

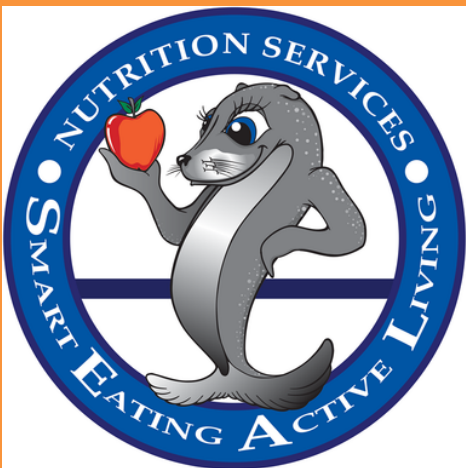
# Harvest of the Month™



HEALTH EDUCATION COUNCIL &  
TRUSD NUTRITION SERVICES

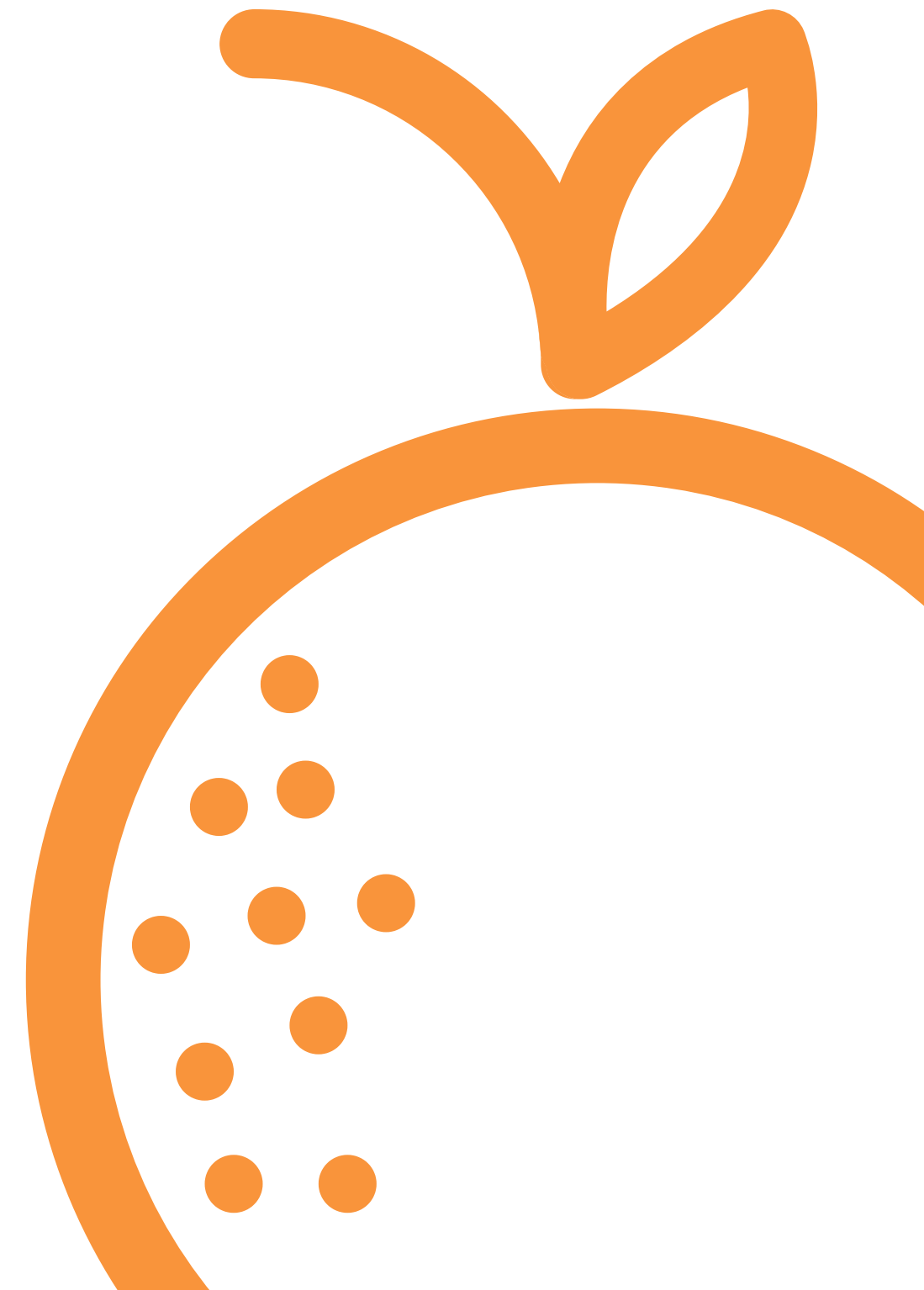
# HARVEST OF THE MONTH 2.0 TRAINING

2021 - 2022



# TRAINING OBJECTIVES

1. Learn about Harvest of the Month (HOTM) 2.0
2. Understand how HOTM 2.0 connects to the TRUSD Wellness Policy and how it benefits your classroom and students
3. Explore the Serving Up MyPlate curriculum used in the monthly lessons
4. Learn more about what's new this school year



# WHAT IS HARVEST OF THE MONTH 2.0?

Harvest of the Month (HOTM) is an initiative of the California Department of the Public Health that provides promotional materials and standards based lesson plans that include hands-on activities emphasizing a specific fruit or vegetable that is in season and highlighted during a particular month of the school-year. The monthly rotation of fruits and vegetables is specific to the California growing season. TRUSD's HOTM 2.0 program is especially designed for 4th-6th grade classrooms.

## **Program Materials:**

- In-depth HOTM Teacher Training
- Standards-based MyPlate curriculum aligning with common core
- High-quality, interactive slide decks to facilitate MyPlate-based nutrition lessons with your class each month
- Monthly worksheets for students
- Monthly family newsletters highlighting produce items
- Monthly no-cook taste tests of produce item

**With the adoption of the revised TRUSD Wellness Policy, HOTM 2.0 helps schools and teachers achieve district goals for nutrition education and promotion by implementing evidence and standards based nutrition curriculum.**





# TRUSD's Wellness Policy on Nutrition Education

*The following information is included in the TRUSD Wellness Policy:*

Nutrition Education teaches knowledge, skills, and values needed to adopt healthy eating behaviors. Schools will provide nutrition education and engage in nutrition promotion that:

- Provides information about the benefits of healthy eating for learning
- Promotes consistent nutrition messages throughout the district school, classrooms, cafeterias and community
- Integrates nutrition education into core curriculum and links to school meal programs, school gardens, cafeteria nutrition promotion, and farm-to-fork programs
- Encourages consumption of fresh fruits and vegetables, whole-grain products, low-fat dairy products, water, and appropriate portion size
- Includes participatory activities for students and families

# WHY SHOULD SCHOOLS AND TEACHERS ADDRESS THESE ISSUES?



Because teaching kids about good health and nutrition *is* academic.



Good nutrition throughout childhood is critical to a child's ability to learn.



Schools are ideal settings for students to learn about the benefits of eating fruits and vegetables and getting 60 minutes of physical activity each day.



Research indicates that when a child's nutritional needs are met, the child is more attentive in class, with better attendance and fewer behavioral problems.



**38.1%**

OF 5TH GRADE STUDENTS  
ARE OVERWEIGHT OR  
OBESE IN SACRAMENTO  
COUNTY (KIDSDATA 2018)

WE KNOW THAT LOW-INCOME CHILDREN IN  
CALIFORNIA ARE NOT EATING ENOUGH  
HEALTHY FOODS AND NOT GETTING ENOUGH  
PHYSICAL ACTIVITY



**"Healthier students typically do better in school...we know that strong bodies and strong minds work together to help our students succeed."**

JACK O'CONNEL  
FORMER STATE SUPERINTENDENT OF PUBLIC INSTRUCTION





# HOW DO I USE HOTM IN MY CLASSROOM?

## Each month teachers will:

1. Implement simple-to-use standards based, engaging nutrition education curriculum by using slide deck lessons provided each month.
2. Conduct a taste test to sample the fruit or vegetable students are learning about.
3. Connect what students are learning in class with their guardians at home by promoting take-home materials such as worksheets and family newsletters.

# WHAT IS THE CURRICULUM FOR HOTM 2.0?

## SERVING UP MYPLATE: A YUMMY CURRICULUM



Level 2 Grades 3-4



Level 3 Grades 5-6

# SERVING UP MYPLATE: A YUMMY CURRICULUM

- Curriculum was developed by the U.S. Department of Agriculture's Food and Nutrition Services
- **Two** different curricula -
  - "Level 2" for grades 3 & 4
  - "Level 3" for grades 5 & 6
- Lessons can help teachers integrate nutrition education into Math, Science, English Language Arts, and Health.
- This yummy curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities.
- Students also learn the importance of physical activity.
- Slide deck lessons will be available for teachers to use with their students to easily facilitate the lesson.

# NOW LET'S TAKE A LOOK AT THE EDUCATIONAL MATERIALS YOU WILL RECEIVE

- 1. Nine months of lesson plans (provided digitally), student worksheets, and supporting video content each month.**
  - a. This includes slide-decks with embedded videos and information about the harvest item each month and worksheets for students to complete.
  - b. Also included are family newsletters that students can read in class and take home to their families.
- 2. Interactive no-cook taste tests:** on the designated Thursday each month, food service staff at your school will create HOTM 2.0 tasting kits for you to use with your class.
- 3. One page HOTM 2.0 Overview and "At-a-Glance" document**

## Lessons:

### October

Lesson 1 (40 min) - First Taste

### November

Lesson 2 (30 min) - Digging In

### December

Lesson 3 (40 min) - Digesting It All

## Materials:

### October

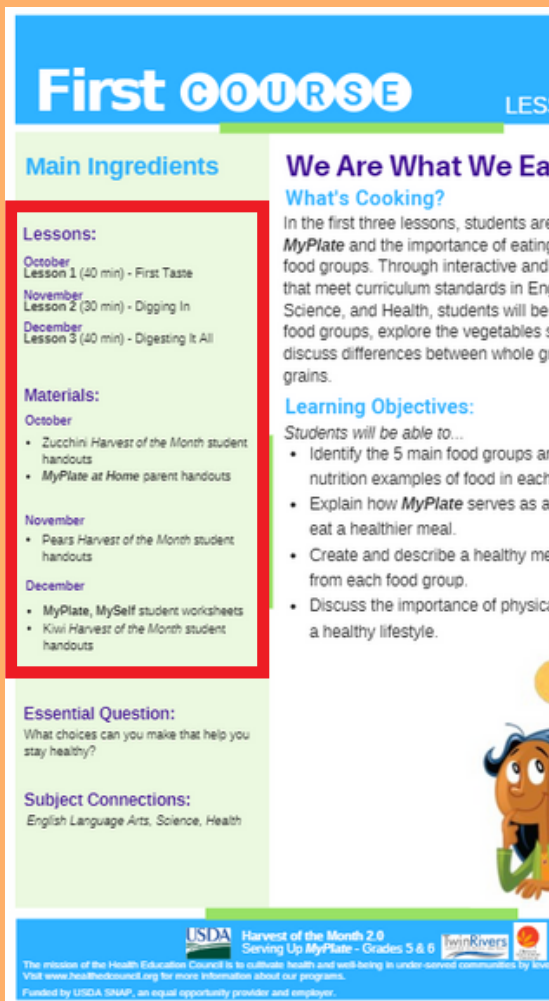
- Zucchini *Harvest of the Month* student handouts
- *MyPlate at Home* parent handouts

### November

- Pears *Harvest of the Month* student handouts

### December

- MyPlate, MySelf student worksheets
- Kiwi *Harvest of the Month* student handouts



# SAMPLE LESSON MATERIALS:

## Lessons:

**October**  
Lesson 1 (40 min) - First Taste

**November**  
Lesson 2 (30 min) - Digging In

**December**  
Lesson 3 (40 min) - Digesting It All

## Materials:

### October

- Zucchini Harvest of the Month student handouts
- MyPlate at Home parent handouts

### November

- Pears Harvest of the Month student handouts

### December

- MyPlate, MySelf student worksheets
- Kiwi Harvest of the Month student handouts

## First COURSE

LESSON 1

---

**Main Ingredients**

**We Are What We Eat**  
*What's Cooking?*

In the first three lessons, students are introduced to **MyPlate** and the importance of eating from all five food groups. Through interactive and engaging activities, students will learn how to meet curriculum standards in English Language Arts, Science, and Health, students will be introduced to food groups, explore the vegetables subcategory, and discuss differences between whole grain and refined grains.

**Lessons:**


- October Lesson 1 (40 min) - First Taste
- November Lesson 2 (30 min) - Digging In
- December Lesson 3 (40 min) - Digesting It All

**Materials:**

- October
  - Zucchini Harvest of the Month student handouts
  - MyPlate at Home parent handouts
- November
  - Pears Harvest of the Month student handouts
- December
  - MyPlate, MySelf student worksheets
  - Kiwi Harvest of the Month student handouts

**Essential Question:**  
What choices can you make that help you stay healthy?

**Subject Connections:**  
English Language Arts, Science, Health



Harvest of the Month 2.0  
 Serving Up MyPlate - Grades 3 & 6  
 The mission of the Health Education Center is to enhance health and well-being in under-served communities. Visit [www.healtheducation.org](http://www.healtheducation.org) for more information about our programs.  
 Funded by USDA SNAP, an equal opportunity provider and employer.

## First COURSE

LESSONS 1, 2, & 3

---


### October: Lesson 1 First Taste 40 minutes

- Begin the lesson by asking students to close their eyes and think about their favorite meal or dish. Encourage them to think about the taste, texture, and colors of their favorite meal. Invite students to share and brainstorm descriptive words to use when talking about food. (For example: Texture - soft, chewy, crunchy; Taste - sweet, sour, spicy; Feeling - comforting, happy, warm) List these words on the board.
- Give students 10-15 minutes to write about their favorite meal in their notebooks. Ask them to answer the following questions:
  - What is your favorite meal? Does it have a name?
  - What specific foods and beverages are part of your favorite meal?
  - Why is it your favorite meal? (Prompts: Is there a specific memory around the meal, when it is served, or who prepared it?)
  - How would you describe it to someone? (Prompts: Can you think of 10 or more words that describe your favorite meal? Think about the taste, what it looks like, and the colors it has, the texture, the feeling you get when you eat the meal.)
- When students are finished, invite volunteers to share their favorite meals and answer the questions.
- Next, ask students what they think it means to be healthy. What does one need to eat to be healthy? (Accept all answers at this stage. Students will likely mention that it is important to eat fruits and vegetables.) Explain to students that eating fruits and

# Harvest of the Month

Network for a Healthy California

The Harvest of the Month featured vegetable is **zucchini**



**Healthy Serving Ideas**

- Sauté chopped zucchini, yellow squash, onions, and peppers. Add to chicken enchiladas, burritos, or quesadillas.
- Dip raw zucchini slices into lowfat salad dressing for a light summer snack.
- Sauté chopped zucchini with garlic and a dash of oregano. Sprinkle with lowfat cheese and serve as a warm side dish.

Nutrition Facts	
Serving Size: ½ cup zucchini, sliced (57g)	
Calories 9	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 16%	Iron 1%

**HERBED VEGETABLE COMBO**

**Makes 4 servings. ½ cup each.**  
**Cook time:** 10 minutes

**Ingredients:**

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1¼ cups thinly sliced yellow squash
- ¾ cup green bell pepper, cut into strips
- ¾ cup celery, cut into 2-inch strips
- ¾ cup chopped onion
- ¾ teaspoon caraway seeds
- ¼ teaspoon garlic powder
- 1 medium tomato, cut into wedges

- Heat water in medium pan. Add zucchini, squash, bell pepper,
- Cover and cook over medium heat until vegetables are crisp-tender (about 4 minutes).
- Sprinkle vegetables with seasonings. Top with tomatoes.
- Cover again and cook over low heat until tomatoes are warm (about 2 minutes). Serve warm.

Nutrition information per serving: Calories 24, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 11 mg  
Adapted from: Everyday Health Meals, Network for a Healthy California, 2007.

**Let's Get Physical!**

- At home:** Get moving while cleaning! Dance while you sweep, vacuum, fold laundry, and wash dishes.
- At work:** Speed walk! If you normally walk to a lunch spot in 10 minutes, walk to get there in 7 minutes.
- At school:** Organize a beautification day at your school or local park. A clean and safe environment is the best place for families to get physical activity.

For more information, visit: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

For more ideas, visit: [www.keepcaliforniabeautiful.com](http://www.keepcaliforniabeautiful.com)

**Go Hand-in-Hand**

More studies are showing a connection between physical activity and classroom performance, including better results on state reading and math tests! Even short activity breaks during the day can improve your child's concentration skills and behavior. *Harvest of the Month* focuses on improving students' health and well-being, which can help them achieve more in school.

**Produce Tips**

- Choose zucchini that have smooth, shiny skin and feel heavy for their size.
- Look for ripe zucchini that are firm and give slightly to gentle pressure.
- Store whole zucchini in a plastic bag in the refrigerator for up to one week.
- Keep sliced zucchini in a sealed bag or container for up to three days.

**What's in Season?**

California grown zucchini are in peak season during summer. They are usually available from May through September. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin C: grapes, green beans, melons, peppers, swiss chard, and tomatoes.

**Recommended Daily Amounts of Fruits and Vegetables\***

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.


## MyPlate at Home

**Dear Parents,**

Our class is starting a unit called *Serving Up MyPlate*. Your child will explore how to make healthy food choices and be physically active, while also building skills in Math, Science, and English Language Arts. Our school hopes these lessons will support your efforts at home to help your child develop healthy eating habits.

This booklet from the United States Department of Agriculture's Team Nutrition initiative offers some fun and easy tips for building healthier family meals that include the five food groups. Be on the lookout, as well, for class work coming home that will show what we are learning at school about making healthy choices. This is a great opportunity to talk with your child about nutrition, try new foods together, and get your child involved in making healthier meals and snacks.

Enjoy!

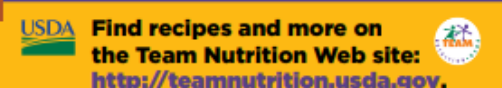


Choose MyPlate.gov

**This week, my family will:**

- Eat a dark-green, red, or orange vegetable at dinner.
- Switch to a whole-grain cereal at breakfast.
- Drink fat-free or low-fat (1%) milk at meals.
- Eat beans or peas at dinner at least once.
- Drink water instead of soda or other sweet drinks.
- Enjoy fruit for dessert.

Find recipes and more on the Team Nutrition Web site: <http://teammnutrition.usda.gov>





# LESSONS ARE GROUPED INTO SETS OF 3, WITH OVERLAPPING THEMES & LEARNING OBJECTIVES:

## ● LEVEL 2 GRADES 3-4

- October, November, December: **We are What We Eat**
- January, February, March: **You Be the Chef**
- April, May, June: **The Science of "Sometimes" Food**

## ● LEVEL 3 GRADES 5-6

- October, November, December: **MyPlate, MySelf**
- January, February, March: **Know Your Nutrients**
- April, May, June: **Decisions, Decisions!**

Take a closer look at the lesson themes!

Lesson Title	Essential Question	Learning Objectives	Student Handouts
<p><b>First Course: We Are What We Eat</b></p> <p><b>Time Required:</b> Session 1 (60 minutes) Session 2 (40 minutes) Session 3 (30 minutes)</p>	<p>What choices can you make that help you stay healthy?</p>	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none"> <li>Identify the five main food groups and name a variety of nutritious examples of foods in each.</li> <li>Explain how <b>MyPlate</b> serves as a reminder for how to eat a healthier meal.</li> <li>Create and describe a healthy meal containing a food from each food group.</li> <li>Discuss the importance of physical activity as part of a healthy lifestyle.</li> </ul>	<ol style="list-style-type: none"> <li><i>Who Am I? Clue Card</i></li> <li><i>Food Writer</i></li> </ol>
<p><b>Second Course: You Be the Chef</b></p> <p><b>Time Required:</b> Session 1 (40 minutes) Session 2 (40 minutes) Session 3 (40 minutes)</p>	<p>Why is it important to eat a variety of foods from all food groups?</p>	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none"> <li>Identify what foods to eat more of, and explain that nutrients in food help us grow and stay healthy.</li> <li>Name at least three reasons why it is important to eat foods from all five food groups for a healthy diet.</li> <li>Apply their knowledge of healthy foods and food groups to create a healthy meal or snack.</li> </ul>	<ol style="list-style-type: none"> <li><i>Snack of Champions</i></li> <li><i>Measuring Up MyPlate</i></li> </ol>
<p><b>Third Course: The Science of "Sometimes" Foods</b></p> <p><b>Time Required:</b> Session 1 (50 minutes) Session 2 (50 minutes) Session 3 (40 minutes)</p>	<p>What are "sometimes" foods? Why are they called that? What can I eat instead?</p>	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none"> <li>Identify foods that are high in solid fats and added sugars.</li> <li>Describe the benefits of limiting the consumption of solid fats and added sugars.</li> <li>Explain the concept of eating in moderation.</li> <li>Give examples of healthier food options to choose instead.</li> </ul>	<ol style="list-style-type: none"> <li><i>Experiment: Fats</i></li> <li><i>Experiment: Added Sugars</i></li> </ol>

# Level 2 Gr 3-4

Take a closer look at the lesson themes!

Lesson Title	Essential Question	Learning Objectives	Student Handouts
<p><b>First Course: MyPlate, MySelf</b></p> <p><b>Time Required:</b> Session 1 (40 minutes) Session 2 (30 minutes) Session 3 (40 minutes)</p>	<p>What choices can I make to be and stay healthy?</p>	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none"> <li>Identify the five food groups and name a variety of examples from each.</li> <li>Explain how <b>MyPlate</b> serves as a reminder to eat from all five food groups.</li> <li>Create and describe a healthy meal containing foods from each food group, including whole-grain options and a variety of vegetables.</li> <li>Discuss the importance of physical activity as part of a healthy lifestyle.</li> </ul>	<p>1. <b>MyPlate, MySelf</b> (2 pages)</p>
<p><b>Second Course: Know Your Nutrients</b></p> <p><b>Time Required:</b> Session 1 (40 minutes) Session 2 (40 minutes) Session 3 (60 minutes)</p>	<p>Why is it important to eat a variety of foods from all food groups?</p>	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none"> <li>Identify the six main nutrients and a variety of foods that contain them.</li> <li>Explain how nutrients help us grow and stay healthy.</li> <li>Apply knowledge of healthy foods and food groups to create a healthy meal or snack.</li> </ul>	<p>1. <i>Nutrient Knowledge</i></p>
<p><b>Third Course: Decisions, Decisions!</b></p> <p><b>Time Required:</b> Session 1 (40 minutes) Session 2 (40 minutes) Session 3 (60 minutes)</p>	<p>What foods should I eat less of, and why? How can I make better choices?</p>	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none"> <li>Identify ways to limit the consumption of solid fats, added sugars, and sodium.</li> <li>Read, compare, and analyze <i>Nutrition Facts</i> labels to determine which snack is a healthier alternative.</li> <li>Summarize the benefits of limiting the consumption of solid fats, added sugars, and sodium.</li> </ul>	<p>1. <i>Nutrition Label Comparison</i></p> <p>2. <i>Ad Awareness</i></p>

Level 3 Gr 5-6



# RESOURCES & TIPS

For more details on lesson implementation, check out:

Level 2 Course Overview Video

6:11-15:36 mins

<https://www.youtube.com/watch?v=Ky6XnZGejic>



Level 3 Course Overview Video

6:09-12:31 mins

<https://www.youtube.com/watch?v=P3xYQEG9ovI&t=640s>





# NO NEED TO WORRY!

While not everyone is an expert in nutrition education, participating in Harvest of the Month 2.0 and leading a taste test is simple, easy and fun.

4th and 5th Grade teachers at FC Joyce, Orchard, Ridgepoint & Westside are required to conduct pre/post evaluations for their students. Teachers will be notified by Health Education Council.

# EVALUATIONS

**THANK YOU FOR SIGNING  
UP FOR HOTM 2.0**



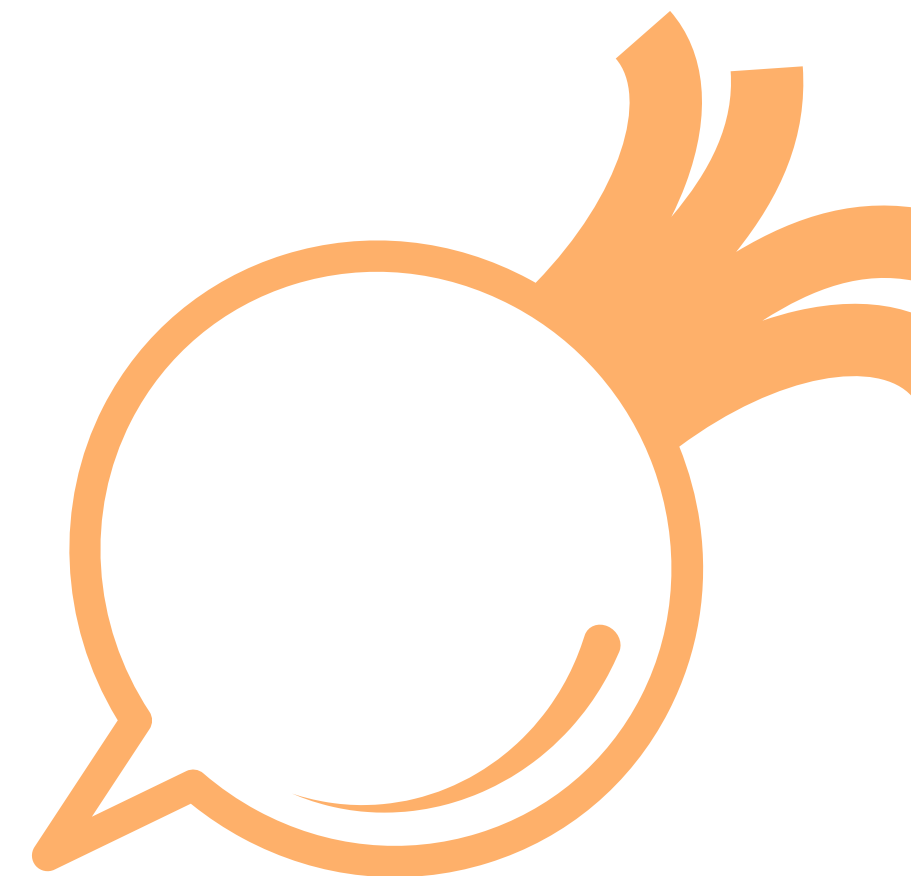
**THE PROGRAM WILL BEGIN ON  
THURSDAY, OCTOBER 14TH!**

**Many thanks to TRUSD Nutrition Services, Health  
Education Council, and all of the dedicated staff at your  
school for making this possible!**





# Questions?



**Johana Ramirez, Program Coordinator**

**(916) 556-3344**

**[jramirez@healthedcouncil.org](mailto:jramirez@healthedcouncil.org)**

**Lisa Vorce, R.D., SNS Administrative Dietitian**

**(916) 556-1600 ext. 36262**

**[lisa.vorce@twinriversusd.org](mailto:lisa.vorce@twinriversusd.org)**

"The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org)"

