

Congratulations

You have been chosen to be the Lead Nutrition Teacher at your table! This is your opportunity to teach and motivate others about how to incorporate nutrition education with other core curricular subjects. It's simple, just follow the directions below.

Read the Directions Aloud Below:

1. **“Today you are all going to complete an activity that can be done with students. This activity is unique because it is going to correlate nutrition education with a core curricular standard-based subject.”**
2. **“Take out the orange ‘Nutrition Express’ packet located in the Brown Envelope. Please take 30 seconds to quickly review the nutrition education information located in the packet.”** (Allow 30 seconds for them to review the packet)
3. **“The ‘Nutrition Express’ information can be easily taught in conjunction with the core subject standard-based worksheet, which you will find attached to the orange Nutrition Express Packet behind the ‘The Great Taste Test’ worksheet.”** (Have them briefly look at the worksheet)
4. **“Strawberries are high in vitamin C. Vitamin C helps keep your gums healthy and helps heal wounds. It is important to eat lots of fruit and vegetables that contain vitamin C because it helps prevent sickness and diseases like scurvy. Some other examples of produce that are high in vitamin C are citrus fruits and tomatoes.”** (This information was taken out of the orange Nutrition Express packet and newsletter)
5. **“Now we are going to taste a strawberry and verbally describe what it looks, feels, smells and tastes like. When we are done, we are going to complete a taste test worksheet.”** (Pass out a strawberry to each person to taste and then have them complete The Great Taste Test worksheet)
6. **“Lastly, we are going to complete the worksheet that correlates a standard-based subject with nutrition while reviewing the nutrition facts we just learned.”** (Have them complete the second worksheet that is attached to the orange Nutrition Express sheet while reviewing the nutrition facts you just read in #4)

When you are done with the activity, please feel free to share ideas of how to incorporate nutrition education with other subjects.

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2. "Take out the **orange** 'Nutrition Express' packet located in the **Brown Envelope**. Please take 30 seconds to quickly review the nutrition education information located in the packet." (Allow 30 seconds for them to review the packet)
3. "The 'Nutrition Express' information can be easily taught in conjunction with the core subject standard-based worksheet, which you will find attached to the orange Nutrition Express Packet behind the 'The Great Taste Test' worksheet." (Have them briefly look at the worksheet)
4. "The Kiwi Fruit is the most nutrient dense fruit. It has the highest level of vitamin C (almost twice that of an orange) and it contains magnesium. Vitamin C is important because it helps keep gums healthy and it helps heal wounds. Magnesium is important because it helps the body make energy and it also works with calcium to make bones." (This information was taken out of the orange Nutrition Express packet and newsletter)
5. "Now we are going to taste a Kiwi Fruit with our SLOOPERS and verbally describe what it looks, feels, smells and tastes like. When we are done, we are going to complete a taste test worksheet." (Pass out a Kiwi to each person to taste and then have them complete The Great Taste Test worksheet)
6. "Lastly, we are going to complete the worksheet that correlates a standard-based subject with nutrition while reviewing the nutrition facts we just learned." (Have them complete the second worksheet that is attached to the orange Nutrition Express sheet while reviewing the nutrition facts you just read in #4)

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2. **"Take out the orange 'Nutrition Express' packet located in the Brown Envelope. Please take 30 seconds to quickly review the nutrition education information located in the packet."** (Allow 30 seconds for them to review the packet)
3. **"The 'Nutrition Express' information can be easily taught in conjunction with the core subject standard-based worksheet, which you will find attached to the orange Nutrition Express Packet behind the 'The Great Taste Test' worksheet."** (Have them briefly look at the worksheet)
4. **"Pears are very nutritious because they have vitamin C, potassium, and fiber. Vitamin C helps keep your gums healthy, heal wounds and strengthens your immune system. Potassium helps balance the water in our bodies while helping our muscles contract—especially the heart! Fiber is great for you because it helps move food through the intestinal track keeping it clean and healthy."** (This information was taken out of the orange Nutrition Express packet and newsletter)
5. **"Now we are going to taste two different kinds of pears and verbally describe what they look, feel, smell and taste like. When we are done, we are going to complete a taste test worksheet."** (Give each person two kinds of pears to taste and then have them complete The Great Taste Test worksheet)
6. **"Lastly, we are going to complete the worksheet that correlates a standard-based subject with nutrition while reviewing the nutrition facts we just learned."** (Have them complete the second worksheet that is attached to the orange Nutrition Express sheet while reviewing the nutrition facts you just read in #4)

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Carrots and Measuring

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Read the Directions Aloud Below:

1. "Today you are all going to complete an activity that can be done with students. This activity is unique because it is going to correlate nutrition education with a core curricular standard-based subject."
2. "Take out the **orange** 'Nutrition Express' packet located in the **Brown Envelope**. Please take 30 seconds to quickly review the nutrition education information located in the packet." (Allow 30 seconds for them to review the packet)
3. "The 'Nutrition Express' information can be easily taught in conjunction with the core subject standard-based worksheet, which you will find attached to the orange Nutrition Express Packet behind the 'The Great Taste Test' worksheet." (Have them briefly look at the worksheet)
4. "Carrots contain more beta-carotene than any other fruit or vegetable. Your liver converts beta-carotene into vitamin A. Vitamin A is good for you because it helps the eyes see in low light and it helps cells grow. If your body doesn't get enough vitamin A, you could experience dry skin or night blindness. Carrots also contain fiber. Fiber is good for you because it helps food move through the intestinal track keeping it clean and healthy." (This information was taken out of the orange Nutrition Express packet and newsletter)
5. "Now we are going to taste a carrot and verbally describe what it looks, feels, smells and tastes like. When we are done, we are going to complete a taste test **worksheet**." (Pass out a carrot to each person to taste and then have them complete The Great Taste Test worksheet)
6. "Lastly, we are going to complete the worksheet that correlates a standard-based subject with nutrition while reviewing the nutrition facts we just learned." (Have them complete the second worksheet that is attached to the orange Nutrition Express sheet while reviewing the nutrition facts you just read in #4)

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Broccoli and Poetry

You have been chosen to be the Lead Nutrition Teacher at your table! This is your opportunity to teach and motivate others about how to incorporate nutrition education with other core curricular subjects. It's simple, just follow the directions below.

Read the Directions Aloud Below:

1. "Today you are all going to complete an activity that can be done with students. This activity is unique because it is going to correlate nutrition education with a core curricular standard-based subject."
2. "Take out the **orange** 'Nutrition Express' packet located in the **Brown Envelope**. Please take 30 seconds to quickly review the nutrition education information located in the packet." (Allow 30 seconds for them to review the packet)
3. "The 'Nutrition Express' information can be easily taught in conjunction with the core subject standard-based worksheet, which you will find attached to the orange Nutrition Express Packet behind the 'The Great Taste Test' worksheet." (Have them briefly look at the worksheet)
4. "Broccoli is known as the 'crown jewel of nutrition' because it is so rich in vitamins and minerals. It contains vitamin A, C, potassium, fiber and calcium. Vitamin A is good for you because it helps the eyes see better in low light and it helps new cells grow. Vitamin C helps keep your gums healthy, heals wounds and helps strengthen your immune system. Potassium is important because it helps maintain blood pressure and a regular heart beat. Fiber helps the body move food through the intestinal track keeping it clean and healthy. Calcium helps promote bone growth." Broccoli is obviously VERY good for you! (This information was taken out of the orange Nutrition Express packet and newsletter)
5. "Now we are going to taste broccoli and verbally describe what it looks, feels, smells and tastes like. When we are done, we are going to complete a taste test worksheet." (Pass out a piece of broccoli to each person to taste and then have them complete The Great Taste Test worksheet)
6. "Lastly, we are going to complete the worksheet that correlates a standard-based subject with nutrition while reviewing the nutrition facts we just learned." (Have them complete the second worksheet that is attached to the orange Nutrition Express sheet while reviewing the nutrition facts you just read in #4)

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Stone Fruit and Graphing

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Read the Directions Aloud Below:

1. "Today you are all going to complete an activity that can be done with students. This activity is unique because it is going to correlate nutrition education with a core curricular standard-based subject."
2. "Take out the **orange** 'Nutrition Express' packet located in the **Brown Envelope**. Please take 30 seconds to quickly review the nutrition education information located in the packet." (Allow 30 seconds for them to review the packet)
3. "The 'Nutrition Express' information can be easily taught in conjunction with the core subject standard-based worksheet, which you will find attached to the orange Nutrition Express Packet behind the 'The Great Taste Test' worksheet." (Have them briefly look at the worksheet)
4. "Peaches, plums, nectarines, apricots and cherries are examples of stone fruit because they all have a pit or 'stone' inside of them. Stone fruit are good for you because they contain vitamin A, C and fiber. Vitamin A is good for you because it helps your eyes see better at night and it helps keep your skin and hair healthy. Vitamin C helps keep your gums healthy and strengthens your immune to fight off germs and sickness. In addition to helping the body move food through the intestinal track keeping it clean and healthy, fiber also helps reduce the risk of heart disease by lowering blood cholesterol." (This information was taken out of the orange Nutrition Express packet and newsletter)
5. "Now we are going to taste a stone fruit and verbally describe what it looks, feels, smells and tastes like. When we are done, we are going to complete a taste test worksheet." (Pass out a stone fruit to each person to taste and then have them complete The Great Taste Test worksheet)
6. "Lastly, we are going to complete the worksheet that correlates a standard-based subject with nutrition while reviewing the nutrition facts we just learned." (Have them complete the second worksheet that is attached to the orange Nutrition Express sheet while reviewing the nutrition facts you just read in #4)

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2. "Take out the **orange** 'Nutrition Express' packet located in the **Brown Envelope**. Please take 30 seconds to quickly review the nutrition education information located in the packet." (Allow 30 seconds for them to review the packet)
3. "The 'Nutrition Express' information can be easily taught in conjunction with the core subject standard-based worksheet, which you will find attached to the orange Nutrition Express Packet behind the 'The Great Taste Test' worksheet." (Have them briefly look at the worksheet)
4. "Healthy Snacks are important and great for your body. Today we are going to learn how easy it is to make a healthy trail mix containing almonds, whole grain cereal, dried apricots, sunflower seeds and cranberries. Almonds and sunflower seeds provide protein that help build muscle so your body will be strong. Whole grain cereal provides fiber. Fiber helps your body move food through the intestines keeping it clean and healthy. Apricots contain vitamin A which helps your eyes see better at night and helps your body grow new cells. Cranberries provide vitamin C that helps your body fight off germs, strengthens your immune system and helps keep your gums healthy. A healthy trail mix snack, containing all these vitamins and minerals is great for your body! (This information was taken out of the orange Nutrition Express packet and newsletter)
5. "Now we are going to complete the 'Healthy Snack Worksheet' that correlates a standard-based subject with nutrition while making our healthy snacks by simply following the directions. When you are done, taste a dried cranberry and complete the 'The Great Taste Test' worksheet. Finally, eat your healthy trail mix and review the nutrition facts you have learned." (Encourage the participants follow the directions on the "Healthy Snack Worksheet," complete the activity and The Great Taste Test worksheet. Review nutrition facts from #4 with the group)

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2. "Take out the **orange** 'Nutrition Express' packet located in the **Brown Envelope**. Please take 30 seconds to quickly review the nutrition education information located in the packet." (Allow 30 seconds for them to review the packet)
3. "The 'Nutrition Express' information can be easily taught in conjunction with the core subject standard-based worksheet, which you will find attached to the orange Nutrition Express Packet behind the 'The Great Taste Test' worksheet." (Have them briefly look at the worksheet)
4. "It is important to know about plants because fruits and vegetables come from them! We all know that plants need oxygen, water and sun to grow, but do you know what part of a plant produces the actual produce? For example a carrot is the long swollen root of a plant and a potato, also known as a tuber, is the swollen underground stem of the plant. Broccoli is a flower that is picked before its flower buds have a chance to open! Broccoli and carrots are great for you because they contain a lot of vitamins and minerals. Carrots and Broccoli both have vitamin A, which helps your eyes see better at night and promotes new cell growth. They also contain fiber which helps your body move food through your intestinal track, keeping it clean and healthy! (This information was taken out of the orange Nutrition Express packet and newsletter)
5. "Now we are going to complete a worksheet that correlates a standard-based subject with nutrition. This 'Garden/Science' worksheet gives you the opportunity to study every part of a vegetable and herb plant. When you are done, taste the herb and the produce that comes from the plants you just studied and complete the 'The Great Taste Test' worksheet. Finally, review the nutrition facts you have learned about the produce." (Review nutrition facts from #4 with the group)

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Read the Directions Aloud Below:

1. "Today you are all going to complete an activity that can be done with students. This activity is unique because it is going to correlate nutrition with physical education."
2. "Take out the **orange** 'Nutrition Express' packet located in the **Brown Envelope**. Please take 30 seconds to quickly review the nutrition education information located in the packet." (Allow 30 seconds for them to review the packet)
3. "It is important to exercise every day. Getting the recommended 30-60 minutes of exercise a day can be done and modeled easily. Regular exercise helps build and maintain strong bones, muscles and joints, while reducing the risk of diabetes, high blood pressure, heart disease, and certain types of cancer. Daily physical activity also promotes psychological well-being. Nutrition education can be easily incorporated with physical fitness by explaining the benefits of fruits and vegetables and how their vitamin and mineral content helps the body. For example:
 - Take out your bright **green** 'Dyna Bands' and peruse through the Dyna Band Exercise Guide located in your brown envelope, for about 2 minutes.
 - Find an exercise you like and practice it while you memorize one of the facts within the bright **orange** 'Nutrition Express' packet.
 - Teach your neighbor the exercise and nutrition fact you just learned.
4. "Remember, after exercising it is important to drink plenty of water and eat a healthy snack to replace the nutrients your body has used. Oranges are refreshing, especially after exercising, and they are great for your health. They contain potassium, which helps maintain blood pressure and a regular heartbeat, as well as maintaining water balance in your body. (Have people eat a piece of orange while discussing what it looks, tastes and feels like and why it and other produce are good for the body. Then have everyone complete The Great Taste Test worksheet. Finally, review the nutrition facts you have learned throughout the lesson.)

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Read the Directions Aloud Below:

1. "Today you are all going to complete an activity that can be done with students. This activity is unique because it is going to correlate nutrition education with technology!"
2. "Take out the **orange** 'Nutrition Express' packet located in the **Brown Envelope**. Please take 30 seconds to quickly review the nutrition education information located in the packet. This orange packet is filled with information that can be easily learned and shared." (Allow 30 seconds for them to review the packet)
3. "The 'Nutrition Express' information can be easily taught in conjunction with the "Nutrition and Technology" lesson you are about to experience. On the table in front of you, there are lap tops containing a program called '5 A Day Adventures (Dole).' Working with the person next to you, please click on the produce of your choice on the 'Red Carpet.' Click on the icons of your choice and familiarize yourself with the program." (Please do this activity for 4 minutes)
4. "The '5 A Day Adventures (Dole)' software is a FREE resource. Dole has this and many other items available on their website (www.dole5aday.com) that can assist teachers with incorporating nutrition education with other subjects."
5. "At the end of a lesson, fresh produce could be made available for students to taste while learning about the specific nutrients it provides. Completing a worksheet such as 'The Great Taste Test' would also help students review the nutrition information they just learned about a specific produce! This sheet is attached to the orange 'Nutrition Express' Packet."
6. "Lastly, enjoy some tasty orange slices while reading interesting facts about vitamins and minerals in the 'Nutrition Express' packet."

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Tomato/Measuring and
Parents

You have been chosen to be the Lead Nutrition Teacher at your table! This is your opportunity to teach and motivate others about how to incorporate nutrition education with other core curricular subjects. It's simple, just follow the directions below.

Read the Directions Aloud Below:

1. "Today you are all going to complete an activity that can be done with students and parents. This activity is unique because it is going to correlate nutrition education with a core curricular standard-based subject and it shows parents how easy it is to complete an educational and healthy activity with their child. Completing the activity with parents in an "adult class" setting, also gives the parents the opportunity to learn more about the benefits of fruits and vegetables and modeling healthy eating habits."
2. "Take out the **orange** 'Nutrition Express' packet located in the **Brown Envelope**. Please take 30 seconds to quickly review the nutrition education information located in the packet." (Allow 30 seconds for them to review the packet)
3. "The 'Nutrition Express' information can be easily taught in conjunction with the core subject standard-based worksheet, which you will find attached to the orange Nutrition Express Packet behind the 'The Great Taste Test' worksheet." (Have them briefly look at the worksheet)
4. "The French initially called the tomato the 'Love Apple, or Pomme d' amour.' While the tomato is very high in vitamins A and C; it also contains Lycopene, an antioxidant that protects the body from cellular damage and prevents some types of cancers. It has been discovered that when tomatoes are heated their lycopene content increases significantly. Meaning, cooked tomatoes and tomato sauces have a higher amount of lycopene than fresh tomatoes." (This information was taken out of the orange Nutrition Express packet and newsletter)
5. "At this time, you are going to participate in a hands-on activity practicing your measuring skills, while learning tomato nutrition facts as you work together to make healthy salsa. Please follow the directions on the 'Measuring Circumference' worksheet and complete the activity." (NOTE— due to time constraints, you will only have to chop up the tomatoes—everything else is done for you!)
6. "Lastly, enjoy your healthy snack while discussing the nutrition facts you just learned and brainstorm other ideas of how to increase parental involvement and nutrition education."

When you are done with the activity, please feel free to share ideas of how to incorporate nutrition education with other subjects.

Simple Tips for Working with the Media

The Basics



- Do your homework. Read the papers, watch the news, listen to the radio. What are the popular themes of the day? What is missing?
- Contact them: start with the City Hall or Chamber of Commerce in your area. Ask about local cable television stations and newspapers, including where they are located and a contact name.
 - *KEY: Media relationships are important. Strive to build a personal relationship with reporters, producers, and editors.*
- Think small! Smaller media outlets are friendly and more likely to want to work with you initially. Plus, local outlets reach your target audience directly!
- Be prepared! Take a chance and submit an idea for a column, story, or PSA to the news producer or editor. Know the 6 W's of your idea: who-what-when-why-who cares (plus how).
- Present yourself as the expert in your area. Dietitians, Teachers, Nurses, etc. have expertise in their field.
 - *Key: Offer your services and come through when called upon!*
- Be persistent, but not a pest. If you get a "no thanks" the first time around, try again. Keep offering...you will get a "yes" soon enough!!

Tips for Getting Your Idea Covered

- It's been said the 3/4 of the news is "NEW". Keep your ideas fresh and new to generate the most interest.
- Be sure your story idea is...
 1. Interesting to a general audience
 2. Timely
 3. Relevant
 4. Informative
 5. Educational
 6. Locally oriented



Doing so will increase the likelihood of getting a "yes"!

- Think ahead. Contact media two to three weeks in advance for an event; three to four months for a magazine or newspaper story.
 - *Key: Get to the point and keep it short. Editors and producers work on tight timelines and schedules.*
- Paint an "audio picture" of your idea. Describe in colorful details to help the editor or producer get a feel of your story.



Interview Basics

- Ask for the interview questions ahead of time, if possible.
- During a taped interview, it's okay to say to the reporter, "I don't think I answered your question the way I intended. May I try that one again?"
 - *Key: Have three points in mind you want to convey during the interview, and "bridge" between questions and answers.*
- Be clear and succinct. Often the first thing out of your mouth will be the information that is used, so make it count.

Activity!

- Mock interview