

# MICHIGAN'S HEALTHY EDGE 2001 – FACT SHEET

## **LESSON I**

**Topic:** Dietary Guidelines for Americans

**Goal:** To review the Dietary Guidelines for Americans and learn ways in which to use them as part of a healthy lifestyle.

**Outcomes:** The participant will:

- relate research results and national health goals to using the Dietary Guidelines for Americans in school meal programs.
- complete a review of the Dietary Guidelines for Americans.
- share successes, concerns, and experiences related to implementation of the Dietary Guidelines for Americans.
- apply the messages of the Dietary Guidelines for Americans to their personal lifestyle.

## **LESSON II**

**Topic:** The Food Guide Pyramid

**Goal:** To study and use the Food Guide Pyramid in school meal programs and appreciate the value of various types of food labels.

**Outcomes:** The participant will:

- list the Food Guide Pyramid food groups.
- identify foods from each group.
- recognize correct serving sizes for foods from each group.
- identify rich food sources of key nutrients as related to Recommended Dietary Allowance goals for school meals.
- read a Nutrition Facts food label and a Child Nutrition label.

## **LESSON III**

**Topic:** Healthy Menu Planning

**Goal:** To survey the menu planning systems and associated tools for meeting the goals of the USDA School Meals Initiative for Healthy Children.

**Outcomes:** The participant will:

- list strengths and limitations of each menu planning system.
- identify the nutrients which must be included in a nutrient analysis of school meals and food items.
- calculate the percentage of calories from fat and saturated fat.
- use tools designed to assist with healthy meal planning.
- identify key criteria used in selecting healthful foods for purchase.

## **LESSON IV**

**Topic:** Healthy Meal Preparation and Evaluating Student Acceptability

**Goal:** To examine recipes and preparation techniques for use in school meal programs and study methods of student evaluation of foods and meals.

**Outcomes:** The participant will:

- identify the components of a standardized recipe.
- state two reasons for using standardized recipes and portion control.
- adjust a recipe to meet the goals of the Dietary Guidelines for Americans.
- identify culinary techniques which may be used in school meal programs to help meet the Dietary Guidelines for Americans.
- examine methods for determining student food and meal acceptability in school meal programs.

## **LESSON V**

**Topic:** **Planning and Connecting to Serve Healthy Meals for Healthy Children**

**Goal:** To create a vision for healthy school meal programs; emphasize the connection between the classroom and the cafeteria; examine methods for teaming; and make plans to market school meal programs.

**Outcomes:** The participant will:

- write a vision statement for a school meal program.
- list at least one method he/she will use to connect the cafeteria with the classroom to participate in nutrition education efforts for students.
- list at least one partner they will invite to join their school's Team Nutrition activities.
- create or explain the components of a plan to promote some aspect of their school meal program.