



Presentations

Below you will find a list of presentations AtlantiCare can offer to your school. Please contact the department liaison listed below directly to schedule.

AtlantiCare Child Health & Wellness Department

To learn more about the workshops offered as part of the Child Health & Wellness Department, Please contact Sharon McWatt-Johnson at 609-704-6980 or via e-mail at Sharon.mcwattjohnson@atlanticare.org

Make a Healthy Plate: This hands-on activity will engage participants in making wise food choices at meal times. This exercise will demonstrate what plates should look like in terms of the various food groups and portions. It will also make recommendations for healthy, yet tasty substitutions. (Appropriate for grades K-5, great for family events)

You are Eating How Much Sugar? : Do you really know how much sugar is in the foods/beverages you are consuming? This demonstration provides visual aides which allow the participants to see how much sugar is in the beverages and foods they are eating, and determine which choices are healthier. (Appropriate for grades 3-12)

Portion Distortion & Exercise Away Your Fast Food: Do you realize how portions have increased over the past 20 years? Do you know how long it will take to burn off the Whopper you just ate? This interactive presentation demonstrates the need to balance our activity level with calorie consumption. Participants may be surprised that many selections at popular fast food restaurants require an enormous amount of time to burn off. Through educational tools consumers will learn to make healthier choices when eating outside of the home. (Appropriate for grades 5-12)

9 Tips to Raising a Happy and Healthy Family: Your family may be happy, but is it healthy? This workshop introduces tips to incorporate into your household to ensure that children are happy and healthy for years to come! (Appropriate for family/parents activities)

Making Healthy Choices when Dining Out: Do you find it difficult to make healthy choices when you eat at your favorite restaurant? This presentation introduces strategies to guide your menu selections, tips for preserving proper portions, as well as suggestions for activities to ensure that your next trip to your favorite eating establishment is not only a good time, but also a healthy one. (Appropriate for grades 5-12, parents/staff activities)

Reading Food Labels: All of those numbers and percentages can be confusing when reading a Nutrition Facts label. This presentation introduces the basic concepts of the nutrition facts label, including essential nutrients, and what to avoid. Based on the Dietary Recommendations for Americans, participants will become educated consumers when making food selections. (Appropriate for grades 3-12, parents/staff activities)

It's All About Balance: The key to a healthy lifestyle is the balance between what you eat and what you do. This workshop introduces the concept of “energy balance”, and provides strategies to make small, yet enjoyable, changes in your daily life. (Appropriate for grades 3 -12; parents/ staff)

Healthy Schools: What role does your school play in promoting health and wellness? This presentation highlights the importance of a team approach in an effort to incorporate changes in your school environment. (Appropriate for parents/staff)