



United States  
Department of  
Agriculture



**TEAM  
NUTRITION  
CONNECTIONS**

Food and  
Nutrition  
Service

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Team Nutrition

3101 Park Center Drive  
Room 632  
Alexandria, VA 22302

## What's Inside

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# Nutrition Essentials Targets Secondary School Students

Team Nutrition proudly introduces an exciting, new nutrition education publication developed especially for middle school and high school students: *Nutrition Essentials*. This publication is based on the recommendations of the 2005 Dietary Guidelines for Americans and MyPyramid.

*Nutrition Essentials* will help you teach middle and high-school students how to make healthful, lifelong eating and physical activity choices. Students will be introduced to the “tools” available to them to help them make eating and physical activity choices. The *Nutrition Essentials* toolkit contains a 42-page booklet with six sequential lesson plans, and five full-size posters: *Food for a Day*, *How Much Do YOU Eat?*, *Move It!*, *MyPyramid*, and *READ IT before you EAT IT!*. The *How Much Do YOU Eat?* poster is a revision of the previous *What Size Is Your Serving?* poster. It reflects

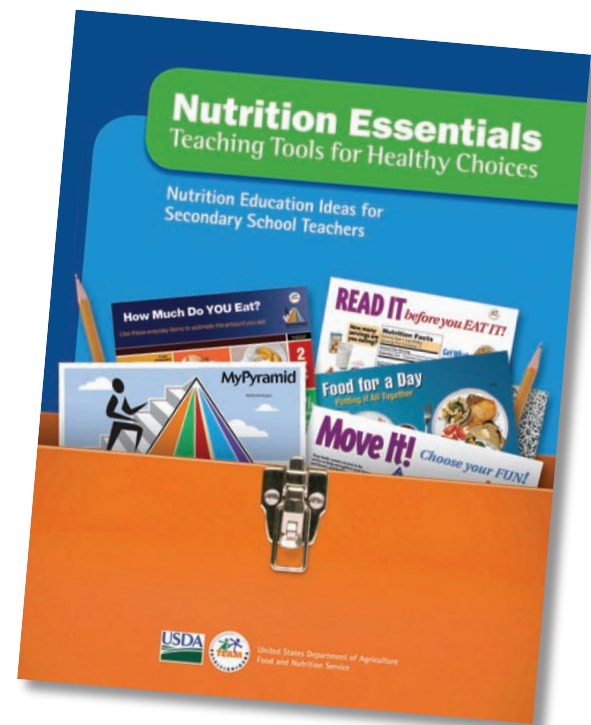
the shift from servings to recommended amounts of food made in the 2005 Dietary Guidelines for Americans. The *READ IT before you EAT IT!* poster was revised to reflect the new Nutrition Facts label which reflects *trans* fat in products.

Each lesson plan is based on a poster or other visual image

that serves as the focus for your class discussions and activities. The lesson topics are :

- Get the MyPyramid Amounts of Foods—for YOU
- Choose the Foods YOU Need
- Choose Foods for Their Nutrients
- Estimate Amounts of Food
- Put It All Together—Food for a Day
- Move It! To Keep Your Health in Balance

*Nutrition Essentials* also includes a CD, *Nutrition Decision*, with interactive games that build skills using the Nutrition Facts panel on food labels. Another CD contains the text of the booklet as well as black/white and color reproducibles and mini-posters to aid your classroom efforts. *Nutrition Essentials* was promoted to all Team Nutrition middle and high schools, and is now available to all middle and high schools upon request through Team Nutrition’s online order form. It can also be downloaded in .pdf form from the Web.



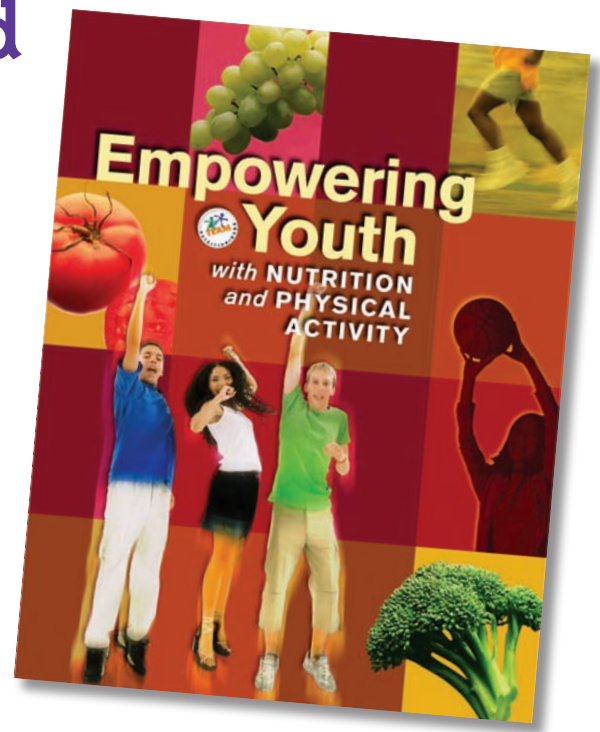
Go to [teamnutrition.usda.gov](http://teamnutrition.usda.gov) to see the materials and order online from <http://tn.ntis.gov/>.



# Empowering Youth with Nutrition and Physical Activity

You, as a teacher or afterschool leader, have an opportunity to be a role model to youth, whether it is in a classroom, afterschool program, or summer feeding site. Take advantage of this opportunity to make a difference in their lives by adding the *Empowering Youth with Nutrition and Physical Activity* manual and modules to the resources you use regularly. *Empowering Youth* is designed to be used with youth ages 11 to 18 and includes up-to-date nutrition and physical activity messages based on the 2005 Dietary Guidelines for Americans (DGAs) and MyPyramid. The information presented has the potential to empower youth to develop health-promoting habits that last a lifetime.

The *Empowering Youth* manual includes information and fact sheets on the risk factors for obesity, related chronic conditions, and other topics in a format that is easy to present to youth. Interactive activities with handouts illustrate nutrition and physical activity concepts. The hands-on activities require minimal planning and are designed to be fun, educational, and easily used within the classroom, afterschool program, or special events. The manual contains strategies for youth to develop and implement a nutrition- or physical activity-related project within their school or community. Step-by-step guidance, worksheets, additional helpful tips, handouts, discussion prompts, and healthy recipes make the *Empowering Youth* manual an education tool teachers and afterschool leaders will use. High schools, middle schools, and Child and Adult Care Food Program (CACFP) afterschool sites can order the *Empowering Youth* manual from the Team Nutrition online order form.



The manual can also be downloaded from the Team Nutrition Web site at [teammnutrition.usda.gov](http://teammnutrition.usda.gov).

Five online interactive training modules will help leaders and youth groups bring the ideas in *Empowering Youth* to life. They present more in-depth information about the DGAs, MyPyramid, and the Nutrition Facts Label, as well as on being a positive role model. The modules also contain knowledge-check review questions and pause-and-reflect scenarios that get you thinking about ways to enhance your program. Links to additional supporting Team Nutrition materials and other resources are also provided. The modules will be found with the manual text on the Team Nutrition Web site starting early in 2008. Copies of *Empowering Youth* can be ordered using the online order form on the Web site.



# What is a Whole Grain?...

## A Closer Look at the HealthierUS School Challenge

The HealthierUS School Challenge, initiated by Team Nutrition in the fall of 2004, recognizes nutrition excellence in elementary schools across the Nation.

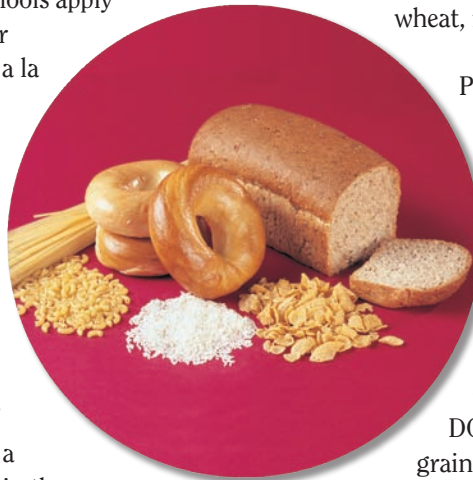
What does it take to receive a HealthierUS School Challenge award? Elementary schools apply by submitting descriptions of their healthy menu planning practices, a la carte and school vended offerings, and their physical activity and nutrition education programs.

Sometimes schools must work to meet the whole-grain criteria in the Challenge. For a Gold award, schools must serve a whole-grain product every day. However, it may be tricky to tell if a product is really whole grain. If a whole grain is the first ingredient in the ingredient statement, this means that the grain is the primary ingredient, by weight. This is a great indication that the product is providing a significant amount of the whole grain.

To determine if a food is a whole-grain product, look

for the word “whole” listed before a grain, such as “whole wheat” or “whole corn” on the ingredient label.

Other ingredients may not have the word “whole” but are still whole grains, such as graham flour, wild rice, brown rice, cracked wheat, bulgur, crushed wheat, rolled oats, and oatmeal.



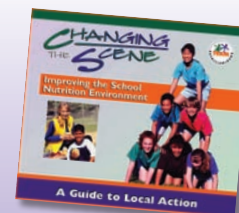
Primary ingredients that indicate a food is NOT a whole-grain product include: white flour, wheat flour, unbleached flour, durum flour, semolina, grits, corn grits, hominy grits, degerminated corn meal, rice flour, farina, and couscous.

Other confusing terms that usually DO NOT prove a product is whole grain include multi-grain, stone-ground, 100% wheat, cracked wheat, 7-grain, 9-grain, and bran. When you see one of these terms, examine the ingredient statement carefully to determine if the food really is whole grain.

Remember, the Dietary Guidelines and MyPyramid tell you to “Make half of your grains whole.”



*Making it Happen* and *Changing the Scene* are two popular Team Nutrition products designed to assist schools in developing their local wellness policies. Both are available free of charge and can be ordered online using the Team Nutrition on-line order form at <http://tn.ntis.gov>.

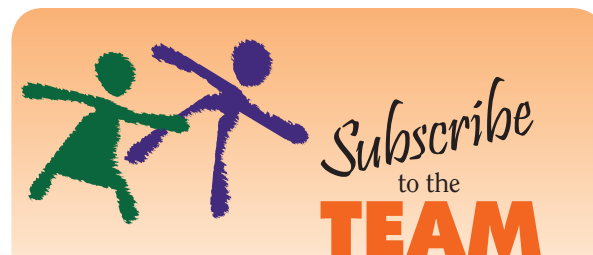




# The Latest from Team Nutrition

## New materials especially for you!

There are some **new** items in the Team Nutrition Resource collection of technical assistance, training, and nutrition education materials. If you haven't received your free copy of these materials, go online to the Team Nutrition Web site ([teamnutrition.usda.gov](http://teamnutrition.usda.gov)), and click on the Resource Library button to find out how to order these materials!



## E-Newsletter!

The Team Nutrition E-Newsletter is published periodically to share resources and ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

Visit the *Healthy Meals Resource System* (<http://healthymeals.nal.usda.gov>) at the FNIC website to subscribe to the newsletter today!

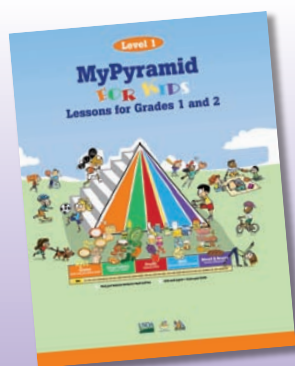
## Only for Team Nutrition Elementary Schools...



**Team Up at Home** is a collection of hands-on nutrition education activities for parents to use with their elementary school-age children. An updated version of the original *Team Up at Home* released in 1996, this 36-page activity booklet is in a reproducible format for classroom and community use. Fun activities give parents and children information on the new MyPyramid for Kids, the 2005 Dietary Guidelines for Americans, preparing healthier meals and snacks, and tips on how to incorporate more physical activity into the family lifestyle. Printed copies of this activity booklet are available only to Team Nutrition elementary schools through a special order form. However, it can also be downloaded in .pdf form from the Team Nutrition Web site.



**Enjoy Moving** is available as a full-size poster and as an 8 ½-inch by 11-inch handout depicting Team Nutrition's latest activity pyramid for elementary school children. The poster and the flyer encourage students to be physically active every day, and suggest various activities children can engage in to move whenever they can, make their heart work harder, and stretch and build their muscles. Printed copies of *Enjoy Moving* are being offered only to Team Nutrition Schools through a special online ordering system, but the flyer can be downloaded from the Web site.



## Elementary School Materials

The *MyPyramid for Kids* Classroom Materials are still available for elementary schools to help children learn the MyPyramid food guidance system. Lesson plans for teachers are available in three levels: Level 1 (grades 1-2); Level 2 (grades 3-4); and Level 3 (grades 5-6). The classroom materials include teacher guides, lesson plans, posters, parent handouts, interactive games, and a CD filled with songs and reproducibles.

## Training and Technical Assistance Materials...

**Recipes for Child Care** is an updated version of the 1999 publication *Child Care Recipes: Food for Health and Fun*. The recipes have been updated to reflect the changes made in the *2001 Food Buying Guide for Child Nutrition Programs*, and are searchable by recipe name or recipe number. The recipes have been standardized, edited for consistency, analyzed for nutrient content, and updated with Critical Control Point information based on the *2005 Food Code Supplement*. Go to the Team Nutrition Web site to view the recipes.

**USDA's Recipes for Schools** is an update of the 1988 *Quantity Recipes for School Food Service* and the 1995 *Tool Kit for Healthy School Meals*. The recipes have been edited and reflect the changes made in the newest edition of the *Food Buying Guide for Child Nutrition Programs* and are on a CD ROM. The accompanying spiral-bound handbook contains information on adjusting recipes, nutrient information, safe food handling, and reference charts helpful to food service operations. *Recipes for Schools* was distributed to State agencies and school districts for distribution to their schools. Printed copies of the handbook and the recipe CD are still available for distribution, and the recipes are also available in .pdf format from the Team Nutrition Web site.



**The National Food Service Management Institute (NFSMI)** works under a cooperative agreement with USDA's Food and Nutrition Service to provide training for school food service and Child and Adult Care Food Program professionals at State agency and association meetings. The training is on a variety of topics – from the School Meals Initiative, to Financial Management, and Nutrition 101. State agencies can select topics for training based on the vast list of Team Nutrition and NFSMI materials. NFSMI provides the training sessions with handouts. Most sessions are 60 – 90 minutes long, and longer sessions can be provided. All training sessions are free to State agencies. If you are interested, contact NFSMI at 800-321-3054 for more information.



National Food Service Management Institute  
The University of Mississippi

## While Supplies Last!

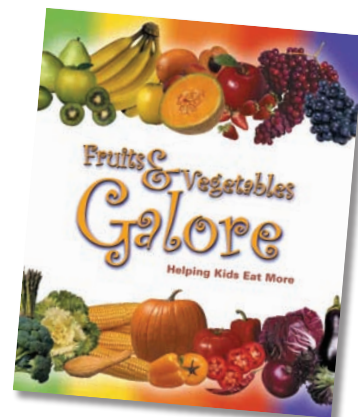
The *Offer versus Serve* Instructional Kits have been provided to school districts nationwide. A part of that kit, the *Offer versus Serve Resource Pack*, is targeted to schools. Additional copies of this *Resource Pack* were printed and SFAs should order copies for their schools prior to conducting Offer vs Serve training. The *Resource Pack* contains a reference guide, a CD of print materials, and a video overview of the traditional food-based, enhanced food-based, and nutrient standard menu-planning

options. The video is available in VHS and DVD formats. *The previously provided Instructional Kits are no longer available in print but are available in .pdf format on the Web site.*



*Fruits & Vegetables Galore: Helping Kids Eat More* is a tool available to school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting, and promoting fruits and vegetables.

The *Fruits and Vegetables Challenge Poster Kit* is a classroom activity to encourage students to eat more fruits and vegetables.



The *Offer versus Serve Resource Pack* and the *Fruits and Vegetables Challenge Poster Kit* are available while supplies last, and can be ordered online through the Team Nutrition Web site.

# Join the Team...

## Become a Team Nutrition School

Becoming a Team Nutrition School will help you focus attention on the important role of nutritious school meals, nutrition education and a health-promoting school environment in helping students learn to enjoy healthy eating and physical activity. It will provide the framework for team efforts by school nutrition staff, teachers, parents, the media and other community members.



### Goal:

Team Nutrition's goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and MyPyramid.

### Team Nutrition has three implementation strategies:

- Healthy school meals that meet student expectations
- Nutrition education that is fun and focused on behavior
- Support from school administrators, parents and other community leaders

### All program materials encourage students to make food and physical activity choices for a healthy lifestyle. They focus on five behavior outcomes:

- Eat a variety of foods
- Eat more fruits, vegetables, and whole grains
- Choose calcium-rich foods
- Eat lower fat foods more often
- Be physically active

### Team Nutrition Schools have these common values:

1. We believe that children should be empowered to make food and physical activity choices that reflect the Dietary Guidelines for Americans.
2. We believe that good nutrition and physical activity are essential to children's health and educational success.
3. We believe that school meals that meet the Dietary Guidelines for Americans should taste good and appeal to children.

4. We believe our programs must build upon the best science, education, communication, and technical resources available.
5. We believe that school, parent and community teamwork is essential to encouraging children to make food and physical activity choices for a healthy lifestyle.
6. We believe that messages to children should be age-appropriate and delivered in language they speak, through media they use, in ways that are entertaining and actively involve them in learning.
7. We believe in focusing on positive messages regarding food and physical activity choices children can make.
8. We believe it is critical to stimulate and support education and action at the national, State and local levels to help children develop healthy eating and physical activity behaviors.

As a Team Nutrition School, you will be the first to receive new materials to help you plan and carry out activities for your students and their families. You also have the opportunity to use the Team Nutrition Web site [teamnutrition.usda.gov](http://teamnutrition.usda.gov) to order additional support material and access additional resources.

### COMPLETE THE SCHOOL ENROLLMENT FORM ON THE NEXT PAGE.

FAX IT TO: **703-305-2549**  
OR MAIL IT TO: **Team Nutrition**  
3101 Park Center Drive  
Room 632  
Alexandria, VA 22302

At the same time, provide a copy of the enrollment form to your foodservice director and to the Team Nutrition Leader at your State agency. If you do not have that address, contact your school foodservice director or check the Team Nutrition Web site. If you have questions, mail or fax them to Team Nutrition at the above address. Also, email can be directed to [teamnutrition@fns.usda.gov](mailto:teamnutrition@fns.usda.gov).

We look forward to having you **JOIN THE TEAM!**

# Team Nutrition School enrollment form

SUBMIT ONE FOR EACH SCHOOL

PLEASE TYPE OR PRINT

## OUR TEAM NUTRITION SCHOOL LEADER IS:

MS.       MRS.       MR.       OTHER

FIRST NAME

LAST NAME

TITLE

SCHOOL'S NAME

TOTAL ENROLLMENT

SCHOOL GRADES (K-12)

SCHOOL DISTRICT

SCHOOL COUNTY

SCHOOL ADDRESS

CITY

STATE

ZIP CODE

TELEPHONE (      )

FAX (      )

TEAM NUTRITION LEADER'S E-MAIL ADDRESS

CHECK HERE TO RECEIVE THE TN E-NEWSLETTER

## PLEASE CHECK ONE OR MORE OF THE APPROPRIATE GRADE RANGES:

P (PRESCHOOL: PREK)       E (ELEMENTARY: K-5/6)       M (MIDDLE: 6/7-8)       H (HIGH: 9-12)

## WE AGREE TO:

- Support USDA's Team Nutrition goal and values.
- Demonstrate a commitment to help students meet the Dietary Guidelines for Americans.
- Designate a Team Nutrition School Leader who will establish a school team.
- Distribute Team Nutrition materials to teachers, students and parents.
- Involve teachers, students, parents, foodservice personnel, and the community in interactive and entertaining nutrition education activities.
- Participate in the National School Lunch Program.
- Demonstrate a well-run Child Nutrition Program.
- Share successful strategies and programs with other schools.

WE CERTIFY OUR SCHOOL DOES NOT HAVE ANY OUTSTANDING OVERCLAIMS OR SIGNIFICANT PROGRAM VIOLATIONS IN OUR SCHOOL MEALS PROGRAMS.

SCHOOL PRINCIPAL, PRINTED NAME

SCHOOL FOODSERVICE MANAGER, PRINTED NAME

SIGNATURE

SIGNATURE

DATE

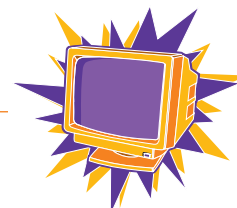
DATE

U.S. Department of Agriculture  
Food and Nutrition Service, CND  
3101 Park Center Drive, Room 632  
Alexandria, VA 22302-9943

## FOR MORE Information

### INTERNET

Contact us via the Internet/World Wide Web at  
[teamnutrition.usda.gov](http://teamnutrition.usda.gov)



### E-MAIL

E-Mail us at our Internet mailbox:  
[teamnutrition@fns.usda.gov](mailto:teamnutrition@fns.usda.gov)



### WRITE

Write us at:  
3101 Park Center Drive, Room 632  
Alexandria, VA 22302



### PHONE/FAX

Phone: (703) 305-1624  
Fax: (703) 305-2549



October 2007

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