

Planet Health Teacher Workshop Presentation

Harvard School-Based Programs on Activity and Nutrition (HSPAN)

May 2002

Overview

This workshop models the methods of the Planet Health program: it engages the learners' previous knowledge; promotes reflection and discussion; and encourages learners to compare their current knowledge and behaviors with those suggested by the book and to create plans and goals for the future. The six sections which comprise the workshop provide a comprehensive overview of the latest nutrition education and physical activity topics, as well as a detailed overview of the Planet Health program.

The slides include notes for a presenter to read. Directions to the presenter (*in parentheses and italicized*) for procuring, providing and distributing materials, facilitating and timing discussions and breaks are also included in the presentation notes. A list of all necessary materials and handouts is compiled below.

Using this Presentation

This set of slides is a presentation that a trainer can give to groups of teachers. The sections may be led by a health education trainer, or by a school's lead or master teacher. Trainers not specialized in health may need some assistance with the technical information contained in the nutrition and physical activity sections.

The workshop is divided up into six sections, and breaks can be taken between any two sections. As written, this workshop takes approximately four hours to complete. In the past, the workshop has been given in three hours with some materials omitted, or in two sessions of two hours each. However, a single four and a half hour block of time (on a Saturday or professional development day), with one half hour break for lunch would also work well.

This presentation trains 6th, 7th, and 8th grade teachers in the subject areas of English Language Arts, Mathematics, Science, Social Studies, Health, and Physical Education who will be implementing the Planet Health Program. The presentation does not address the Physical Education MicroUnits and FitCheck in great detail. Materials specifically designed for these sections of the book will be added in the near future. For help on training in these areas now, see the Planet Health Curriculum Guide: Summary of the Microunits and Teacher's Guide to the FitCheck.

Ideally, each 6th, 7th and 8th grade teacher would be involved in the program. However, schools new to the program may want to pilot the curriculum on a smaller scale in the

beginning by teaching a selection of lessons in one grade only; teaching lessons only in health and physical education settings; or even beginning with classes in just one subject area (for instance, science or social studies). This is fine, but keep in mind that effectiveness is likely to increase when school involvement increases.

The presentation notes assume that the presenter owns a copy of the Planet Health book, and is familiar with its contents. This is particularly important for the specific lessons to be presented, and with the procedures, background information and talking points outlined in each of those lessons. The slide notes refer to page numbers in the text, and some participant handouts must be copied out of the book.

If you are an individual teacher without a trainer, the basic concepts and background information can be gained from reading through the slides and notes, although the experience of the hands-on activities, reflection, and group discussion will be missed. You will also need a copy of the Planet Health book, and you will need to download and read the CDC Facts Sheets in the “Handouts for Participants” section below.

Planet Health as Interdisciplinary Curriculum

Often teachers strive to make connections for their students “across the curriculum”, seeking topics that can be taught in several subject areas at once. When this is done, students move from one subject area to the next, but they study the same topic, making the day more holistic and adding more depth and richness to the subject matter. With this in mind, Planet Health lessons are designed to be taught by regular subject area teachers, and to benefit from related lessons being taught in different disciplines at the same time. This is the essence of “interdisciplinary curriculum”.

To facilitate the interdisciplinary nature of the Planet Health program, the workshop includes a section for joint planning time. Ideally, teachers from different disciplines may want to teach related lessons during the same time frame. Time is set aside during this workshop for such plans to be made.

A Planet Health “specialist” or school site coordinator, who might be the health education teacher or other teacher who would like to champion the program, can also be a great asset in coordinating the implementation of this curriculum. Several sessions of joint planning time over the course of the school year would also be of great benefit.

The Six Training Sections

Section topic:	Slide numbers:	Time
Introduction, Pyramid Power activity, What is Planet Health? and discussion (Are you concerned about your students' habits?)	1-14	45 min.
The Health of Young People: Trends in Nutrition, Physical Activity, and Inactivity and Turning the Tables	15-34	45 min
Planet Health's Educational Approach and Nutrition and Physical Activity Messages	36- 67	45 min
Using the Planet Health Curriculum	68 – 75	45 min
Talking to Youth about Nutrition and Physical Activity	76 – 77	30 min
How might your concerns/behaviors impact your delivery of the Planet Health material?	78	30 min

Equipment and Materials Needed:

1. A copy of the Planet Health book for the presenter is required, and recommended for each participant.
2. Overhead projector
3. Screen or white wall
4. Slides of the Planet Health transparency presentation (provided as a Microsoft Powerpoint document, must be printed out on transparency film. For the 16 slides in this presentation that are pages from the Planet Health book, you may want to copy those pages directly onto transparency film to enlarge the text and make a clearer image.)
5. Notes for presentation, included in the Powerpoint document, which include Procedure and Talking points slide by slide
6. Two display boards, set up as described in notes on slides 4 (FGP) and 64 (Activity grid)
7. Food cards (from New England Dairy and Food Council <http://www.newenglanddairycouncil.org/> or magazines) with Velcro dots, as described in slide 4 notes.
8. Activity cards as described in slide 64 notes (for example, sedentary activities: TV, videos, computer games; light intensity activities: leisurely walking, light housework, hopscotch; moderate intensity activities: scrubbing the floor, brisk walking, shooting baskets, carrying a young child; vigorous intensity activities: tag, soccer, climbing stairs).
9. Fruits and vegetables to try for activity on slide 51 (optional)
10. Materials for Lesson 49 "Fat Functions" activity on slide 52, listed on page 327 (optional)
11. Labels from cookies, baked goods, margarine suggested in notes on slide 54 on trans fats (optional)
12. Pads of small self-stick notes for graphing activity (slide 10)

Handouts for participants:

Download and print these Facts Sheets:

Dietary Guidelines for Americans 2000, 5th Edition

<http://www.usda.gov/cnpp/Pubs/DG2000/Index.htm>

Nutrition and the Health of Young People

<http://www.cdc.gov/nccdphp/dash/guidelines/nutfact.htm>

Physical Activity and Health - Adolescents and Young Adults

<http://www.cdc.gov/nccdphp/sgr/adoles.htm>

Physical Activity and Health - Adults

<http://www.cdc.gov/nccdphp/sgr/adults.htm>

Physical Activity and Health – The Link Between Physical Activity and Morbidity and Mortality

<http://www.cdc.gov/nccdphp/sgr/mm.htm>

Overweight in Children and Adolescents

http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm

1. Workshop Agenda (text on slide 2 backed with text from slide 3)
2. Paper copies of Planet Health transparencies (optional)
3. Family Connections in the Planet Health Program (download this document from the Planet Health web page)
4. Student Self Assessment questions (from Planet Health: pp. 117 – 118)
5. Slide 16 – Health of Young People questionnaire
6. Rap on Fat handout (from Planet Health: p. 335)
7. Middle School Planner (from Planet Health: pp. xvii-xx)
8. Question strips (slide 75)