

Food Service Facts Table of Contents

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31. Resources

A wide variety of resources are available to assist you in expanding your knowledge of Child Nutrition Programs, nutrition and nutrition education. This chapter will explain how to obtain materials for training yourself or your staff; assistance with remodeling and designing a new school kitchen; ideas for nutrition education activities in the classroom and cafeteria; materials to use for a nutrition fair; steps for establishing or maintaining a healthy school environment and much more.

One of the best sources of information available to you is the Child Nutrition & Wellness website, www.kn-eat.org. In addition to providing the most current guidance for Kansas Child Nutrition Programs, the site provides a multitude of links to other helpful resources including state agencies, federal agencies, professional associations, health-related organizations, and nutrition education programs.

Eat Smart Play Hard

Learning to make healthy choices is essential to getting the most from life. The Eat Smart Play Hard (ESPH) Video News features videos, recipes, newsletters, photos and other resources about how to eat smart and play hard at school and at home. Helping children grow up healthy takes families, schools and communities working together.

ESPH video newsletters feature schools across the state and the many ways they are successful in promoting health and nutrition. Each edition includes an “Eat Smart” segment, a “Play Hard” segment, and a “Taking It Home” segment. The “Taking It Home” segment features a home-size healthy recipe that children and families can enjoy together.

The ESPH website also includes resources for educators and families, best practices from schools participating in the Coordinated School Health program, and links to other sites with a wide variety of health related information. Sponsors can add a link to the ESPH website on their local websites. Visit the Eat Smart Play Hard website at www.eatsmartplayhard.org.

Team Nutrition

Team Nutrition is a USDA school-based program that helps children to improve their lifelong eating and physical activity habits. There are many benefits of participation and there are no fees or obligations. Participating schools receive a variety of resources throughout the year at no charge. In return, schools are encouraged to (1) adopt and implement school policies that promote healthy eating and physical activity; (2) provide nutrition education in the cafeteria and classroom, preferably with the involvement of community members and organizations; and (3) maximize training and technical

assistance opportunities for the school food service staff to enhance the Child Nutrition Program. Supporters of Team Nutrition believe that:

- ◆ Children should be empowered to make food choices that reflect the Dietary Guidelines for Americans.
- ◆ Good nutrition and physical activity are essential to children's health and educational success.
- ◆ School meals that meet the Dietary Guidelines for Americans should appeal to children and taste good.
- ◆ School nutrition programs must build upon the best science, education, communication and technical resources available.
- ◆ Public/private partnerships are essential for reaching children to promote food choices for a healthful diet.
- ◆ Messages to children should be age appropriate and delivered in a language they speak, through media they use, in ways that are entertaining and actively involve them in learning.
- ◆ Positive messages should be used regarding food choices children can make.
- ◆ It is critical to stimulate and support action and education at the national, state and local levels to successfully change children's eating behaviors.

To find out whether or not your school is currently enrolled in Team Nutrition, or who has been designated as your school's Team Nutrition Coordinator, or to enroll your school in Team Nutrition, visit www.fns.usda.gov/tn or <http://teamnutrition.usda.gov/default.htm>.

Body Venture

Body Venture is a unique Kansas educational program designed to involve kindergarten through fifth grade students in learning skills and choices that develop a healthful lifestyle. Children learn about the importance of healthful food choices and being physically active through entertaining, experiential activities.

Body Venture includes:

- ◆ A 40 foot by 50 foot enclosed Venture-through exhibit representing the human body
- ◆ Classroom activities for use prior to and following the students' trip through the exhibit
- ◆ A take-home activity book for each student to share with their families
- ◆ An extensive list of additional health education resources

- ◆ Information to help publicize the event and communicate with the media

Students tour the human body with Power Panther, the USDA Food and Nutrition Service mascot, as their guide. Throughout the exhibit, they learn how to apply Power Panther's slogan: EAT SMART. PLAY HARD. At each of Body Venture's eleven stations, a volunteer presenter engages the students in a five-minute activity focused on healthy lifestyle choices.

The tour begins when students, in groups of eight to ten, Venture through a giant ear into the brain. Inside the brain dome, students experience "brain waves" and learn about brain function and the brain's role in making healthy choices. In the second station, students put on food tags designating them each as a different food item such as a carrot, hamburger or piece of cheese. After being transformed into a piece of food, they begin the digestive process when they enter into the huge mouth. They then continue to the stomach dome. From the stomach they travel to the small intestines where they are "absorbed" into the blood. Once in the blood, they follow the path of nutrients to the heart, lungs, bones, muscles and skin stations. After exiting the "body" through a cut in the skin, students proceed to Power Panther's Pathway for Life, which recaps the key concepts from each of the previous stations. Throughout the exhibit, students learn how to practice Power Panther's message: **EAT SMART. PLAY HARD.**

Body Venture Outcomes

- ◆ Schools will use the Body Venture exhibit and its related materials to give children repeated opportunities to practice healthy behavior skills.
- ◆ Children will learn about the digestive system by venturing through the exhibit.
- ◆ Children will remember the exhibit because of the active learning.
- ◆ Children will link nutrition and physical activity to health, thus reinforcing positive health behaviors and raising the value placed on them.
- ◆ Children's eating and health behaviors will improve through learning skills needed to practice lifelong healthful behaviors.
- ◆ There will be a greater awareness among parents, school personnel and community members of the importance of teaching children to practice healthful behaviors.

Scheduling Body Venture

- ◆ Body Venture travels in its own specially equipped truck throughout the state. It visits over 100 Kansas schools each school year.
- ◆ Schools that host Body Venture are required to designate a school coordinator. Among other duties, this individual is responsible for recruiting 8-10 volunteers to set up and to take down the exhibit and 12-24 volunteers to present information and conduct activities, using scripts and picture books provided in each station.

- ◆ A maximum of 500 students can participate in Body Venture on a school day. A group of students can start through every five minutes. It takes each group approximately one hour to experience the Body Venture exhibit.
- ◆ Each participating school pays \$1.50 per participating student (minimum of \$100 and maximum of \$500) to help defray the cost of Body Venture operation. Community groups and members often contribute towards this fee or even pay it entirely.
- ◆ Scheduling information for the entire school year is mailed to all school nutrition program authorized representatives in March and is also available at www.bodyventure.org and www.kn-eat.org. Requests are due in April and schools are notified of the schedule in mid May. Submitting a request does not guarantee a visit from Body Venture.

Producer and Consumer Groups

The following producer and consumer groups in Kansas have training materials, sample products, informational and promotional brochures, flyers and posters and presenters available to help you with a wide variety of projects.

Kansas Beef Council

Phone: 785-273-5225
Address: 6031 S.W. 37th St., Topeka, KS 66614-5129
Website: www.kansasbeef.org

Kansas Pork Association

Phone: 785-776-0442
Address: 2601 Farm Bureau Rd., Manhattan, KS 66502
Website: www.kspork.org

Kansas Soybean Commission and Association

Phone: 800-328-7390
Address: 1000 SW Red Oaks Place, Topeka, KS 66615-1241
Website: www.kansassoybeans.com

Kansas Wheat Commission

Phone: 866-75WHEAT or 785-539-0255
Address: 217 Southwind Place, Manhattan, KS 66503
Website: www.kswheat.com

Midwest Dairy Association

Phone: 913-345-2225 or 1-800-642-3895
Address: 8645 College Boulevard, Suite 250, Overland Park, KS 66210
Website: www.midwestdairy.com