

Maine-ly Teachers

Special
Edition



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Special "Teacher Training" Edition

How can you use the "MyPyramid" Website to Help you Teach Nutrition?

As many of you know, the new MyPyramid is the replacement to the old Food Guide Pyramid. A new graphic has been designed and is interactive; check it out by visiting www.mypyramid.gov. Variety, proportionality, moderation and physical activity are all new messages to the MyPyramid.



Classroom Ideas:

Once on the MyPyramid website, click on the *For Kids* icon located on the left hand side of the page. This will provide you with many resources you can use in your classroom to help teach the concepts of MyPyramid.

Amy Bouchard, one of our project specialists with Maine-ly Nutrition, organized the resources into general grade levels to help teachers navigate the website.

Elementary:

There is a coloring page, which is great for early elementary students. One teacher had her class color, put stickers, draw pictures, etc. on the coloring page



Unable to attend any of the Teacher Trainings this year?

You are in luck! Handouts from all the teacher trainings are available on our website at:

www.maine-nutrition.org

and then laminated them for placemats to be used at lunch and snack-time in the class.

Middle School:

There is a game called the MyPyramid Blast Off Game that is great for upper elementary and middle school students. Have your students keep a food diary and test their nutrition knowledge as well as their own diets on the Blast Off Game.

The 2005 Dietary Guidelines for Americans

The United States Department of Agriculture (USDA) released the new 2005 Dietary Guidelines for Americans in January of 2005. A large booklet was developed for professionals: doctors, nurses, dietitians and other health professionals, and a smaller consumer brochure is available for the general public. There are 10 chapters in the larger booklet that provide us with the information we need to be healthier. An article for teachers explaining the guidelines has already been published in a previous newsletter. (Please refer to the 2005 Special Edition Training Newsletter for more details. Go to www.maine-nutrition.org and click on Maine-ly Nutrition for your online copy.)

For the recipes used at our teacher trainings: Go to our website: www.maine-nutrition.org Click on the "Maine-ly Nutrition" icon, then "Teacher Trainings," then "recipes" for this year's recipes. Didn't see what you wanted? Click the "Favorite Recipes" icon, then go to "Maine Recipes."

Welcome to our Maine-ly Nutrition Listserv!

What is a Listserv?

A *Listserv* is an email database that allows you to send to or receive information from everyone that subscribes to the list.

Why would I use a Listserv?

- Ask for resources and ideas.
- Get technical assistance from the Maine-ly Nutrition staff.
- Share information with others about your work with nutrition in the classroom.
- We will be using this listserv to send teacher surveys out at the end of the school year. Answering the questions online will make it much easier for our teachers to complete the survey and help us make this program better!



Who will be on the Maine-ly Nutrition Listserv?

- The Maine-ly Nutrition staff.
- Maine-ly Nutrition teachers who have indicated that we can contact them via email.
- Other educators and school personnel who are involved with the Maine-ly Nutrition program. (School nurses, Cooperative Extension, etc.)

Important notes to remember:

**If you asked not to be contacted via email we will not sign you up for the listserv and will send you a paper copy of the teacher survey.

**To post a message to others, you simply send an email to:

Maine-ly-Nutrition@lists.usm.maine.edu

Periodically you will receive an email from the listserv manager to determine if your email address is currently active. **Do not reply to this email (if you reply you will be removed from the listserv); just delete it.

Comprehensive School Health: You Can Have Your Cake and Eat it Too!

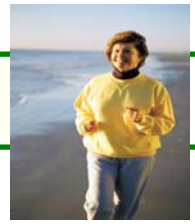


Teachers attending training learned that when they provide nutrition instruction, it is actually a “piece” of the Comprehensive school health “cake.” Nutrition is part of a Comprehensive School Health Education (CSHE) K-12 curriculum required by Chapter 127. Just as there are bites from a slice of cake, Nutrition is one of ten content areas in CSHE.

Nutrition is an important element of comprehensive health education, but it is important to remember to include instruction in the other nine content areas (The CSHE bites from the slice of cake). The other bites are: Community Health, Consumer Health, Environmental Health, Family Life, Growth & Development, Personal Health, Prevention & Control of Diseases and Disorders, Tobacco, Alcohol, and Other Drug Use Prevention, and Safety & Accident Prevention.

The “bites” make up a slice of cake and there are several slices of the cake! The “slices” make up a cake called a Coordinated School Health Program (CSHP), which offers 8 important areas. These areas are: Physical Environment, School Climate, CSHE, Nutritional Services, Physical Education & Physical Activity, School Counseling, Physical & Behavioral Health Services, Youth, Parent, Family & Community Involvement and Health Promotion & Wellness.

Highlights from Health at Every Size (HAES)



What is it?

Health at Every Size (HAES) supports a "holistic" view of health that promotes feeling good about oneself, eating well in a relaxed way, and being comfortably active. The following list is a summary for helping people with eating and weight-related struggles from the HAES perspective.

- **Self-acceptance:** recognition of human beauty and worth, regardless of differences in weight, physical size, and shape;
- **Physical activity:** daily movement that is enjoyable to the participant for an enhanced quality of life;
- **Normalized eating:** a more peaceful relationship with food by relearning to eat in response to hunger and stopping when we are full.

Studies have shown that dieting is not an effective weight management tool. When researchers reviewed a number of traditional dietary and exercise interventions for long-term success, they found that there was almost complete relapse after 3-5 years.

HAES suggests that perhaps we should look at measures of success

other than weight loss. Weight is only one way to measure health. Some other health indicators include cholesterol levels in the blood, triglyceride levels (fat in the blood), blood pressure measurements, and energy levels.

Does HAES Work?

A recent study compared a traditional weight loss program with HAES. Although the traditional diet group lost more weight during the first year, 41% of them dropped out. The HAES group lost an average of only one pound but 92% of them stayed with the program and reported feeling better about themselves. Both groups had improvements in the other health indicators such as cholesterol, blood pressure, and energy levels. After two years, members of the HAES group reported that they continued to feel good about themselves and they had not gained any weight. The diet group, however, reported that they had regained the weight they had lost and had not maintained their improved levels in the other health indicators, such as cholesterol and blood pressure measurements.



How can you use this in your classroom?

- Develop a definition of healthy bodies with your students.
- Emphasize body trust. Bodies say when they are hungry and when they need to move. Discuss with your students how their bodies let them know when it is time to eat or when it is time to move.
- Discuss nutrition in terms of "body fuel," rather than good/bad categories. Acknowledge that good taste matters. Encourage kids to choose what tastes good *and also* helps bodies perform.
- Develop times during the day when the class can take a physical break, even for just a stretch or interactive game. (See more information in the physical activity article in this newsletter.) Make it routine/normal that bodies need to move and get stimulation.
- Teach about diversity. "People come in all different weights and heights."

Look for more ideas in the teacher training handout section of our website.



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Add Physical Activity To Your Classroom And Help Your Students Become Better Learners!

Research indicates that what makes us move is also what makes us think. We know from Dr. John Ratey's research that certain kinds of exercise can produce chemical alterations that give us stronger, healthier, and happier brains. Therefore, a better brain is better equipped to think, remember and learn. We also know from research that up to 85% of students are natural kinesthetic learners, meaning that they learn better by associating their learning through movement.

One method to utilize movement is an exercise called Body Mind Mapping which uses the students' bodies as a map. More detailed instructions for this activity are located on our website (www.maine-nutrition.org) under physical activity and then *Take Time!*

Some other ideas to integrate movement and learning are using small, soft objects to toss back and forth while reciting math tables or spelling words. Also try doing easy movements like squats, lunges, dips, leg lifts, jumping jacks and marching in place while repeating facts.

Jean Blaydes Madigan is a pioneer in developing ways that link movement and learning. We have been using a lot of her ideas and research to integrate some physical activity into the classroom setting. Log onto www.actionbasedlearning.com to find out more about her program. We also have her entire curriculum and DVD available on the Health Education Resource Collection (HERC) Website <http://www.library.umaine.edu/lmc/herc/> which you can order and borrow.

If you and your students just want a physical activity break; log onto http://www.dole5aday.com/MusicAndPlay/M_Home.jsp and download some wonderful songs with fruit and vegetable lyrics and a hip-hop beat. Most songs are 3 minutes or under so get your kids up and moving while teaching them the importance of fruits and vegetables!

Remember, good nutrition, proper hydration, adequate amounts of sleep and rest are also very important when it comes to learning. Healthy children learn better and remember better.

Information from Round Tables at the Maine-ly Nutrition Teacher Trainings



- **Teaching Nutrition for Different Learning Intelligences**
Most teachers know about the eight learning intelligences. This roundtable provided some helpful hints for using a variety of activities for each of the learning intelligences. There was discussion on appropriate activities for different grade levels and how to tailor activities for nutrition education. Handouts from this roundtable are available on the website.
- **The Maine Nutrition Network Website**
Teachers learned how to navigate our updated website. Maine-ly Nutrition has its own icon on the website and has many added resources for teachers to access and download. All of our training materials are there as well as recipes used during our trainings, handouts from past trainings, past issues of newsletters, past info sheets, Internet kits which are a guide for connecting the classroom to the cafeteria, and much more!
- **Classroom Success Stories**
This round table was hosted by two of our Maine-ly Nutrition teachers from Surry Elementary School. Pete and Lynn shared some of the activities they have used at their school to get their students up and moving as well as helping them to learn how to choose healthier foods.

Participants at our teacher trainings have told us that they really enjoy the round tables because it not only gives them new information, but allows teachers to share their own success stories in an informal manner. The Maine-ly Nutrition staff who facilitate the round tables learn from the teachers who attend the round tables as well!