2018-19 Presentation & Professional Development Offerings

The following presentations are available to your school's students, staff and parents! To learn more about the workshops offered, please contact a Healthy Schools representative at healthyschools@atlanticare.org.

<table>
<thead>
<tr>
<th>Make a Healthy Plate</th>
<th>Rethink Your Drink</th>
<th>Don’t! Super-Size Me</th>
<th>10 Tips to Raising a Happy &amp; Healthy Family</th>
<th>The Scoop on Healthy Snacks</th>
<th>Eating for Good Health</th>
<th>The BUZZ on Brain Breaks</th>
<th>Figuring Out Food Labels</th>
<th>Healthy Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades K-5</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Grades 6-12</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Staff/Professional Development</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Family Presentation</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Parent Presentation</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

- **Make a Healthy Plate** This interactive presentation 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. Be ready for students to be up on their feet as they learn to make wise dietary choices. *(Appropriate for grades K-5, great for family events)*

- **Rethink Your Drink** 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. Presentation tailored to age group. Will include the dangers of energy drinks for older classes. *(Appropriate for grades 3-12)*

- **Don’t Super Size Me!** 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)*

- **10 Tips to Raising a Happy and Healthy Family** Your family members may be happy, but are they 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)*

- **The Scoop on Healthy Snacks** Students know potato chips taste yummy...But so do apples! An on your feet, audience engaged presentation addressing what makes a nutritious snack and what the health benefits are. *(Appropriate for grades K-5)*

- **Eating for Good Health** Why is healthy eating important? How can you lead a healthier life? This presentation highlights weight management and why a healthy weight is important, cardiovascular health, portions, beverages, dining out, and healthy cooking. *(Appropriate for Grades 9-12, staff/parents)*

- **The BUZZ on Brain Breaks** Discover the importance of brain breaks. As well as learn how and why these are essential to implement in the classroom through-out elementary, middle, and high schools settings.

- **Figuring Out 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)*

- **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)*

**Mini-Presentations Available:**

1. Invite us to your next PTA meeting, staff in-service or group meeting.
   - Add 10 minutes of Fitness to Your Day
   - Waking Up to a Better Day: The Importance of Sleep and Eating Breakfast

**For more information and/or to request services please contact us at:**

Email address: healthyschools@atlanticare.org
Website: www.atlanticare.org/healthyschools