



# PUBLIC SCHOOLS OF NORTH CAROLINA

DEPARTMENT OF PUBLIC INSTRUCTION | June St. Clair Atkinson, Ed.D., *State Superintendent*

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December 8, 2015

TO: School Nutrition Administrators

FROM: Susan Thompson, Senior Consultant, Continuing Education and Resource Development  
School Nutrition Services

RE: Invitation to *Smart Options: Teach the Leader* workshop

North Carolina Department of Public Instruction, School Nutrition Services Section will offer a *Smart Options: Teach the Leader* workshop on January 20, 2016 at the McKimmon Center for Extension and Continuing Education in Raleigh, NC. Registration will begin at 8:00 AM and the class will be conducted from 8:30 AM until 12:30 PM. A tentative agenda is attached for your review. Participants will be responsible for all related expenses of travel, lodging, meals, beverages, and snacks. Please feel free to bring beverages and snacks for consumption during the workshop if you desire as breaks and lunch will not be provided.

The workshop will offer the information and resources required for teaching *Smart Options: School Meals Make a Difference in NC*, an approved School Nutrition Association (SNA) core course in the key area of nutrition. The *Smart Options* course is a continuing education course tailored for school nutrition professionals in North Carolina that covers nutrition and physical activity guidelines, school nutrition regulations, methods for serving quality school meals, strategies for linking the cafeteria to the classroom with nutrition education, ways to market school meals, and school wellness. *Smart Options* was developed with assistance and review from an advisory committee of school nutrition administrators from across North Carolina and features local school success stories. Upon full completion of this *Teach the Leader* workshop, participants will receive a certificate and access to the leader materials for teaching the full *Smart Options* course in the School Food Authority (SFA). It will also provide 4 hours of continuing education credit for professional development in the learning code 1300 General Nutrition; however, participants must be present for the entire workshop to receive professional development credit.

Please click on the link below to register. You must download this document, then select the link to access online registration. Attempting to select the registration link from an email viewer will result in a "no longer available" page error.

<https://onece.ncsu.edu/search/publicCourseSearchDetails.do;jsessionid=737B1F93FF99954EB024637E431D49B1?method=load&courseId=3598336>

Your registration will be confirmed by email from Iyana Porter at North Carolina State University McKimmon Center. Please contact Iyana at [importer@ncsu.edu](mailto:importer@ncsu.edu) if you have questions after you have submitted your registration. If you have general questions about the workshop, please contact Susan Thompson at [susan.thompson@dpi.nc.gov](mailto:susan.thompson@dpi.nc.gov) or 919-218-4090.

Please share this information with School Nutrition supervisors or others in your SFA who may wish to participate and be eligible to teach the *Smart Options* workshop. We look forward to your participation in this important professional development opportunity!

## SCHOOL NUTRITION SERVICES SECTION

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AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER



## **Smart Options: Teach the Leader Tentative Agenda**

**McKimmon Center for Extension and Continuing Education  
1101 Gorman Street  
Raleigh, NC 27606  
8:00 a.m. – 12:30 p.m.  
January 20, 2016**

### 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