

NUTRITION EDUCATION FOR YOUR FFVP



May 21, 2019 – 1:30pm-2:30pm

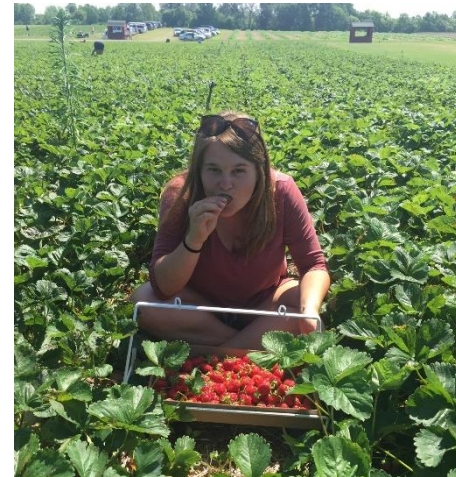
Professional Standards Learning Codes: 1210, 1220



Presenter

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Fresh Fruit and Vegetable Program Specialist





NUTRITION EDUCATION FOR YOUR FFVP

TODAY'S *AGENDA* INCLUDES:

1 Overview of
Nutrition
Education for
the FFVP

2 Importance
of Nutrition
Education

3 Designing
Your
Curriculum

4 Resources

5 Questions



Overview of Nutrition Education for the FFVP



Overview of Nutrition Education for the FFVP

The Fresh Fruit and Vegetable Program

Federally assisted program that provides free fresh fruits and vegetables to kids at eligible elementary schools.



Goals of FFVP:

- Introduce kids to new and different varieties of fresh fruits and vegetables
- Increase overall acceptance and consumption of fresh, unprocessed produce
- Improve kids' health (both present and future)
- Teach kids healthy eating habits through nutrition education
- Encourage a healthier school environment



Overview of Nutrition Education for the FFVP

The Fresh Fruit and Vegetable Program

Requirements for Implementation:

1

Widely publicize
FFVP at your site

2

Serve fresh fruits
and vegetables
minimum of
2x per week

*during school hours
*outside NSLP and SBP service
*free for all students

3

Provide
nutrition education
1x per week



Overview of Nutrition Education for the FFVP

3

Provide
nutrition education
1x per week

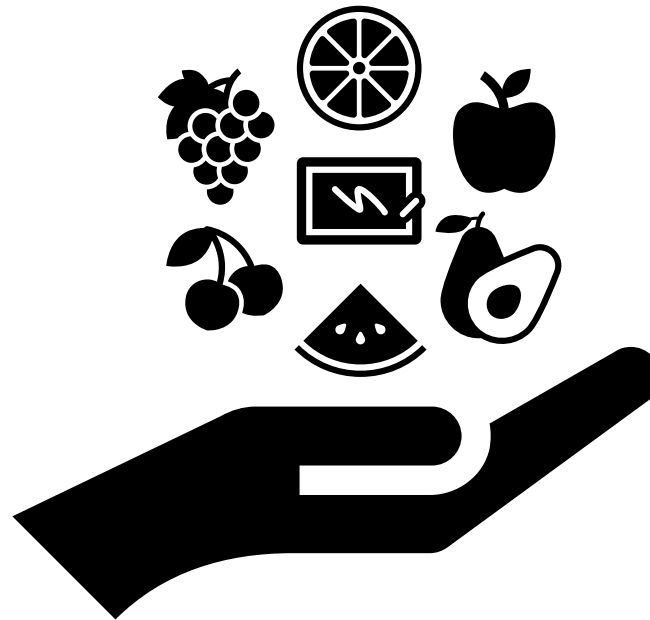
General Recommendations (FFVP Handbook pages 20-21)

- Develop materials that fit your student population
- Use free resources and educational materials
 - FFVP funds CANNOT be used for nutrition education!
- Include nutrition education whenever possible, especially during the service of fresh fruits and vegetables
- A cooked, fresh vegetable dish can only be served once per week and must include nutrition education



Overview of Nutrition Education for the FFVP

The power is in your hands!





Importance of Nutrition Education



Importance of Nutrition Education

The problem...

There is an epidemic of childhood obesity in the United States.





Importance of Nutrition Education

One part of the solution...

Provide quality nutrition education to our youth.





Importance of Nutrition Education

Why Nutrition Education?

Research has shown that nutrition education can:

- Decrease children's BMI and weight gain
- Increase fruit and vegetable consumption
- Create positive attitudes towards fruits and vegetables
- May improve academic outcomes



Importance of Nutrition Education

Why Nutrition Education?

Research has shown that nutrition education can:

- Decrease children's BMI and weight gain
- Increase fruit and vegetable consumption
- Create positive attitudes towards fruits and vegetables
- May improve academic outcomes



Goals of
FFVP



Importance of Nutrition Education

Ultimately...

Nutrition education is an evidence-based, cost effective way to improve health outcomes and foster healthy eating habits for a lifetime!





Designing Your Nutrition Education Curriculum



Designing Your Nutrition Education Curriculum

What is Nutrition Education Curriculum?

It is a detailed plan outlining the lessons and content that will be taught during the nutrition education sessions as well as the logistics of executing and the objectives of these sessions.

Steps for Designing:

1. Determine the Execution Plan
2. Set Learning Objectives
3. Compile the Lessons and Content



Designing Your Nutrition Education Curriculum

#1

Determine the Execution Plan

The execution plan informs the creation of your nutrition education lessons by answering the following questions:

- How long will each lesson last in duration?
- How frequently will nutrition education lessons be provided?
- Where will the lessons take place?
- Who is teaching the nutrition education lessons?
- Who is responsible for assuring the program requirements are met?



Designing Your Nutrition Education Curriculum

#1

Determine the Execution Plan

Duration

- No minimum requirement for duration



Consider adjusting duration of the lessons for various grade levels



Students in grades K-8 will receive 10 hours of nutrition education per year (about 15 mins per week for 40 weeks)

- The median length for nutrition education in elementary schools was 5 hours in 2000 and only 3.4 hours in 2006



Designing Your Nutrition Education Curriculum

#1

Determine the Execution Plan

Frequency

- Must provide a minimum of once per week for all students



Provide nutrition education during the service of fresh fruits and vegetables



Include nutrition education on days when the program is not offered



Designing Your Nutrition Education Curriculum

#1

Determine the Execution Plan

Location

- Classroom, cafeteria, multipurpose room, etc.



Provide nutrition education during the service of fresh fruits and vegetables



Choose a location that will help maximize engagement in the nutrition education lessons



Designing Your Nutrition Education Curriculum

#1

Determine the Execution Plan

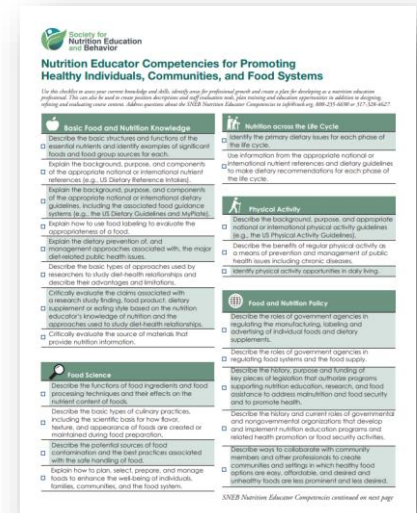
Nutrition Educator

- Teacher, Registered Dietitian, foodservice staff, volunteer, etc.

★ Aim to select an educator who meets a majority of the Nutrition Educator Competencies developed by SNEB

Available online:

<https://www.sneb.org/clientuploads/directory/Documents/SNEB-nutrition-educator-competencies.pdf>





Designing Your Nutrition Education Curriculum

#1

Determine the Execution Plan

Nutrition Educator

- Teacher, Registered Dietitian, foodservice staff, volunteer, etc.



Aim to select an educator who meets the majority of the Nutrition Educator Competencies developed by SNEB



Provide training for educators on nutrition topics for which they may not have prior knowledge or experience



Set clear expectations to achieve consistency among multiple educators



Designing Your Nutrition Education Curriculum

#1

Determine the Execution Plan

Compliance

- Must provide a minimum of once per week for all students



Conduct self-audits to assure that nutrition education minimum requirements are being met



Review lessons created by individual educators (if applicable) to assess if they are meeting learning objectives



Provide technical assistance to educators as needed



Designing Your Nutrition Education Curriculum

#2

Set Learning Objectives

Learning objectives assure that your nutrition education lessons have a purpose and are effective at achieving that purpose.

The objectives will be used to guide the selection of content and topics within each lesson.



Designing Your Nutrition Education Curriculum

#2 Set Learning Objectives



Align your objectives with the goals of the Fresh Fruit and Vegetable Program (FFVP)

Goals of FFVP:

- Introduce kids to new and different varieties of fresh fruits and vegetables
- Increase overall acceptance and consumption of fresh, unprocessed produce
- Improve kids' health (both present and future)
- Teach kids healthy eating habits through nutrition education
- Encourage a healthier school environment



Designing Your Nutrition Education Curriculum

#2

Set Learning Objectives



Use existing Arizona academic content standards as the foundation for developing learning objectives (<http://www.azed.gov/standards-practices/>)



K-12 Standards Section

Academic Standards



Click an icon below to view standards from a content area



[Arts Education](#)



[Educational Technology](#)



[Computer Science](#)



[English Language Arts](#)



[Health](#)



[Mathematics](#)



[Physical Education](#)



[Science](#)



[Social Studies](#)



[World and Native Languages](#)

- ▶ Other Standards
- ▶ Grants, Awards & Programs
- ▶ Culturally Inclusive Practices
- ▶ Arizona Standards Development Process & Documents



Designing Your Nutrition Education Curriculum

#2 Set Learning Objectives



Make your learning objectives grade-level specific

- Pre-K - Grade 2
- Grade 3 - Grade 5
- Grade 6 - Grade 8



Designing Your Nutrition Education Curriculum

#2 Set Learning Objectives



Choose an appropriate number of learning objectives

- Consider duration and frequency of your lessons



Designing Your Nutrition Education Curriculum

#2 Set Learning Objectives

★ Example #1:

Arizona K-12 Content
Standards: Health

Strand 1: Comprehension of
Health Promotion and Disease
Prevention Concepts

Concept 3: Personal Health



Designing Your Nutrition Education Curriculum

#2

Set Learning Objectives



Example #1:

Arizona K-12 Content
Standards: Health

Strand 1: Comprehension of
Health Promotion and Disease
Prevention Concepts

Concept 3: Personal Health

Pre-K - Grade 2:

PO 2: Identify that foods are classified into food groups and that a variety of food is needed for personal health, growth, and development

FFVP Learning Objectives:

- Identify the varieties of fruits and vegetables needed to help the individual grow and stay healthy
- Identify that different fruit and vegetable varieties help the body stay healthy in different ways



Designing Your Nutrition Education Curriculum

#2

Set Learning Objectives



Example #1:

Arizona K-12 Content
Standards: Health

Strand 1: Comprehension of
Health Promotion and Disease
Prevention Concepts

Concept 3: Personal Health

Grade 3 – Grade 5:

PO 2: Describe the key nutrients contained
in the food groups and how these nutrients
affect health and learning

FFVP Learning Objectives:

- Identify the nutrients found in different varieties of fruits and vegetables
- Describe the role of nutrients found in fruits and vegetables
- Identify the effects of a diet low in essential nutrients found in fruits and vegetables on health and learning



Designing Your Nutrition Education Curriculum

#2

Set Learning Objectives



Example #1:

Arizona K-12 Content
Standards: Health

Strand 1: Comprehension of
Health Promotion and Disease
Prevention Concepts

Concept 3: Personal Health

Grade 6 - Grade 8:

PO 2: Analyze how food provides energy and nutrients for growth and development, that nutrition requirements vary from person to person, and how food intake affects health

FFVP Learning Objectives:

- Practice making healthy food choices by planning healthy snacks and meals that include fresh fruits and vegetables
- Assess personal needs for specific nutrients found in fruits and vegetables
- Set personal nutrition goals related to fruit and vegetable intake and apply strategies to reach them



Designing Your Nutrition Education Curriculum

#2 Set Learning Objectives

★ Example #2:

Arizona K-12 Content
Standards: Health

Strand 2: Analysis of Factors
Affecting Health Behaviors

Concept 1: External Influences
on Personal Health



Designing Your Nutrition Education Curriculum

#2

Set Learning Objectives



Example #2:

Arizona K-12 Content
Standards: Health

Strand 2: Analysis of Factors
Affecting Health Behaviors

Concept 1: External Influences
on Personal Health

Pre-K - Grade 2:

PO 4: Identify what the school can do to
support personal health practices and
behaviors

FFVP Learning Objective:

- Identify how the Fresh Fruit and
Vegetable Program (FFVP)
supports what students eat



Designing Your Nutrition Education Curriculum

#2

Set Learning Objectives



Example #2:

Arizona K-12 Content
Standards: Health

Strand 2: Analysis of Factors
Affecting Health Behaviors

Concept 1: External Influences
on Personal Health

Grade 3 – Grade 5:

PO 4: Describe how the school and
community can support personal health
practices and behaviors

FFVP Learning Objective:

- Describe how the school and
community support individual
meal patterns, nutritionally
balanced meals, and healthy
snacks through FFVP



Designing Your Nutrition Education Curriculum

#2

Set Learning Objectives



Example #2:

Arizona K-12 Content
Standards: Health

Strand 2: Analysis of Factors
Affecting Health Behaviors

Concept 1: External Influences
on Personal Health

Grade 6 - Grade 8:

PO 4: Analyze how the school and
community can affect personal health
practices and behaviors

FFVP Learning Objective:

- Analyze how the school and
community food environment
(including FFVP) influence
access to healthy food



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#3

Compile the Lessons and Content

You can use lesson plans that are already created, modify existing lessons, or create your own lessons!

- Consider the time and resources you have available
- Consult with your nutrition educator(s)
- Tailor the lessons to your student population



#3 Compile the Lessons and Content

The lessons and content you select/create should...

- ★ Be from a credible source
- ★ Meet at least one learning objective
- ★ Include an interactive learning component



Designing Your Nutrition Education Curriculum

#3 Compile the Lessons and Content



Credible Sources

- Provide unbiased information
- Information is evidenced-based and supported by research
- Recommendations align with the 2015 Dietary Guidelines for Americans



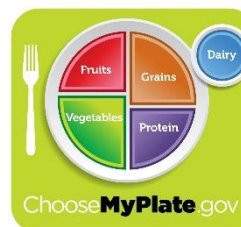
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#3

Compile the Lessons and Content



Credible Sources



SNAP-Ed Connection
U.S. DEPARTMENT OF AGRICULTURE





#3 Compile the Lessons and Content



Meet Learning Objectives

- Check to see if the learning objective provided match your planned learning objectives
- If none are provided, then see if you can apply one of your learning objectives to the lesson
- Assure there is a method to assess if the learning objective(s) has/have been met



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#3 Compile the Lessons and Content



Interactive Learning Component

- Keeps students engaged and encourages participation
- Lessons are more fun and enjoyable for both teachers and students!
- Improves retention of information



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#3 Compile the Lessons and Content

★ Interactive Learning Component



Games



Discussion Questions



Activities



Group-work



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EXAMPLE

Looking for Nutrition Education Resources on Broccoli...



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EXAMPLE

Broccoli Article

Source: LIVESCience Website (<https://www.livescience.com/45408-broccoli-nutrition.html>)



From a credible source



Meets at least one learning objective



Includes an interactive learning component



Designing Your Nutrition Education Curriculum

EXAMPLE

Broccoli Article

Source: LIVESCIENCE Website (<https://www.livescience.com/45408-broccoli-nutrition.html>)



From a credible source



Meets at least one learning objective



Includes an interactive learning component

PASS - KEEP LOOKING!



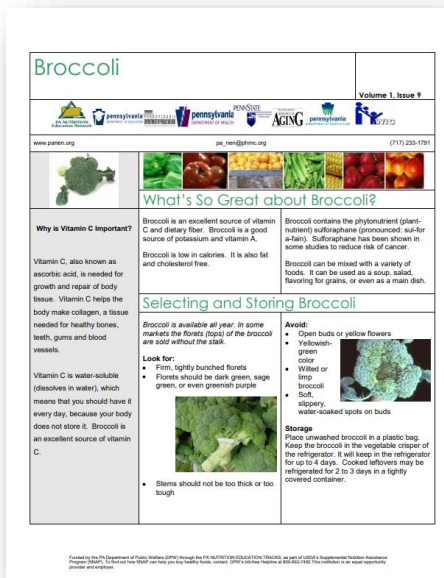
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EXAMPLE

Broccoli Handout

Source: SNAP-Ed Seasonal Produce Guide

(<https://snaped.fns.usda.gov/seasonal-produce-guide/broccoli>)



From a credible source



Meets at least one learning objective



Includes an interactive learning component



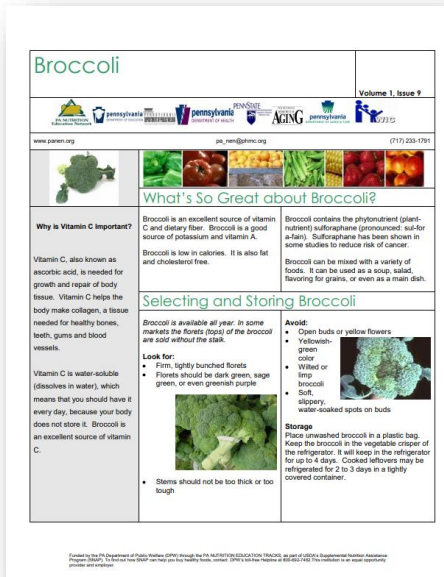
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EXAMPLE

Broccoli Handout

Source: SNAP-Ed Seasonal Produce Guide

(<https://snaped.fns.usda.gov/seasonal-produce-guide/broccoli>)



From a credible source



Meets at least one learning objective



Includes an interactive learning component

ADD LEARNING
OBJECTIVES - USE IT!

+ Planned learning objective



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EXAMPLE

NEW! ADE Nutrition Education Resources

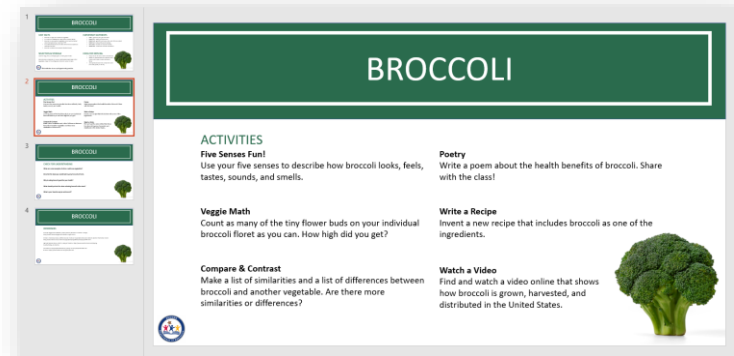
Lesson Plan



Handout



Presentation Slides



Broccoli resources are available online NOW:

www.azed.gov/hns/nsfp/ffvp/

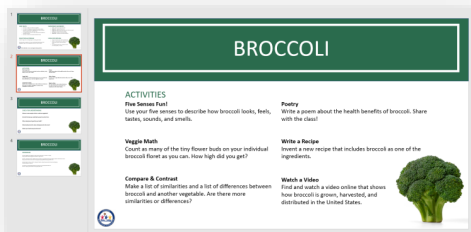
Additional topics COMING SOON!



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EXAMPLE

NEW! ADE Nutrition Education Resources



From a credible source



Meets at least one learning objective



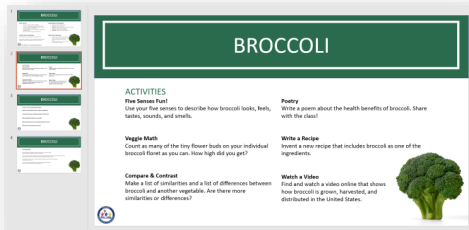
Includes an interactive learning component



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EXAMPLE

NEW! ADE Nutrition Education Resources



From a credible source



Meets at least one learning objective



Includes an interactive learning component

USE IT AS IS!



Designing Your Nutrition Education Curriculum

To Summarize...



Determine the Execution Plan

- ✓ Minimum of one lesson per week
- ✓ Provide nutrition education with the service of fresh produce
- ✓ Empower educators by providing them with clear expectations, training, and resources



Set Learning Objectives

- ✓ Align learning objective with FFVP goals and existing Arizona academic content standards
- ✓ Assure all learning objectives are addressed in at least one lesson



Compile the Lessons and Content

- ✓ Use lesson plans that are already created, modify existing lessons, or create your own lessons
- ✓ All lessons should be from a credible source, meet at least one learning objective, and have an interactive learning component



Resources



RESOURCES

Resources – LOCAL PARTNERS



The AZ Health Zone may be able to:

- Provide nutrition education resources and promotional materials
- Conduct in-person nutrition education in the classroom
- Train/collaborate with food service staff on highlighting FFVP produce during lunch and breakfast
- Join your school district's wellness committee to collaborate on district-wide nutrition and wellness initiatives

Reach out to your AZ Health Zone county's contact to brainstorm other fun, creative ways to enhance your FFVP program!

Partner Contact List by County

<https://www.azhealthzone.org/resources/lia>



RESOURCES

Resources – ONLINE

NATIONAL

- [USDA Team Nutrition](#) – check out the Team Nutrition resources for schools such as the games and activities or the nutrition education materials
- [Snap-Ed Seasonal Produce Guides](#) – resources related to specific produce items
- [ChooseMyPlate.gov](#) – resources related to MyPlate
- [Harvest for Healthy Kids](#) – free activity kits on specific produce items with activity plans, picture cards, teacher bites newsletter, family newsletter, and recipes
- [Produce for Better Health Foundation](#) – free nutrition education materials including activity books, games, brochures, info sheets, etc.
- [FruitsandVeggies.org: have a plant](#) – check out the ‘Fruits & Veggies’ tab for information on specific produce items
- [Cooking Matters](#) – educational tools such as handouts and educational guides
- [Nourish Interactive](#) – nutrition games and interactive tools



RESOURCES

Resources – ONLINE

STATE

- [MyPlate MyState Arizona](#) – ‘Toolkit for Teachers’ provides coloring sheets, lessons, games, and more!
- [Arizona Farm Bureau](#) – free resources for teachers including curriculum kits, classroom presentations, etc.
- [AZ Harvest of the Season](#) – marketing campaign with newsletters on specific produce items
- [ADE Fruit and Vegetable Fact Sheets](#) – six single-page fact sheets on specific produce items to be used in combination with an activity
- [South Dakota Harvest of the Month](#) – free lesson plans on various produce items
- [Fruit & Vegetable Fact Sheets \(Nebraska Extension\)](#) – fact sheets on various produce items
- [Pick a better snack Lessons \(Iowa Department of Public Health\)](#) – free lessons plans with numerous resources
- [Harvest of the Month \(California Department of Public Health\)](#) – fact sheets on various produce items



Questions

THANK YOU!



Please type questions in the chat bar now.



If you are attending the **live webinar**, you will receive a link to complete the survey in EMS. After you complete the survey, you can print a certificate of completion.

If you are watching the **recorded webinar**, you can access the survey link and certificate of completion at the end of the webinar slides.



NUTRITION EDUCATION FOR YOUR FFVP

Congratulations!

You have completed the ***Recorded Webinar: Nutrition Education for Your Fresh Fruit and Vegetable Program (FFVP)***.

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: ***Recorded Webinar: Nutrition Education for Your Fresh Fruit and Vegetable Program (FFVP)***
- Learning Codes: 1210, 1220
- Key Area: 1000-Nutrition
- Length: 1 hour

Request a Certificate

Please Note:

- *Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.*
- *This recorded webinar is a non-interactive activity, which may count toward no more than two hours of annual training.*



NUTRITION EDUCATION FOR YOUR FFVP

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey. **This will not appear in your Event Management System (EMS) Account.*

<https://www.surveymonkey.com/r/RecordedWebinarOnlineSurvey>

The information below is your reference when completing the survey:

- Training Title: *Recorded Webinar: Nutrition Education for Your Fresh Fruit and Vegetable Program (FFVP)*
- Professional Standards Learning Codes: 1210, 1220