Focus on Food
Nutrition and Health for School Nutrition Programs
Facilitator Guide

Produced 2017 by Cal-Pro-NET Center, University of California, Davis
In association with the California Department of Education, Nutrition Services Division
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust. html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410;

2. fax: (202) 690-7442; or

3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.
# Table of Contents

Acknowledgments. ......................................................................................... 5

**Welcome to Focus on Food** ................................................................. 7
  Introduction .............................................................................................. 9
  Getting Acquainted with Focus on Food ........................................... 10
  Frequently Asked Questions. ................................................................. 17

**Lesson 1 – Nutrients in Action** ......................................................... 23
  Background Information .................................................................... 25
  Concepts and Vocabulary .................................................................. 27
  1.1: Learning Activity. ...................................................................... 29
  1.2: Expanding Knowledge ................................................................. 37
  1.3: Goal Setting Activity ................................................................. 47

**Lesson 2 – How Does Your Food Measure Up?** ................................. 81
  Background Information .................................................................... 83
  Concepts and Vocabulary .................................................................. 84
  2.1: Learning Activity ...................................................................... 85
  2.2: Expanding Knowledge ................................................................. 91
  2.3: Goal Setting Activity ................................................................. 97

**Lesson 3 – Get Your Move On** .......................................................... 111
  Background Information .................................................................... 113
  Concepts and Vocabulary .................................................................. 113
  3.1: Learning Activity ...................................................................... 115
  3.2: Expanding Knowledge ................................................................. 123
  3.3: Goal Setting Activity ................................................................. 129

**Lesson 4 – MyPlate: Foods for Life** ................................................ 143
  Background Information .................................................................... 145
  Concepts and Vocabulary .................................................................. 147
  4.1: Learning Activity ...................................................................... 149
  4.2: Expanding Knowledge ................................................................. 155
  4.3: Goal Setting Activity ................................................................. 163

**Lesson 5 – Increasing Plant-based Foods in School Nutrition Programs** .... 187
  Background Information .................................................................... 189
  Concepts and Vocabulary .................................................................. 190
<table>
<thead>
<tr>
<th>Lesson</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.1</td>
<td>Learning Activity</td>
<td>191</td>
</tr>
<tr>
<td>5.2</td>
<td>Expanding Knowledge</td>
<td>197</td>
</tr>
<tr>
<td>5.3</td>
<td>Goal Setting Activity</td>
<td>205</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 6 – Nutrients of Concern</strong></td>
<td>227</td>
</tr>
<tr>
<td>6.1</td>
<td>Learning Activity</td>
<td>231</td>
</tr>
<tr>
<td>6.2</td>
<td>Expanding Knowledge</td>
<td>239</td>
</tr>
<tr>
<td>6.3</td>
<td>Goal Setting Activity</td>
<td>243</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 7 – Understanding Influences on Food Choices</strong></td>
<td>277</td>
</tr>
<tr>
<td>7.1</td>
<td>Learning Activity</td>
<td>281</td>
</tr>
<tr>
<td>7.2</td>
<td>Expanding Knowledge</td>
<td>287</td>
</tr>
<tr>
<td>7.3</td>
<td>Goal Setting Activity</td>
<td>293</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 8 – How Smart is Your Lunchroom?</strong></td>
<td>309</td>
</tr>
<tr>
<td>8.1</td>
<td>Learning Activity</td>
<td>313</td>
</tr>
<tr>
<td>8.2</td>
<td>Expanding Knowledge</td>
<td>319</td>
</tr>
<tr>
<td>8.3</td>
<td>Goal Setting Activity</td>
<td>325</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 9 – Nutrition and Academic Success</strong></td>
<td>339</td>
</tr>
<tr>
<td>9.1</td>
<td>Learning Activity</td>
<td>343</td>
</tr>
<tr>
<td>9.2</td>
<td>Expanding Knowledge</td>
<td>351</td>
</tr>
<tr>
<td>9.3</td>
<td>Goal Setting Activity</td>
<td>357</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 10 – Working Toward Wellness</strong></td>
<td>369</td>
</tr>
<tr>
<td>10.1</td>
<td>Learning Activity</td>
<td>373</td>
</tr>
<tr>
<td>10.2</td>
<td>Expanding Knowledge</td>
<td>379</td>
</tr>
<tr>
<td>10.3</td>
<td>Goal Setting Activity</td>
<td>385</td>
</tr>
</tbody>
</table>

**Photo, Graphic, and Illustration Credits** ........................................ 397
Acknowledgments

Funding for this project was provided by the California Department of Education, Nutrition Services Division.

Development Team

Center for Nutrition in Schools
Department of Nutrition, University of California, Davis

Jacqueline J. Bergman, PhD
Marilyn Briggs, PhD, RD, SNS
Michelle Chellino, BS
Anna M. Jones, PhD
Krista Neary, BA
Gina Plessas
Lyndsey D. Ruiz, BS, DTR

Rachel E. Scherr, PhD
Ashley A. Thiede, BS
Terence Woo, BS
Kelley Brian, MPH (University of California Cooperative Extension, Placer County)
Jessica D. Linnell, PhD (Oregon State University Extension Service)

The UC Davis Center for Nutrition in Schools would like to thank the following school districts for their participation in piloting the curriculum:

Auburn Union School District
Fresno Unified School District
Livermore Valley Joint Unified School District
San Juan Unified School District
Sacramento City Unified School District

The UC Davis Center for Nutrition in Schools would also like to thank the following individuals for their contributions to the curriculum:

Julie BoarerPitchford
Nutrition Services Division
California Department of Education

Emily Cena
Poway Unified School District

Debbie Fetter
Graduate Group in Nutritional Biology
University of California, Davis

Kim Frinzell
Nutrition Services Division
California Department of Education

Melanie Gerdes
Center for Nutrition in Schools
Department of Nutrition
University of California, Davis

David Ginsburg
UC CalFresh Nutrition Education Program
University of California, Davis

Mojgan Hashemi
Livermore Valley Joint Unified School District

Lisa Hashisaka
San Juan Unified School District

Sandip Kaur
Nutrition Services Division
California Department of Education

Barabara Lee
Livermore Valley Joint Unified School District

Tammy McMurdo
UC CalFresh Nutrition Education Program
University of California, Davis

Brenda Padilla
Sacramento City Unified School District

Heather Reed
Nutrition Services Division
California Department of Education

Chelsey Slattery
Center for Nutrition in Schools
Department of Nutrition
University of California, Davis

Monique Stovall
San Juan Unified School District

Jennifer Taylor
Graduate Group in Nutritional Biology
University of California, Davis

Shannan Young
Dairy Council of California

Sheri Zidenberg-Cherr
Center for Nutrition in Schools
Department of Nutrition
University of California, Davis