or low-fat milk instead of soda or juice, read nutrition information

    - Look for words like grilled, steamed, baked, broiled, fresh

    - Avoid words like fried, smothered, super size, pan-fried, deep-fried, creamy, batter-dipped, crispy

Physical Activity

Find your balance between food and fun

Aim for at least 60 minutes of physical activity every day!

What is physical activity?

Physical activity is a game, sport, exercise, or other action that involves moving your body, especially one that increases your heart rate. You can also call this power play.

Moderate physical activity gets you up and moving and makes your heart beat faster.

How much physical activity do you need?

- For good health, MyPyramid recommends at least 30 minutes of physical activity most days, preferably daily, for adults.
- Children and adolescents need 60 minutes of physical activity daily, or most days.
- To prevent weight gain, many people need about 60 minutes of physical activity on most days.
- To keep off lost pounds, many people need about 60-90 minutes of physical activity daily.

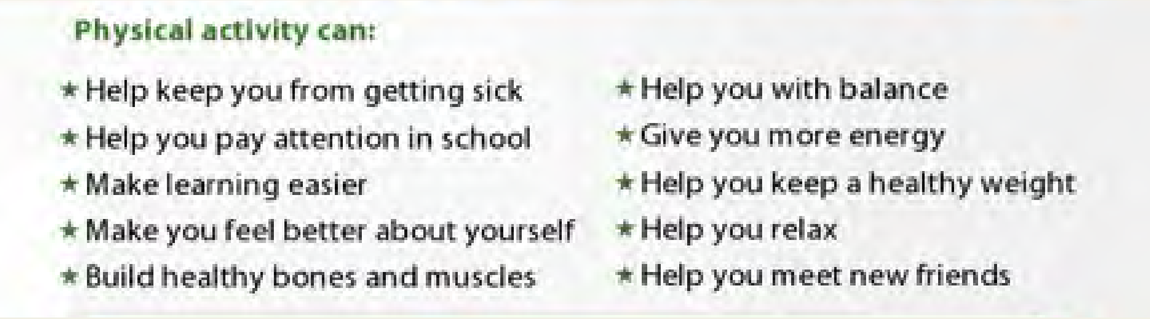
Steps to get active

Do whatever "moves" you along your personal path.

Finding your right balance between food and activity is an important step toward good health. The good news is you don't have to join a gym or be a trained athlete to benefit from physical activity. All the moves you make add up-just get moving!

To get started and stick with it, choose activities you enjoy that work for you and your lifestyle. Pick from these small steps or make up your own moves.

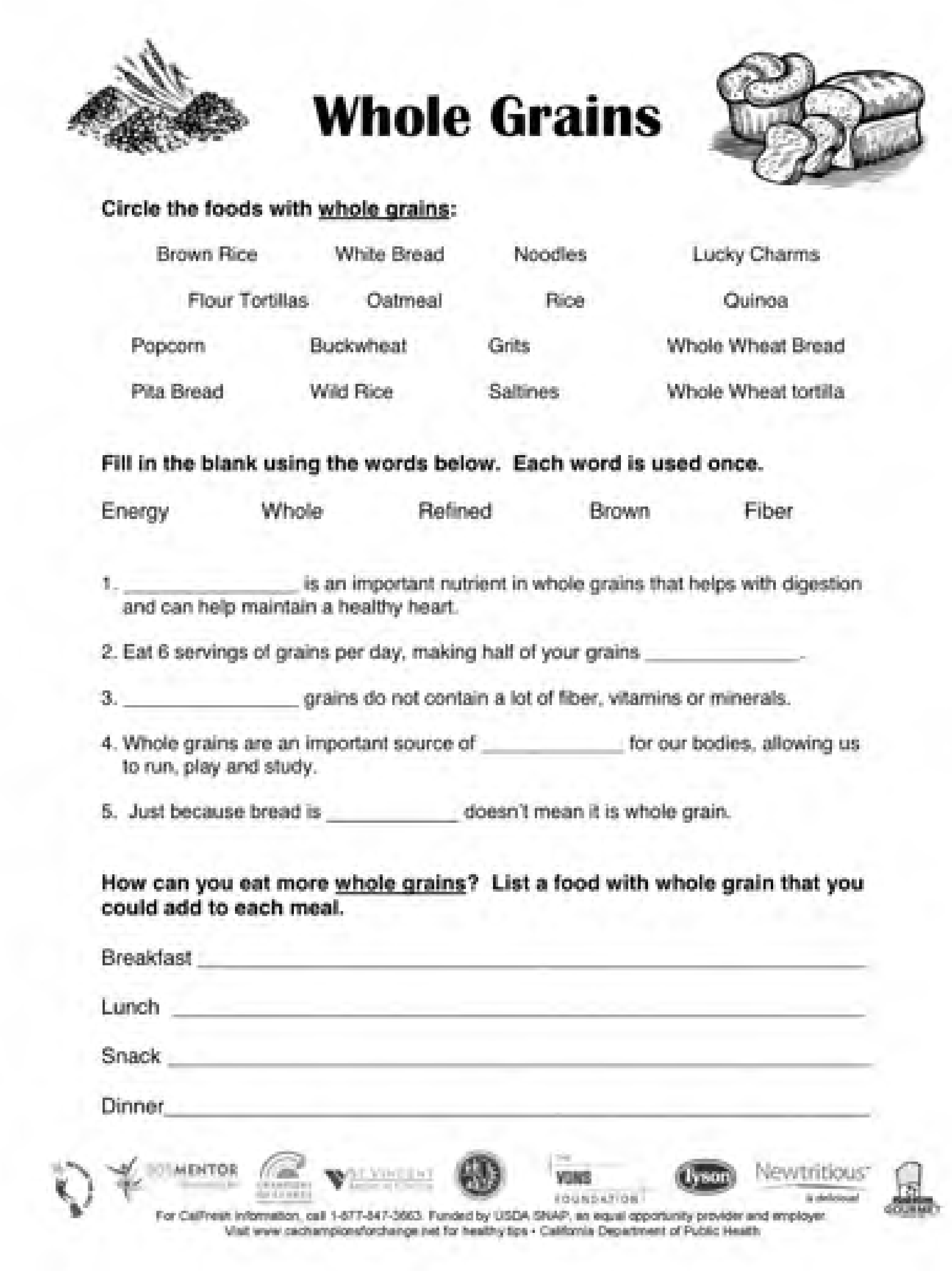
- Mix it up. Walk one day, swim the next. On weekends, bike, dance or play basketball. You'll get fit while you have fun.
- Choose fun indoor activities like dancing to your favorite music, hula-hooping and working out with fun exercise or dance videos.
- Make TV time count. Stretch, lift weights, or jog in place while you watch your favorite shows.
- Activity is as close as your own backyard. Cut grass, pull weeds, rake leaves or wash a car.



Physical activity can:

- ★ Help keep you from getting sick
- ★ Help you pay attention in school
- ★ Make learning easier
- ★ Make you feel better about yourself
- ★ Build healthy bones and muscles
- ★ Help you with balance
- ★ Give you more energy
- ★ Help you keep a healthy weight
- ★ Help you relax
- ★ Help you meet new friends

- Can help manage stress, improve focus, maintain healthy weight, improve self-esteem and improve mood
- Lean body mass can help keep your bones strong
- Important for healthy heart function
- Recommended to exercise 30-60 minutes a day
- Try and do something everyday that makes you sweat
  - Team sports, swimming, running, hiking, yoga



Whole Grains

Circle the foods with whole grains:

Brown Rice   White Bread   Noodles   Lucky Charms
Flour Tortillas   Oatmeal   Rice   Quinoa
Popcorn   Buckwheat   Grits   Whole Wheat Bread
Pita Bread   Wild Rice   Saltines   Whole Wheat tortilla

Fill in the blank using the words below. Each word is used once.

Energy   Whole   Refined   Brown   Fiber

1. ______________ is an important nutrient in whole grains that helps with digestion and can help maintain a healthy heart.
2. Eat 6 servings of grains per day, making half of your grains ___________.
3. ______________ grains do not contain a lot of fiber, vitamins or minerals.
4. Whole grains are an important source of ___________ for our bodies, allowing us to run, play and study.
5. Just because bread is __________ doesn't mean it is whole grain.

How can you eat more whole grains? List a food with whole grain that you could add to each meal.

Breakfast ______________________________

Lunch ______________________________

Snack ______________________________

Dinner ______________________________

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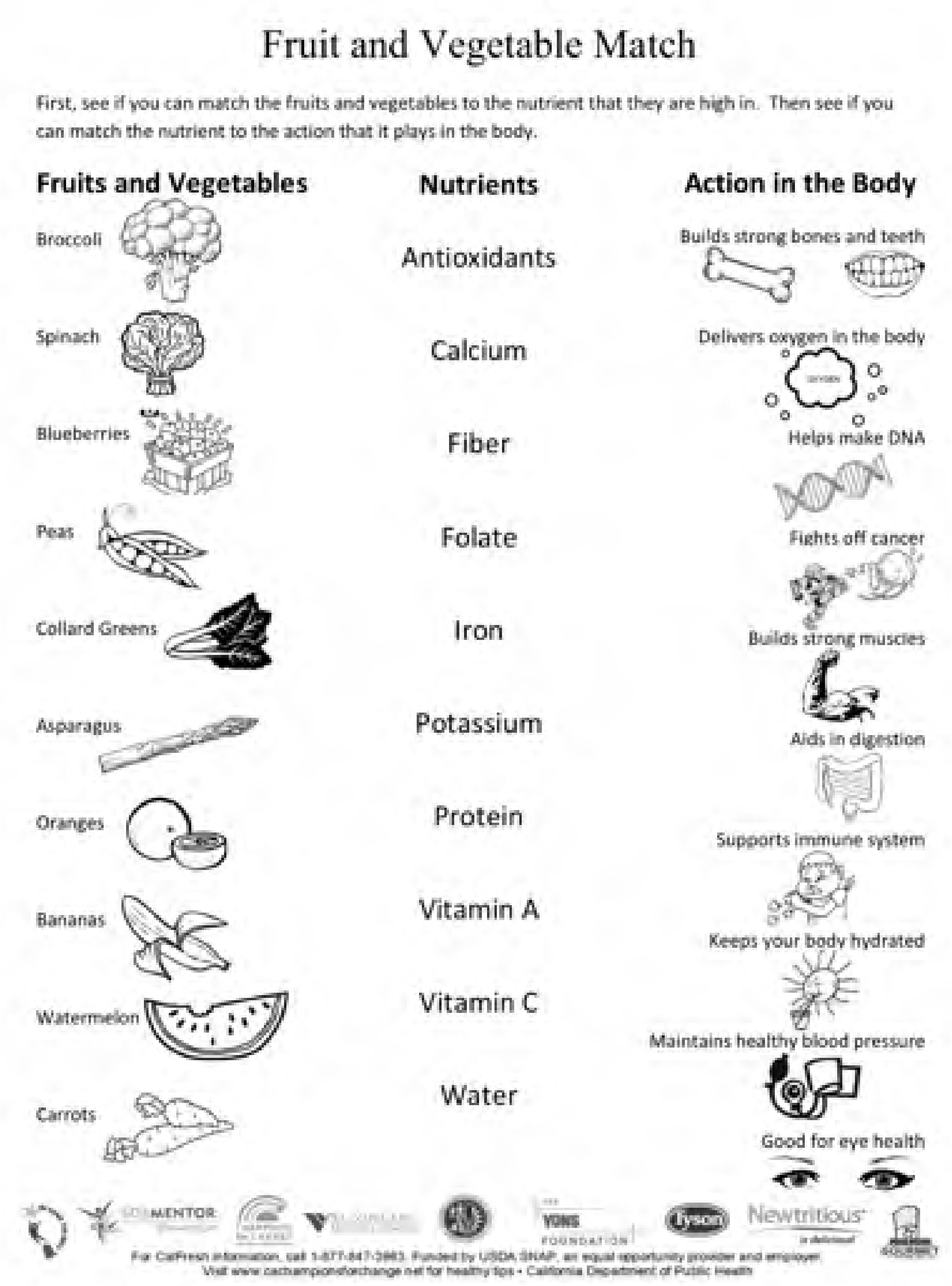
Poster Message Ideas:

- Eat breakfast everyday to stay active throughout the day.
- Whole grains are an important source of energy for our bodies, allowing us to run, play, and study.

Whole Grains – Answer Sheet



Fruit and Vegetable Match

First, see if you can match the fruits and vegetables to the nutrient that they are high in. Then see if you can match the nutrient to the action that it plays in the body.

Fruits and Vegetables

- Broccoli
- Spinach
- Blueberries
- Peas
- Collard Greens
- Asparagus
- Oranges
- Bananas
- Watermelon
- Carrots

Nutrients

- Antioxidants
- Calcium
- Fiber
- Folate
- Iron
- Potassium
- Protein
- Vitamin A
- Vitamin C
- Water

Action in the Body

- Builds strong bones and teeth
- Delivers oxygen in the body
- Helps make DNA
- Fights off cancer
- Builds strong muscles
- Aids in digestion
- Supports immune system
- Keeps your body hydrated
- Maintains healthy blood pressure
- Good for eye health

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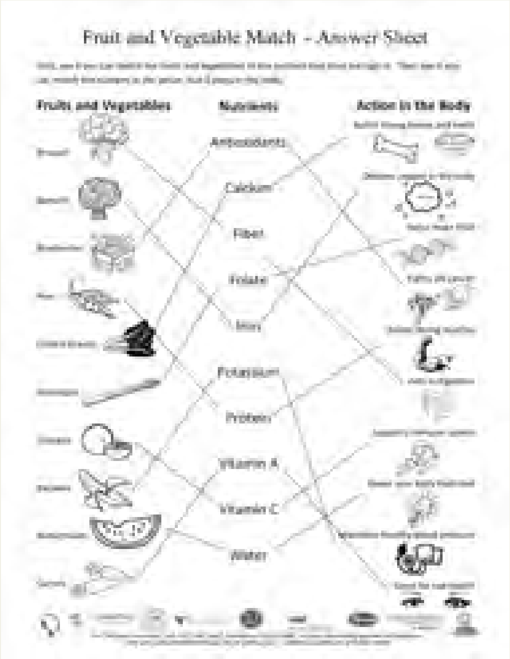
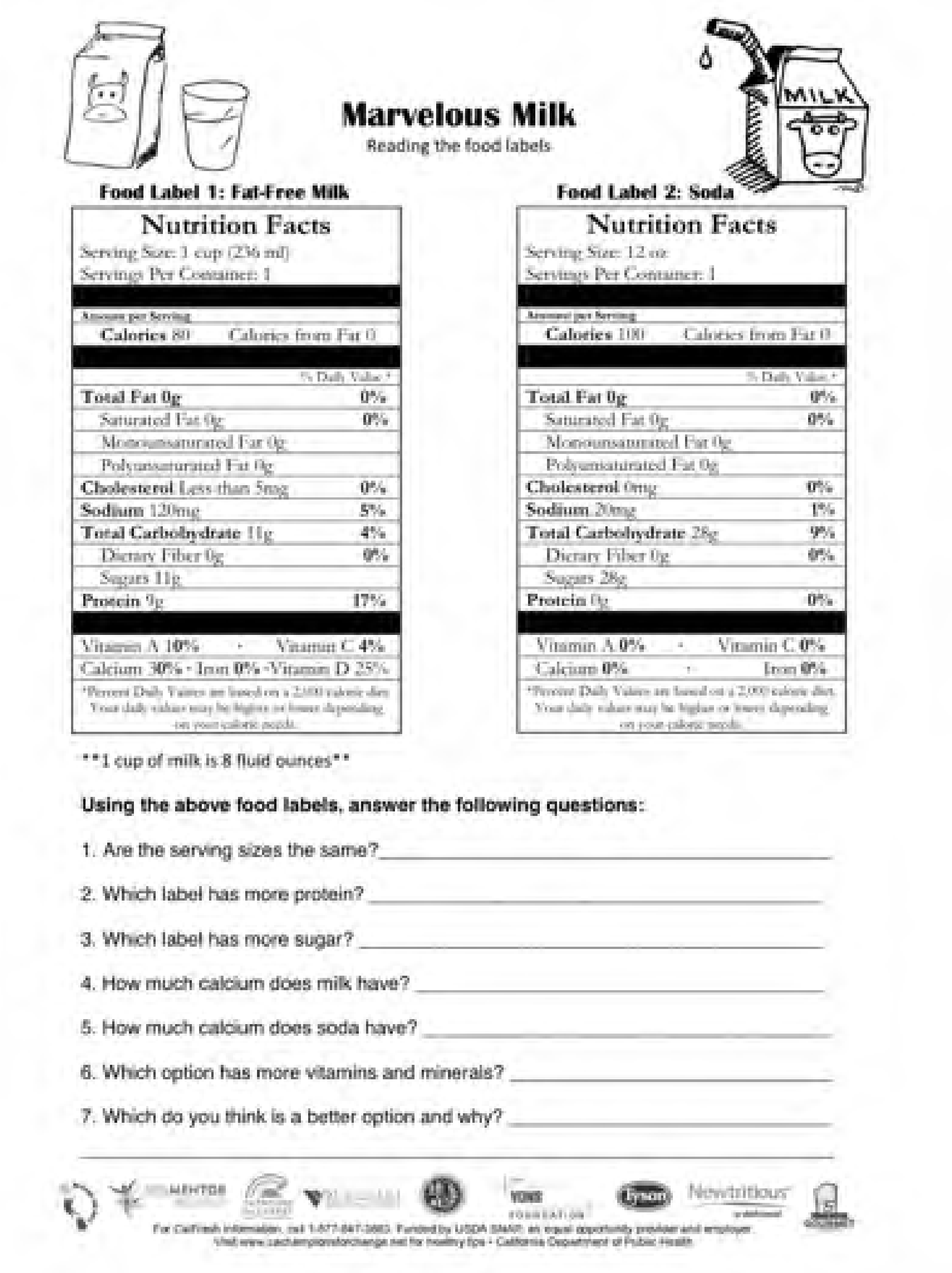
Poster Message Ideas:

- Make half your plate fruits and vegetables to power you through your play time.
- Eating well and staying active is not about what you lose, it's about what you gain.



Fruit and Vegetable Match – Answer Sheet

Fruits and Vegetables
Nutrients
Action in the Body



Marvelous Milk

Reading the food labels

Food Label 1: Fat-Free Milk

Nutrition Facts	
Serving Size: 1 cup (236 ml)	
Servings Per Container: 1	
Amount per Serving	
Calories 80	Calories from Fat 0
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10% •	Vitamin C 4%
Calcium 30% • Iron 0% •	Vitamin D 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	

Food Label 2: Soda

Nutrition Facts	
Serving Size: 12 oz	
Servings Per Container: 1	
Amount per Serving	
Calories 100	Calories from Fat 0
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 28g	
Protein 0g	0%
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	

1 cup of milk is 8 fluid ounces

Using the above food labels, answer the following questions:

1. Are the serving sizes the same? ______________________________
2. Which label has more protein? ______________________________
3. Which label has more sugar? ______________________________
4. How much calcium does milk have? ______________________________
5. How much calcium does soda have? ______________________________
6. Which option has more vitamins and minerals? ______________________________
7. Which do you think is a better option and why? ______________________________

____

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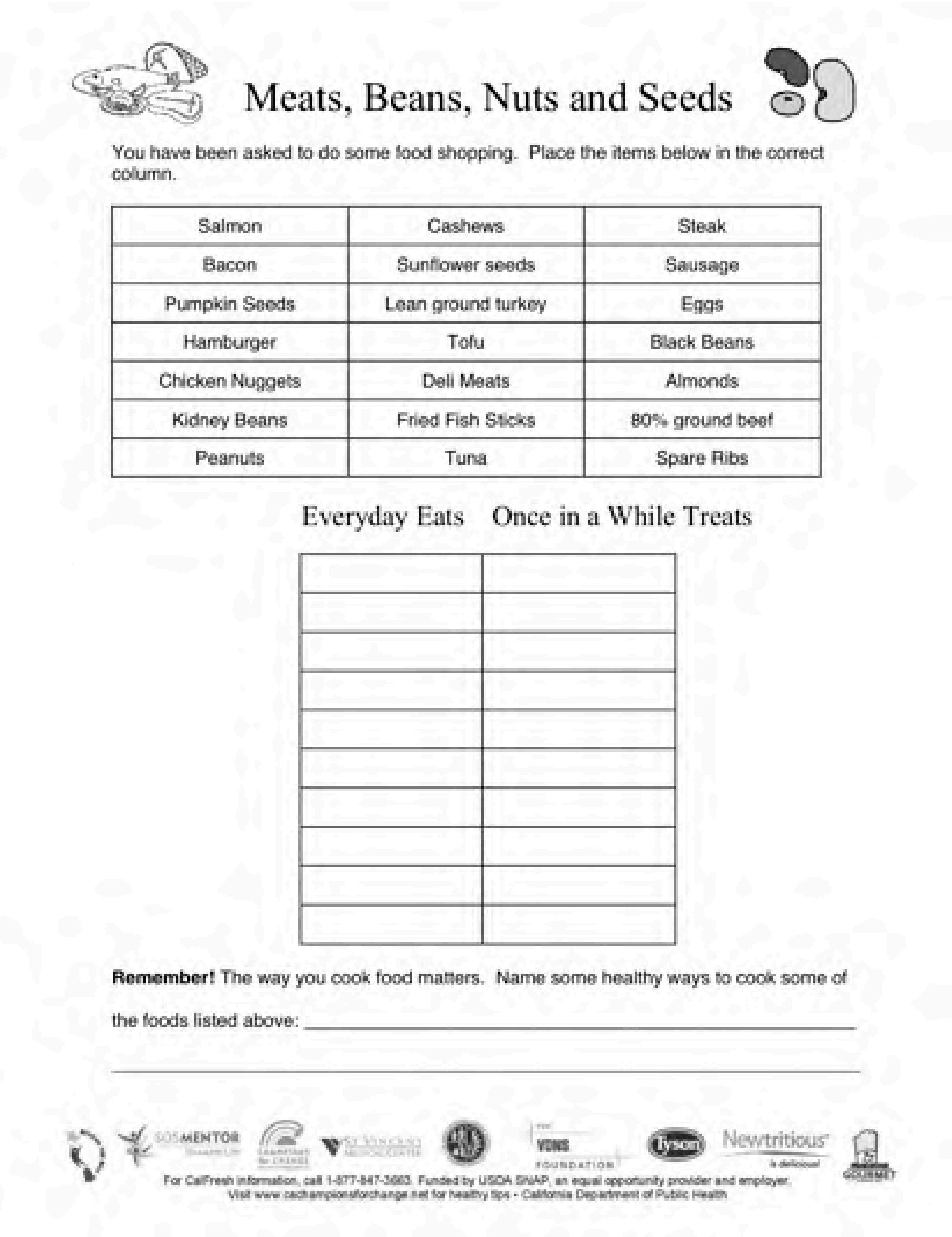
Poster Message Ideas:

- For a healthy weight, find your balance between food and physical activity.
- Get the most nutrition out of your calories to help you stay active.

Marvelous Milk – Answer Sheet



Meats, Beans, Nuts and Seeds

You have been asked to do some food shopping. Place the items below in the correct column.

Salmon	Cashews	Steak
Bacon	Sunflower seeds	Sausage
Pumpkin Seeds	Lean ground turkey	Eggs
Hamburger	Tofu	Black Beans
Chicken Nuggets	Deli Meats	Almonds
Kidney Beans	Fried Fish Sticks	80% ground beef
Peanuts	Tuna	Spare Ribs

Everyday Eats	Once in a While Treats

Remember! The way you cook food matters. Name some healthy ways to cook some of the foods listed above: ______________________

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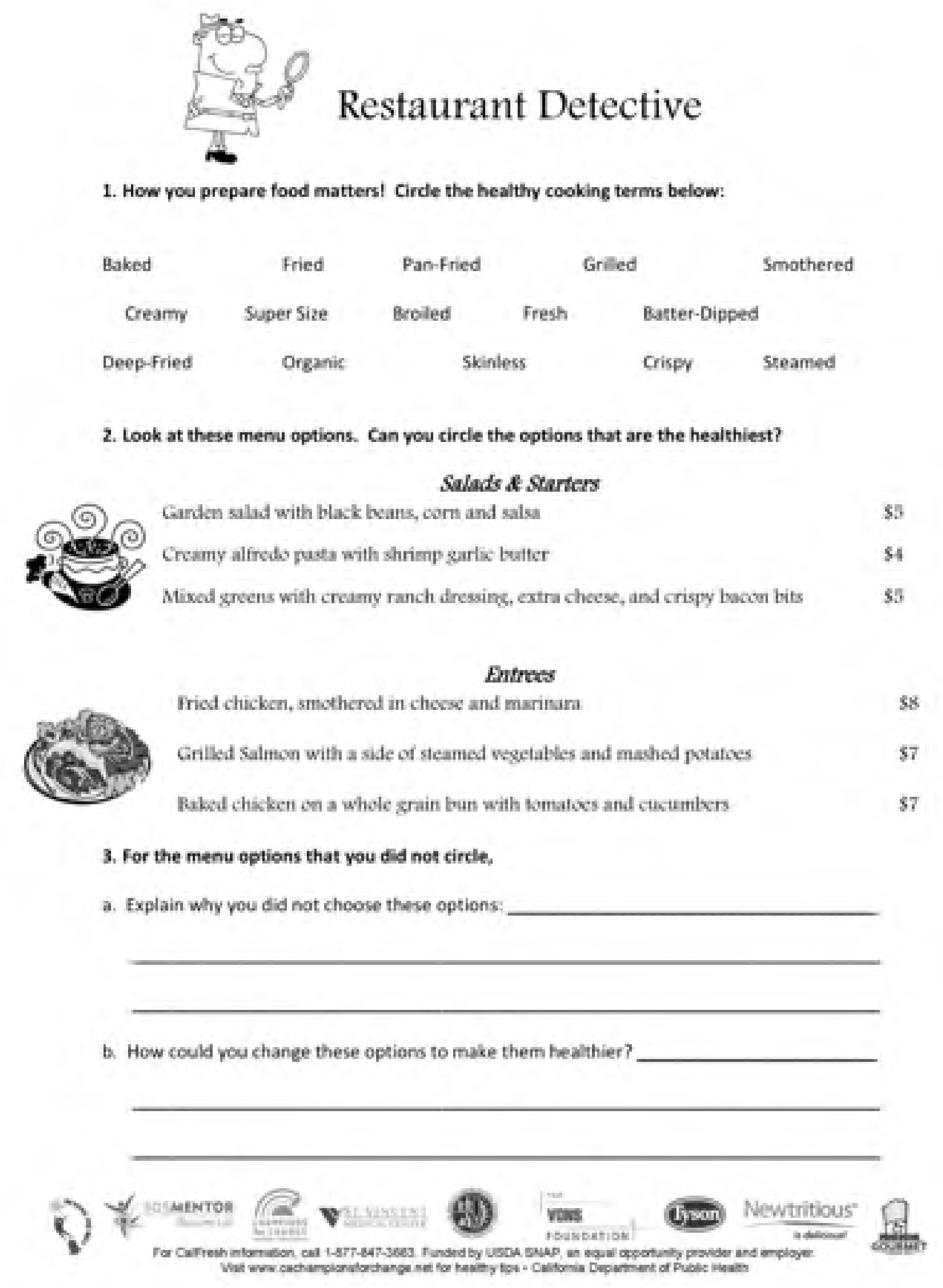
Poster Message Ideas:

- Vary your food choices and vary your physical activity to stay in tip top shape.
- Eat Smart. Play Hard.

Meats, Beans, Nuts and Seeds – Answer Sheet

Everyday Eats Once in a While Treats



Restaurant Detective

1. How you prepare food matters! Circle the healthy cooking terms below:

Baked Fried Pan-Fried Grilled Smothered

Creamy Super Size Broiled Fresh Batter-Dipped

Deep-Fried Organic Skinless Crispy Steamed

2. Look at these menu options. Can you circle the options that are the healthiest?

Salads & Starters

Garden salad with black beans, corn and salsa	$5
Creamy alfredo pasta with shrimp garlic butter	$4
Mixed greens with creamy ranch dressing, extra cheese, and crispy bacon bits	$5

Entrees

Fried chicken, smothered in cheese and marinara	$8
Grilled Salmon with a side of steamed vegetables and mashed potatoes	$7
Baked chicken on a whole grain bun with tomatoes and cucumbers	$7

3. For the menu options that you did not circle,

a. Explain why you did not choose these options: ______________________

b. How could you change these options to make them healthier? ______________________

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Poster Message Idea:

- Try new foods and new exercises to keep things fun and exciting.

Restaurant Detective – Answer Sheet

Worksheet Lesson Plans

LAUSD Healthy Schools Campaign

Whole Grains Worksheet

1. Review the background information about Grains in the Staff Reference Guide.
2. Ask the students to explain the difference between whole grains and refined grains.
    a. Suggested visual: display a diagram of a whole grain and explain the nutrients found in each part:
        - Bran – fiber, vitamins and minerals
        - Endosperm – starch/carbohydrate
        - Germ – vitamins, minerals, good fat, and protein
    b. Explain that refined grains are missing the bran and germ, which are the most nutrient and fiber rich parts.
3. Ask them how they can find out if the grains they eat are whole or refined grains.
    a. Suggested visual: food labels from whole grain and refined grain products (look at the first 3 ingredients on the ingredients list).
4. Distribute the Whole Grains worksheet and explain the instructions.
5. Have students fill out the worksheet.
6. Review the correct answers with the students and have them share their answers for how they can incorporate more whole grains into their day.

Fruit and Vegetable Match Worksheet

1. Review the background information about vegetables and fruits in the Staff Reference Guide.
2. Before handing out the worksheet, use the table below to teach the students about the main action that each nutrient plays in the body, and what fruits and vegetables are high in each nutrient.
3. Distribute the Fruit and Vegetable Match worksheet and read the instructions.
4. Have students fill in the worksheet.
5. Review the correct matches with the students.

Nutrient	Action in the Body	Fruits and Vegetables
Antioxidants	Helps your body fight off cancer	Blueberries, pomegranates, leafy greens
Calcium	Builds strong bones and teeth	Collard greens, kale, mustard greens
Fiber	Aids in digestion, makes us feel full	Broccoli, cabbage, green beans
Folate	Helps the body makes healthy new cells and DNA	Asparagus, leafy greens, citrus fruits
Iron	Delivers oxygen in the body	Spinach, prunes, potatoes
Potassium	Maintains healthy blood pressure and muscle contraction	Bananas, avocados, beets, kiwi fruit, potatoes
Protein	Build strong muscles and regulate hormones	Peas, soy beans, cauliflower, cantaloupe
Vitamin A	Maintains good eye site and healthy skin	Carrots, sweet potatoes, apricots
Vitamin C	Supports immune system	Oranges, bell peppers, pineapple, onion
Water	Keeps the body hydrated	Watermelon, tomatoes, leafy greens

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Marvelous Milk Worksheet

1. Review the background information about dairy in the Staff Reference Guide.
2. Refer to the "Reading the Label" box on page 2 of the Staff Reference Guide. Go through each of the 6 steps listed to explain what to look for when reading labels.
    a. Suggested visual: Bring food labels and pass them around for students to look at and interpret.
3. Distribute the Marvelous Milk worksheet and ask the students to use the 2 food labels on the sheet to answer the questions.
4. Have students fill in the worksheet
5. Review the correct answers with the students and explain that soda and most sugar-sweetened beverages are empty calories with no nutritional value.

Meats, Beans, Nuts and Seeds Worksheet

1. Review the background information about protein in the Staff Reference Guide.
2. Explain that when buying ground beef, if it says 80% lean, that means that the other 20% is fat, and if it says 95% lean, then only 5% is fat.
    a. Suggested visuals: Bring packages from different protein sources and have students compare the amounts of fat.
3. Explain that processed meats such as deli meats and hot dogs have a lot of added sodium and may contain nitrites or nitrates which are known to cause cancer.
    a. Suggested visuals: Bring packages from processed meats and have students compare the amounts of sodium. Have them look for the words nitrites or nitrates on ingredient lists.
4. Explain that how food is prepared affects the amount of fat in it (e.g. fried foods are cooked in oil, so they contain a lot of extra fat)
5. Distribute the Meats, Beans, Nuts and Seeds worksheet and read the instructions.
6. Have students fill in the worksheet
7. Review the correct answers with the students and have some students share their answers for the last question.

Restaurant Detective Worksheet

1. Review the background information about going out to eat on page 6 in the Staff Reference Guide.
2. Explain to students that eating out is often thought of as a special treat and that, because of this, people often splurge on large portions of unhealthy food. If you go out to eat more than once a week, then that is no longer considered a special treat and it is therefore important to learn how to make healthy choices while eating out.
    a. Suggested visuals: Bring in menus from different popular restaurants around your school and together with the students, circle the healthy choices and cross out the unhealthy choices.
3. Distribute the Restaurant Detective worksheet and explain the instructions for each.
4. Have students fill in the worksheet
5. Review the correct answers with the students and have students share their answers for questions 3a. and 3b.

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More Poster Message Ideas

- Eat Smart. Play Hard.

- Eat breakfast everyday to stay active throughout the day.

- Whole grains are an important source of energy for our bodies, allowing us to run, play, and study.

- Seven days without veggies and exercise makes one weak.

- Eating well and staying active is not about what you lose, it’s about what you gain.

- For a healthy weight, find your balance between food and physical activity.

- Get the most nutrition out of your calories to help you stay active.

- Vary your food choices and vary your physical activity to stay in tip top shape.

- Try new foods and new exercises to keep things fun and exciting.

LOS ANGELES UNIFIED SCHOOL DISTRICT

Healthy Schools Campaign

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