Teacher Training Presentation

What We'll Cover

- **Current Landscape**

- **Student Engagement**

- **Overview of Program**

- **SuperTracker**

Current Landscape

- Nearly **one in five U.S. teens** is at increased risk of weight-related diseases.

- Research finds that **teens feel challenged** when it comes to eating healthy food, which they view as expensive, time consuming to make, and not tasty.

- **Health class seems boring and irrelevant** to many teens, but they said that adding nutrition and physical activity could capture their interest, especially if they learned practical ways to personalize this knowledge.

- **Teens say that they are motivated by activities that boost their confidence**, and make them feel like they are in charge.

*"Well, in the nutrition part (of health class), **we just learned the nutrition plate and what kinds of food are proteins and what's dairy and how much dairy you should have**. Other than that, it's just not helpful."*
– Washington, DC student

"It's pretty cool to learn something, like to learn how to do it on your own [rather] than having someone tell you. Like, you'll know what you do, so it's on you. If you want to do it or not… Like sometimes you can only eat like, what your parents have for you. But this will help you if you want to cook for yourself."
– Riverside, CA student

"Most people don't know how to eat well so if they did, they might like feeling good."
– Washington, DC student

Engaging Students in Health and Wellness

Authentic

Fun

Personal Ownership

Actionable

Engaging

A New Approach for Lifelong Healthy Habits

USDA's PowerUp! is designed to put teens in the drivers' seat of their own lives by learning how to eat healthfully and engage in more physical activity
in a fun, engaging and hands-on way.

Goals and Intended Outcomes

This full program is designed to encourage students to:

- Eat the appropriate amounts and variety of foods from each food group every day

- Eat fruits and vegetables every day

- Choose to eat whole-grain products and fat-free or low-fat milk or milk products

- Eat a variety of foods from the protein foods group each week

- Limit foods and beverages high in added sugars, solid fat and sodium

- Eat healthy snacks

- Prepare food in healthful ways

- Balance caloric intake with caloric expenditure

- Follow an eating plan for healthy growth and development

- Support others to eat healthfully

- Add physical activity to your day

Program Considerations

- **Class Length –** Estimated lesson timing is 40-60 minutes; however, individual lessons can be expanded or shortened, as needed. We encourage you to tailor lessons to fit within the available class time. If time is limited, we recommend focusing on the Getting Started, Teaching Instructions and Reflections sections.

  + Each lesson contains a number of discussion ideas and in-class activities to reinforce messages and engage students.

- **Computer Access –** Most lessons rely on computer and internet access.

What It Includes: Lessons

There are six lessons which alternate with engaging group activities, resulting in a total 12 classroom sessions. This combination delivers basic information, tools to use that information and interesting applications in which students interact and compete. The result is a package of many opportunities for students to learn, practice and receive reinforcement for making healthy choices.
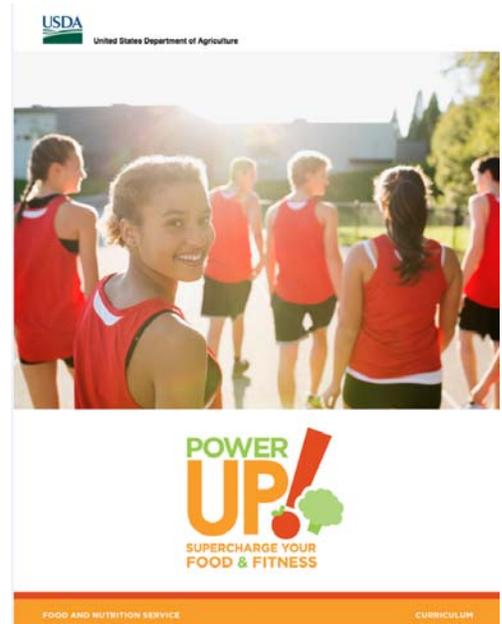
Lessons Summary

Individual lesson structure includes:

- Lesson Overview: brief description of lesson

- Getting Started: discussion prompts to initiate class discussion

- Lesson Preparation: details to guide teacher set up for lesson

- Lesson Objectives: intended learning goals for students

- Teaching Instructions: guidance on how to execute lesson

- Reflection, Evaluation and Discussion: closing thoughts, discussion and synthesis of lesson

- Handout (for Lessons 1, 3, 5, 7, 9, 11): worksheet that can also be used as prompts for classroom discussion, group activities or for extra credit

What It Include: Homework

Handouts at the end of some lessons can also be used as prompts for classroom discussion, group activities or for extra credit.

Name: _____ Date: _____

Track Your Snack

Instructions

Use SuperTracker's Food-A-Pedia feature to answer the questions below. You can access Food-A-Pedia here:

https://www.supertracker.usda.gov/foodapedia.aspx

1. Search for your favorite snack using Food-A-Pedia and select the amount you typically eat.

   A. What is your favorite snack? _____

   B. How many food groups are in it? _____ food groups

   C. What are the food groups? _____

   D. How many total calories does it have? _____ total calories

   E. How much saturated fat does it have? _____ calories from saturated fat

   F. How much added sugars does it have? _____ calories from added sugars

   G. How much sodium does it have? _____ mg

   H. Based on this information, will you be choosing this snack: (check one)

      ☐ More often

      ☐ Less often

      ☐ The same

   Why? _____

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What It Includes: Supplemental Activities

Additional activities outside of the primary curriculum that reinforce lesson topics and provide opportunities for fun, engaging and creative learning. Activities include:

- Vending Machine Revamp

- Make Your Own Music Video

- Food Spies

- Culinary Culture: Exploring the World

- Your Body, Your Image

- Teen Cooking Show

- The Role of Sleep as Part of Your Overall Health

Extra

Tips – helpful ideas to add to class discussion, provide additional tools and bring to life lessons

Resources – additional information that can be used to provide further detail on lesson topics

Beyond the Classroom – ways to apply lessons to broader environment through policy, systems and environments (PSEs) approach.

SUPERTRACKER

A core component of PowerUp! is SuperTracker. This is a visually appealing, comprehensive, state-of-the-art diet and physical activity tracking tool available at SuperTracker.usda.gov.

SuperTracker Profiles

If you would like students to save data and access their account on an ongoing basis, they will need to complete the registration section in addition to the personalization section on the Create Profile page.

Thank You!