

INTRODUCING



NUTRITION IN A BOX

DEVELOPED AT THE OHSU BOB & CHARLEE
MOORE INSTITUTE FOR NUTRITION & WELLNESS





Today's Presentation

- ❖ Early-life nutrition impacts chronic disease risk
- ❖ Elements of Effective Nutrition Education
- ❖ Key Features of Nutrition In A Box (NIABx)
- ❖ A Look Inside the Box
- ❖ Guided Tour of 4 Selected Stations

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Goals of the OHSU Moore Institute for Nutrition and Wellness

- ❖ to reduce the prevalence of chronic diseases across the lifespan
- ❖ in current and future generations
- ❖ by promoting healthy, nutrient-rich diets based on whole foods

Key areas

COMMUNITY OUTREACH

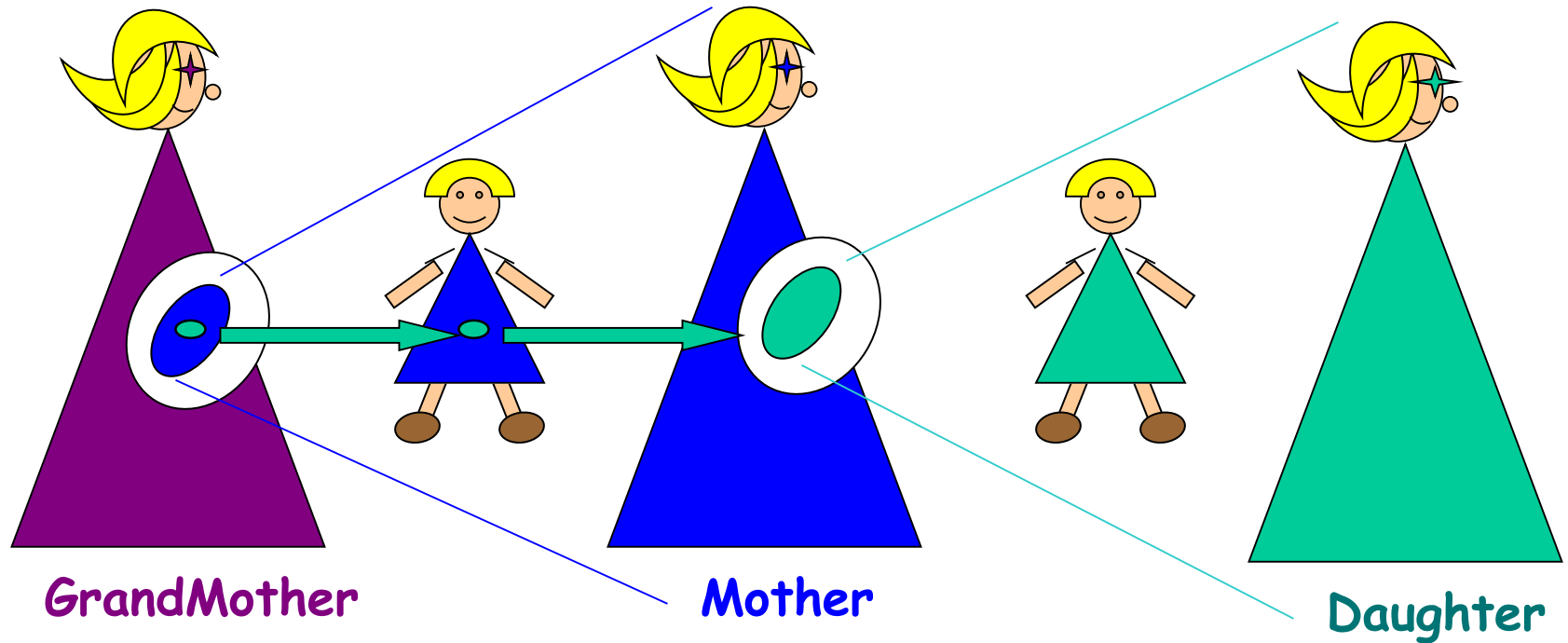
RESEARCH

CLINICAL CARE

PUBLIC POLICY ADVOCACY

Health of Tomorrow's Moms & Kids Depends on Nutrition of Today's Moms & Kids

Nutritional Exposures of the Egg are Trans-Generational





Key Features of NIABx

Lead Curriculum Writer

Connie J Liakos (Evers)

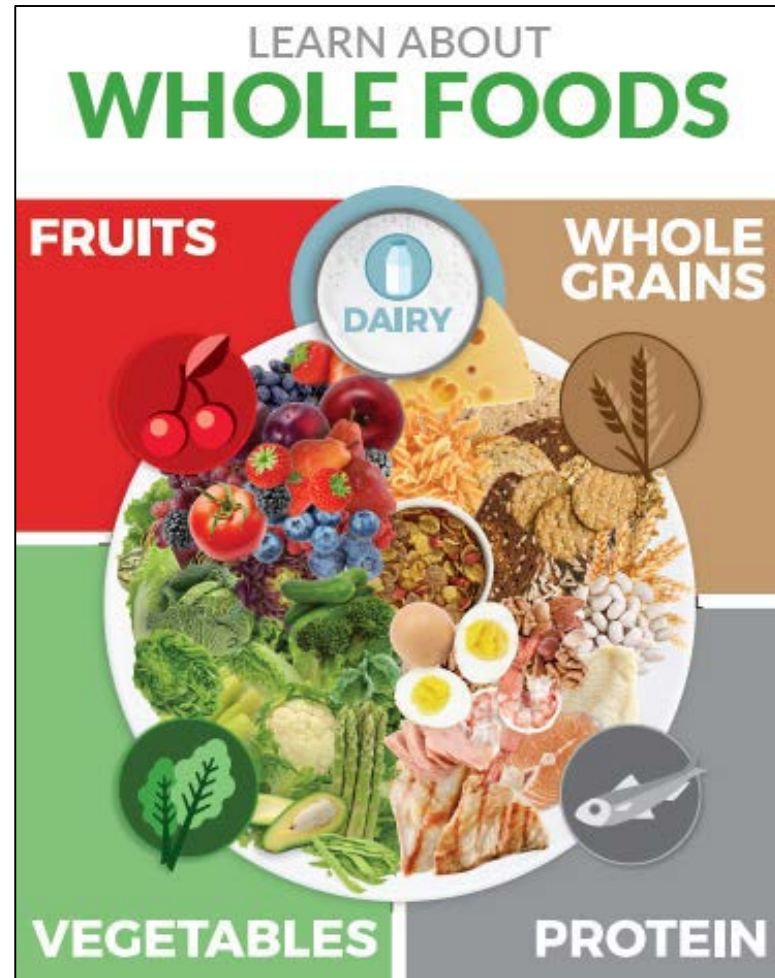
MS, RDN, CSSD, LD

Pediatric/Sports Dietician

Graphic Designer

Lia Mitermique

Illustrator/Graphic Designer



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Effective Nutrition Education



Behavior Based: Children have the opportunity to set personal goals, take action steps, and practice making healthy choices

Fun/Engaging: Youth are interested and actively involved in hands-on learning activities.

Integrated: Activities and strategies are integrated across the curriculum and also with the home and community environments.



What is NIABx?

- ❖ Self-contained enrichment curriculum
- ❖ Designed for youth ages 10-14 (Gr 4th-8th)
- ❖ Modular: each of 12 stations stands alone
- ❖ Modeled on Oregon AHEC “In a Box” series
- ❖ Non-profit program
 - all written materials/graphics are free online**
 - Box purchase reflects only cost of contents (\$400 + shipping)

** Website: “Better the Future”
www.ohsu.edu/nutrition-in-a-box



Enrichment Curriculum for Middle Schoolers

LESSON 1. My Plate Power Foods

Station 1: Grains Fuel your Body

Station 2: Vary your Vegetables

Station 3: Focus on Fruits



**WHOLE
GRAINS**



VEGETABLES



FRUITS



PROTEIN



DAIRY

LESSON 2. My Plate Build Foods

Station 1: Power up with Protein

Station 2: Pass the Milk, Yogurt,
and Cheese, please

LESSON 3. Winning the Balance Game

Station 1: Focus on Fats

Station 2: All these Drinks: what do you think?

Station 3: Be an Ad Detective!

Station 4: Are you balancing your portions?



LESSON 4. Taking Charge of your Choices

Station 1: Fitting in Family Meals

Station 2: Snacking Success

Station 3: Food in a Box Café – Menu Board



NIABx Objectives

- ❖ Create awareness of proper nutrition via use of the MyPlate Food Guide.
- ❖ Provide hands-on games, manipulatives and interactive activities that engage students
- ❖ Describe how media, cultural and family influences can encourage healthy eating practices at home and school.
- ❖ Explain the importance of variety and moderation in food selection and consumption.
- ❖ Track progress toward achieving short-term personal goals related to variety and moderation within healthy eating.



NIABx is Research & Standards Based

- ❖ Based on Dietary Guidelines for Americans 2015-20 and the MyPlate Food Guide
- ❖ Aligns with the current Oregon Health Education Standards and Performance Indicators (Dec 2016)
- ❖ Has been MAPPED to Oregon Health Education Standards and Performance Indicators
- ❖ Aligns with Next Generation Science Standards (NGSS)





TWO NEW PARTNERS WILL ENHANCE NIABX

SNAP-ED/OSU

- Evaluation of NIABx as an “emerging curriculum”
- Move toward listing in official suite of approved curricula for use in SNAP-ED linked schools

Oregon After School Kids (OregonASK)

- Develop a Train-the-Trainer program for NIABx
- Assist in training program delivery in after-school settings in Oregon



Lesson Materials Included

Teachers Guide: Covers All lessons/stations

For Each Lesson

- ❖ Setup “Map”
- ❖ Lesson Plan
- ❖ Background info
- ❖ Teaching Tips
- ❖ Sample dialogue
- ❖ Resources
- ❖ Glossary

For Each Station

- ❖ Posters
- ❖ Table Tents (What to do at station)
- ❖ Student Activity Sheets (with goal setting/action steps)
- ❖ Lesson Extension/Homework Sheets
- ❖ Answer Key
- ❖ Manipulatives (in the Box)

Food Photo Cards



- Nutrition Facts Labels on Back
- Over 100 cards/all food categories
- Used in a variety of activities in several lessons
- Options for student-created games

ORDER ONLINE: \$25/pack

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Lesson 1: MyPlate Power Foods



STATION 1

LESSON 1: MYPLATE POWER FOODS - THE "EAT MORE" GROUPS - GRAINS, FRUITS AND VEGETABLES

GRAINS

FUEL YOUR BODY

GRAINS ARE RICH IN CARBOHYDRATES, THE MAJOR SOURCE OF FUEL FOR BOTH YOUR BRAIN AND BODY.

WHAT IS A WHOLE GRAIN?

Whole grains contain the entire grain kernel, including the bran, endosperm and germ. Refined grains have both the outer covering (bran) and germ removed, leaving only the starchy endosperm.

ANCIENT GRAINS

Most of the corn grown in ancient times by Native Americans was dried and ground into cornmeal using a flat stone called a metate and a smaller stone called a mano (meaning hand). Today, powerful machinery in modern-day mills grind and process corn.

MILL YOUR OWN WHOLE GRAINS!

Using the small hand mill on the table, take a few grains of corn or wheat and crank the handle until you have a product that resembles corn meal or whole-wheat flour.

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STATION 2

LESSON 1: MYPLATE POWER FOODS - THE "EAT MORE" GROUPS - GRAINS, FRUITS AND VEGETABLES

FOCUS ON WHOLE FRUITS

ACCORDING TO THE MYPLATE GUIDE, WHOLE FRUITS MAY BE FRESH CANNED FROZEN DRIED WHOLE CUT-UP PURE

FAKE FRUIT

Can you identify the SEVEN FRUIT IMPOSTERS Included in the cards on the table?

FRUIT OR JUICE?

WHICH ONE IS MORE NUTRITIOUS?

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STATION 3

LESSON 1: MYPLATE POWER FOODS - THE "EAT MORE" GROUPS - GRAINS, FRUITS AND VEGETABLES

VARY YOUR VEGETABLES

THE MYPLATE GUIDE DIVIDES VEGETABLES INTO FIVE SUBGROUPS

DARK GREEN VEGETABLES	RED & ORANGE VEGETABLES	DRY BEANS & PEAS (LEGUMES)	STARCHY VEGETABLES	OTHER VEGETABLES

FIND THE VEGGIES

Can you sort the VEGETABLE PHOTO CARDS according to their subgroup?

PLANT A VEGETABLE

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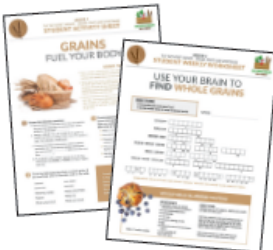





Lesson Plan 1: MyPlate Power Foods

The "eat more" groups - grains, fruits and vegetables

Summary of needed materials



Lesson 1 Setup Map

	Station 1: Grains	Station 2: Fruits	Station 3: Vegetables
Wall	Grains Fuel Your Body poster 	Focus on Whole Fruits poster 	Vary Your Vegetables poster 
Table	<ul style="list-style-type: none"> Table tent with instructions Grain photo cards small hand mill wheat stalk and corn kernels 	<ul style="list-style-type: none"> Table tent with instructions Fruit photo cards portion bowl 	<ul style="list-style-type: none"> Table tent with instructions Vegetable photo cards vegetable seeds, paper cups, peat pellets and pitcher with room temperature water 
Handouts	<ul style="list-style-type: none"> "Grains Fuel Your Body" activity sheet "Use Your brain to Find Whole Grains" worksheet (for lesson extension) 	<ul style="list-style-type: none"> "Focus on Whole Fruits" activity sheet "Fruit and Vegetable Weekly Tracker" (for lesson extension) 	<ul style="list-style-type: none"> "Vary Your Vegetables" activity sheet "Fruit and Vegetable Weekly Tracker" (for lesson extension) 
Resources	MyPlate paper plate 	MyPlate paper plate 	MyPlate paper plate 

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Lesson 2: MyPlate Build Foods


STATION 1

LESSON 2: MYPLATE POWER FOODS - THE "BUILD YOUR BODY" GROUPS - PROTEIN AND DAIRY

POWER UP WITH PROTEIN

PROTEIN IS NEEDED FOR GROWTH, DEVELOPMENT, BUILDING AND REPAIR OF BODY CELLS AND TISSUES. KEY NUTRIENTS SUCH AS IRON, ZINC AND VITAMIN B12 ARE FOUND IN THE PROTEIN GROUP.

IRON



ZINC




VITAMIN B12




FIND THE PROTEIN

Can you sort the PROTEIN PHOTO CARDS into plant and animal sources?




How much do you know about protein?

Answer the questions in the PROTEIN PURSUIT trivia game on the table.




More on Building a Strong You

Physical activity and a healthy diet are both needed for a healthy heart, strong muscles and sturdy bones. Check out the "Mix up Your Movement" chart on your activity sheet for ideas.



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STATION 2

LESSON 2: MYPLATE POWER FOODS - THE "BUILD YOUR BODY" GROUPS - PROTEIN AND DAIRY


PASS THE MILK, YOGURT AND CHEESE, PLEASE!

DAIRY FOODS ARE NATURALLY RICH IN CALCIUM, A MINERAL THAT IS A MAJOR COMPONENT OF BONES. OTHER FOOD SOURCES OF CALCIUM INCLUDE:


DAIRY




CERTAIN DARK GREEN VEGETABLES




FISH WITH BONES



FORTIFIED FOODS



HEALTHY BONE OR OSTEOPOROSIS?




The bone disks on the table show the four stages between a **HEALTHY BONE** and the bone disease known as **OSTEOPOROSIS**.

ACTIVITY

Measure the amount of calcium in bones at different stages of life.

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Lesson Plan 2: MyPlate Build Foods

The "Build Your Body" groups - protein and dairy

Summary of needed materials

	Station 1: Protein	Station 2: Dairy
Wall	<p>"Power up With Protein" poster</p> 	<p>"Pass the Milk, Yogurt, Cheese, Please!" poster</p> 
Table	<ul style="list-style-type: none"> Table tent with instructions Protein photo cards "Protein Pursuit Trivia" flip deck 	<ul style="list-style-type: none"> Table tent with instructions Dairy photo cards Materials to measure bone calcium at different ages and stages: white cornmeal, measuring cups, bags, marker) Osteoporosis disk set 
Handouts	<ul style="list-style-type: none"> "Power up With Protein" activity sheet "The Protein Scene" worksheet (for lesson extension) 	<ul style="list-style-type: none"> "Pass the Milk, Yogurt, Cheese, Please!" activity sheet "Are you a BBB (Best Bone Builder)?" worksheet (for lesson extension) 
Resources	<p>MyPlate paper plate</p> 	<p>MyPlate paper plate</p> 

Lesson 2 Setup Map

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Lesson 3: Winning the Balance Game


STATION 1

LESSON 3: WINNING THE BALANCE GAME - FATS AND SUGARS, EVALUATING FOOD ADS, AND IDENTIFYING PORTION SIZES

FOCUS ON FATS


Fat is an essential nutrient and is needed to help our brains develop, keep our cells healthy and provide a source of stored energy for our body. The fat on our body helps to keep our temperature regulated and also cushions our vital organs.

EXAMPLES OF HEALTHY FATS




ACTIVITY

Sort the In-A-Box photo cards on the table into sources of **HEALTHY FATS AND LESS HEALTHY FATS.**



EAT LESS

High fat meats, high fat dairy products, coconut oil, and palm oil; **AVOID FOODS** made with partially hydrogenated vegetable oils (trans fat).



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STATION 2

LESSON 3: WINNING THE BALANCE GAME - FATS AND SUGARS, EVALUATING FOOD ADS, AND IDENTIFYING PORTION SIZES

ALL OF THESE DRINKS: WHAT DO YOU THINK?



HOW MUCH SUGAR IS IN YOUR DRINK?

USE THE SUGAR CUBES ON THE TABLE TO CREATE A DISPLAY OF THE AMOUNT OF SUGAR CONTAINED IN A VARIETY OF BEVERAGES.

EXAMPLE

- There are four grams of sugar in one sugar cube.
- One serving of the fruit drink at right has 20 grams of sugar.
- Divide by four to get the number of sugar cubes in this drink.
- $20 \div 4 = 5$ sugar cubes
- Place five sugar cubes beside this photo card.




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STATION 3

LESSON 3: WINNING THE BALANCE GAME - FATS AND SUGARS, EVALUATING FOOD ADS, AND IDENTIFYING PORTION SIZES

BE AN AD BUSTER!

FOOD ADVERTISEMENTS ARE OFTEN MISLEADING AND CONFUSING. MOST FOOD ADS ARE FOR UNHEALTHY FOODS SUCH AS:

GREASY FAST FOOD



SUGARY BEVERAGES



HIGH IN FATS



HIGH IN SUGAR



HIGH IN SODIUM



TRUE OR FALSE

Can you identify whether food ads are...



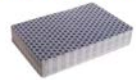
STATION 4

LESSON 3: WINNING THE BALANCE GAME - FATS AND SUGARS, EVALUATING FOOD ADS, AND IDENTIFYING PORTION SIZES


ARE YOU BALANCING YOUR PORTIONS?

APPROXIMATE AND EASY SERVING GUIDES:


3 OUNCE PORTION OF COOKED MEAT, FISH OR POULTRY




1% OUNCES OF CHEESE



1 TABLESPOON




1 CUP PORTION OF FOOD



PORTIONS

How does this portion of cereal compare to a standard serving size?



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Lesson 4: Taking Charge of your Choices



STATION 1


LESSON 4: TAKING CHARGE OF YOUR CHOICES - FITTING IN FAMILY MEALS, MEAL PLANNING, SNACKING SUCCESS AND DINING DECISIONS

FITTING IN FAMILY & SHARED MEALS



MEALTIME

THINK ABOUT HOW YOU CAN MAKE SHARED MEALS HAPPEN. THE BENEFITS WILL BE WORTH IT!



COOK TOGETHER

- Cooking together helps make mealtime happen. When everyone shares the work, it is easy to do and the food may even taste better!
- Use the food groups as your guide to cooking a healthy meal. Plan meals that include at least 3 food groups: dairy, grains, fruits, vegetables and protein.

EAT TOGETHER

- Plan when you will eat together. It can be breakfast, lunch, dinner, or even a snack. Try to share meals at least four times each week.
- Sharing meals helps everyone to learn to make healthy choices.

THINK ABOUT HOW YOU CAN MAKE SHARED MEALS HAPPEN. THE BENEFITS WILL BE WORTH IT!

TALK TOGETHER

- Focus on each other, relax, laugh and talk simple and light-hearted.
- Turn electronics off and talk about your day, make you laugh or what you did for fun.

SHARE MEALTIME

- Sharing meals helps pass on traditions and positive food memories that last a lifetime.
- People of all ages eat more healthy foods variety of foods when they share meals with family and friends.

This information comes from the Nutrition Council of Oregon and Oregon Health Authority, learn more by searching for Council of Oregon family meals initiative.

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STATION 2

LESSON 4: TAKING CHARGE OF YOUR CHOICES - FITTING IN FAMILY MEALS, MEAL PLANNING, SNACKING SUCCESS AND DINING DECISIONS

SNACKING SUCCESS!

START WITH A FRUIT OR VEGETABLE

ADD AT LEAST ONE MORE FOOD GROUP INCLUDING DAIRY, PROTEIN OR WHOLE GRAINS

HEALTHY SNACK EXAMPLES

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STATION 3

LESSON 4: TAKING CHARGE OF YOUR CHOICES FOOD - MAKING DINING DECISIONS

FOOD IN-A-BOX CAFÉ

OF YOUR FOOD SERVED IN A BOX!

ENTREES

- Double Battered Fried Fish and Chips
- Grilled Chicken with Lemon Zest
- Spicy Beef Beans and Brown Rice
- Spicy Beef and Butternut Squash Lasagna
- Spicy Beef Steak with Creamy Gravy
- Spicy Beef Chicken on a Bed of Sautéed Greens

SANDWICHES & SOUPS

- Tuna Sandwich on Whole Wheat
- Foot Long Hot Dog on Bun
- Grilled Chicken & Veggies in a Whole-Grain Pita
- Lean Steak and Sweet Peppers on a Whole-Grain Casserole
- Cheese and Black Bean Quesadilla on a Whole-Corn Tortilla
- Double Bacon Cheeseburger
- Creamy, Cheesy, Sausage Soup
- Farm Fresh Vegetable Soup
- Turkey White Bean Chili

DESSERTS

- Triple Fudge Brownie with Whipped Cream
- Raspberry Sorbet
- Apple Crisp with Ice Cream
- Pie of the Day
- Fresh Fruit Medley
- Yogurt Topped with Berries and Peanuts

BEVERAGES

- Milk
- Sparkling Water
- 100% Fruit Juice
- Soda Pop
- Lemonade
- Extra Sweet Tea
- Caramel Mocha Espresso

TABLES, SALADS & SIDES

- French Fries
- Baked Sweet Potatoes
- Grilled Asparagus with Parmesan
- Spicy Strawberry Walnut Salad with Goat Cheese and Light Vinaigrette
- Spicy Fruit Medley
- Double Battered Onion Rings
- Green Bean Salad with Oil and Vinegar
- Baked Potato
- Garden Salad (Side or Entree-sized)
- Spicy Mango Salad with Fresh Herbs
- Spicy Green Beans
- Spicy Garden Veggies
- Side of Brown Rice

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Lesson 4 example - In A Box Cafe





LESSON 4: TAKING CHARGE OF YOUR CHOICES FOOD • MAKING DINING DECISIONS

FOOD IN-A-BOX CAFÉ

ALL OF YOUR FOOD SERVED IN A BOX!




ENTREES

- Double Battered Fried Fish and Chips
- Broiled Cod Fillet with Lemon Zest
- Spicy Red Beans and Brown Rice
- Spinach and Butternut Squash Lasagna
- Deep Fried Steak with Creamy Gravy
- Grilled Chicken on a Bed Of Sautéed

VEGETABLES, SALADS & SIDES


- French Fries
- Mashed Sweet Potatoes
- Grilled Asparagus with Parmesan
- Kale Strawberry Walnut Salad with Goat Cheese and Light Vinaigrette
- Fresh Fruit Medley
- Double Battered Onion Rings
- Three Bean Salad with Oil and Vinegar
- Baked Potato
- Garden Salad (Side or Entrée-sized)
- Quinoa Mango Salad with Fresh Herbs
- Garlic Green Beans
- Steamed Garden Veggies
- Side of Brown Rice





LESSON 4
FOOD IN-A-BOX CAFÉ ALL OF YOUR FOOD SERVED IN A BOX!

STUDENT ACTIVITY SHEET



MAKING CHOICES AT THE FOOD IN-A-BOX CAFÉ


WELCOME TO THE FOOD IN-A-BOX CAFÉ! USE THE MENU TO ANSWER THE FOLLOWING QUESTIONS.

- Name three foods from the menu that contain whole grains.
 - _____
 - _____
 - _____
- List at least two foods on the menu that are high in unhealthy fats.
 - _____
 - _____
- Desserts and beverages often contain a lot of added sugars.
 - List two examples of healthy beverages from the menu.
 - _____
 - _____
 - List two examples of nutrient-dense dessert choices from the menu.
 - _____
 - _____
- Give two examples of menu items that are cooked or prepared in a healthy way.
 - _____
 - _____
- The menu doesn't indicate the size of portions. Pretend that you are served a very large portion of one of the menu items. Can you describe a good strategy to avoid overeating?

- If you aren't sure how the food is made or if it has ingredients that you are concerned about, what are some ways that you can find out more?


- Sometimes the best balanced meal is one that you create from side dishes. Plan a balanced menu composed of side dishes. Your menu should have at least 4 of the 5 food groups.
 - _____
 - _____
 - _____
 - _____
 - _____

What would you choose to eat and drink from the Food In-A-Box Café?



LESSON 4
FOOD IN-A-BOX CAFÉ ALL OF YOUR FOOD SERVED IN A BOX!

STUDENT WEEKLY WORKSHEET



NOT SO FAST ... MAKE A GAME PLAN FOR EATING OUT

WAIT! Before the server takes your order, think first! Planning ahead is the key to choosing healthier meals at fast food restaurants. The nutrition advice in the box below is intended for the typical 11 to 14 year-old and will help you plan a more balanced meal. See if you can plan a meal that meets the following calorie, fat, and food group guidelines. An example is provided.

Menu Planning Guidelines (per meal):

- 600-800 total calories
- 20-25 grams of fat
- At least four different food groups

KEEP THESE POINTS IN MIND:

- You can find nutrition information for most fast food restaurants online. Just type the restaurant name in a search engine with the word "nutrition".
- If you choose a meal that is high in fat or calories, be sure to balance your food choices during the rest of the day. It can sometimes be challenging to find fruits, vegetables and milk at fast food restaurants so include those foods at other meals and snacks during the day.
- Think about your drink choice! Avoid a load of sugar and save money by asking for water.

RESTAURANT: Burrito Bowl

FOOD ITEM	CALORIES	FAT GRAMS	FOOD GROUPS
Brown Rice with oil - 1 cup + 1 tsp. oil	240	7	2 (whole) grains
Black Beans - ½ cup	120	0	2 protein (or count as vegetable)
Shredded chicken - ½ cup	105	2	2 protein
Lettuce and salsa - (1 cup lettuce, ½ cup salsa)	35	0	1 cup vegetable
Cheese, grated - ½ cup	150	12	1 dairy
TOTALS	650	21	4 different food groups


RESTAURANT: _____

FOOD ITEM	CALORIES	FAT GRAMS	FOOD GROUPS

HEALTHY NACHOS Try out this "fast food at home" recipe on your friends!

- Set out a large bowl of whole corn tortilla chips. Try a mixture of blue and yellow corn.
- Provide small bowls of toppings such as refried or black beans, shredded chicken or pork, grated cheese, corn, grated zucchini, avocado chunks, olives, chopped romaine lettuce, baby spinach leaves, diced tomatoes, salsa, and light sour cream. Add your own ideas!
- Let everyone assemble their own nacho plate.

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Guided Tour of Four NIABX Stations



4 Tables: 1 Station per Table

4 Groups:

Group 1 = Row 1
Start at Table 1

Group 2 = Row 2
Start at Table 2

Group 3 = Row 3
Start at Table 3

Group 4 = Row 4
Start at Table 4

TABLE LAYOUT

Eg LESSON 1: Station 2

Lesson 1 Tchr Guide Activity Sheets Homework Sheets Answer Sheets	Poster Table Tent Hands-on items	Lesson 1 Tchr Guide Activity Sheets Homework Sheets Answer Sheets
--	--	--

- Will announce time for table change at 10 min intervals
- For general questions, see Susan Bagby at podium



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