



Smart Options: Teach the Leader Workshop

McKimmon Center for Extension and Continuing Education

1101 Gorman Street, Raleigh, NC 27606

8:00 a.m. – 12:30 p.m.

January 20, 2016

Tentative Agenda

Objectives:

1. Understand the increasing prevalence of overweight and obesity in the United States
2. Identify contributing factors to the development of overweight and obesity
3. Understand how overweight and obesity as well as diet and physical activity increase the risk for chronic diseases, such as heart disease, diabetes and some cancers
4. Explain how inadequate nutrition and inactivity can affect academic performance
5. Identify the calories and nutrients found in food and beverages
6. Determine the importance of nutrients in food and beverages
7. Identify food and beverage sources for key nutrients
8. Explain child and adult recommendations for types and amounts of physical activity
9. Describe how MyPlate, the Dietary Guidelines and the Food Label work together as the Food Guidance System
10. Plan, prepare and serve appealing, healthy, tasty and ethnically diverse quality meals
11. Identify and utilize nutrition education resources for the cafeteria and the classroom
12. Identify and utilize marketing techniques and promotional resources
13. Understand Local Wellness Policy Requirements
14. Explain characteristics of and strategies to effectively teach adult learners

Outline of Instruction

- I. Registration and Introductions
- II. Introductions
- III. Background and Development
- IV. Rationale
- V. Helpful Hints
- VI. A Taste of Smart Options
- VII. Making It Work for You
- VIII. Evaluation