

Food Service Facts Table of Contents

31. Resources

Team Nutrition	31-1
MyPlate Resources.....	31-2
Body Venture.....	31-2
Body Venture Outcomes.....	31-3
Scheduling Body Venture	31-3
Producer and Consumer Groups	31-4

31. Resources

A wide variety of resources are available to assist in expanding knowledge of Child Nutrition Programs, nutrition and nutrition education. This chapter will explain how to obtain materials for training yourself or your staff; assistance with remodeling and designing a new school kitchen; ideas for nutrition education activities in the classroom and cafeteria; materials to use for a wellness event; steps for establishing or maintaining a healthy school environment and much more.

One of the best sources of information available is the Child Nutrition & Wellness website, <https://cnw.ksde.org>. In addition to providing the most current guidance for Kansas Child Nutrition Programs, the site provides a multitude of links to other helpful resources including state agencies, federal agencies, professional associations, health-related organizations, and nutrition education programs.

Team Nutrition

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. The goal of Team Nutrition is improving children's lifelong eating and physical activity habits.

All program materials encourage students to make food and physical activity choices for a healthy lifestyle. They focus on five behavior outcomes:

- ◆ Eat a variety of foods
- ◆ Eat more fruits, vegetables and grains
- ◆ Eat lower fat foods more often
- ◆ Get your calcium-rich foods
- ◆ Be physically active

Team Nutrition focuses on the important role nutritious school meals, nutrition education and a health-promoting school environment play in helping students learn to enjoy healthy eating and physical activity. It will provide the framework for team efforts by school nutrition staff, teachers, parents, the media and other community members. Schools enrolled as Team Nutrition Schools will receive email updates when new resources become available and also are able to request print copies of Team Nutrition materials. Schools are encouraged to (1) adopt and implement school policies that promote healthy eating and physical activity; (2) provide nutrition education in the cafeteria and classroom, preferably with the involvement of community members and organizations; and (3) maximize training and technical assistance opportunities for the school food service staff to enhance the Child Nutrition Program.

Supporters of Team Nutrition believe that:

- ◆ Children should be empowered to make food choices that reflect the Dietary Guidelines for Americans.
- ◆ Good nutrition and physical activity are essential to children's health and educational success.
- ◆ School meals that meet the Dietary Guidelines for Americans should taste good and appeal to children.
- ◆ School nutrition programs must build upon the best science, education, communication and technical resources available.
- ◆ School, parent and community teamwork is essential to encouraging children to make food and physical activity choices for a healthy lifestyle.
- ◆ Messages to children should be age appropriate and delivered in a language they speak, through media they use, in ways that are entertaining and actively involve them in learning.
- ◆ Positive messages should be used regarding food and physical activity choices children can make.
- ◆ It is critical to stimulate and support action and education at the national, state and local levels to develop healthy eating and physical activity behaviors.

Visit USDA – Team Nutrition at <http://www.fns.usda.gov/tn/team-nutrition> to access resources and nutrition education curriculum. To order print materials access the resource order form at <http://tn.ntis.gov/>.

MyPlate Resources

MyPlate serves as a reminder to help consumers and students make healthier food choices. In 2011, MyPlate replaced the MyPyramid icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to <https://www.myplate.gov/>. The website boasts a number of resources.

Body Venture

Body Venture is a unique Kansas educational program designed to involve kindergarten through fifth grade students in learning skills and choices that develop a healthful lifestyle. Children learn about the importance of healthful food choices and being physically active through entertaining, experiential activities.

Body Venture includes:

- ◆ A 45-foot by 50-foot enclosed venture-through exhibit representing the human body
- ◆ Classroom activities for use prior to and following the students' trip through the exhibit
- ◆ A take-home activity book for each student to share with their families
- ◆ An extensive list of additional health education resources
- ◆ Information to help publicize the event and communicate with the media

Students tour the human body. Throughout the exhibit, they learn how to apply the slogan: EAT SMART. PLAY HARD. At each of Body Venture's eleven stations, a volunteer presenter engages the students in a five-minute activity focused on healthy lifestyle choices.

The tour begins when students, in groups of eight to ten, Venture through a giant ear into the brain. Inside the brain dome, students experience "brain waves" and learn about brain function and the brain's role in making healthy choices. In the second station, students receive food tags designating them as a different food item such as a carrot, lean beef or piece of cheese. After being transformed into a piece of food, they begin the digestive process when they enter into the huge mouth. They then continue to the stomach dome. From the stomach they travel to the small intestines where they are "absorbed" into the blood. Once in the blood, they follow the path of nutrients to the heart, lungs, bones, muscles and skin stations. After exiting the "body" through a cut in the skin, students proceed to the Pathway for Life, which recaps the key concepts from each of the previous stations. Throughout the exhibit, students learn how to practice the message: **EAT SMART. PLAY HARD.**

Body Venture Outcomes

- ◆ Schools will use the Body Venture exhibit and its related materials to give children repeated opportunities to practice healthy behavior skills.
- ◆ Children will learn about the digestive system by venturing through the exhibit.
- ◆ Children will remember the exhibit because of the active learning.
- ◆ Children will link nutrition and physical activity to health, thus reinforcing positive health behaviors and raising the value placed on them.
- ◆ Children's eating and health behaviors will improve through learning skills needed to practice lifelong healthful behaviors.
- ◆ There will be a greater awareness among parents, school personnel and community members of the importance of teaching children to practice healthful behaviors.

Scheduling Body Venture

- ◆ Body Venture travels in its own specially equipped truck throughout the state. It visits over 90 Kansas schools each school year.
- ◆ Schools that host Body Venture are required to designate a school coordinator. Among other duties, this individual is responsible for recruiting 12-24 volunteers to present information and conduct activities using scripts and graphics provided in each station.
- ◆ A maximum of 500 students can participate in Body Venture on a school day. A group of students can start through every five minutes. It takes each group approximately one hour to experience the Body Venture exhibit.
- ◆ Each participating school pays \$1.50 per participating student (minimum of \$100 and maximum of \$500) to help defray the cost of Body Venture operation. Community groups and members often contribute towards this fee or even pay it entirely.
- ◆ Scheduling information for the school year is available at <https://cnw.ksde.org>, SNP, What's New. Requests are due in April and schools are notified of the schedule in May. Submitting a request does not guarantee a visit from Body Venture.

Producer and Consumer Groups

The following producer and consumer groups in Kansas have training materials, sample products, informational and promotional brochures, flyers and posters and presenters available to help you with a wide variety of projects.

Kansas Beef Council

Phone: 785-273-5225
Address: 6031 S.W. 37th St., Topeka, KS 66614-5129
Website: www.kansasbeef.org

Kansas Cattleman's Association

Phone: 785-238-1483
Address: P.O. Box 1489, Junction City, KS 66441
Website: www.kansascattlemen.com

Kansas Corn

Phone: 785-410-5009
Address: 1680 Chorus Pl, Suite 200, Manhattan, KS 66502
Website: www.kscorn.com

Kansas Dairy

Phone: 785-656-9330
Address: 1310 Westloop Pl, Suite A #129, Manhattan, KS 66502
Website: www.ksdairy.com

Kansas Farm Bureau

Phone: 785-587-6000
Address: 2627 KFB Plaza, Manhattan, KS 66503
Website: www.kfb.org

Kansas Grain Sorghum

Phone: 785-477-9474
Address: Box 618, Colwich, KS 67030
Website: www.ksgrainsorghum.org

Kansas Livestock Association

Phone: 785-273-5115
Address: 6031 SW 37th St, Topeka, KS 66614
Website: www.kla.org

Kansas Pork Association

Phone: 785-776-0442
Address: 2601 Farm Bureau Rd., Manhattan, KS 66502
Website: www.kspork.org

Kansas Soybean

Phone: 785-271-1030
Address: 1000 SW Red Oaks Place, Topeka, KS 66615-1241
Website: www.kansassoybeans.org

Kansas Sunflower Commission

Website: [facebook.com/kssunflowercomm](https://www.facebook.com/kssunflowercomm)

Kansas Vegetable Growers Association

Address: 2021 Throckmorton Hall, Plant Sciences Center,
Manhattan, KS 66506

Website: www.kstateohrec.com

Kansas Wheat

Phone: 785-539-0255

Address: 1990 Kimball Avenue, Manhattan, KS 66502

Website: www.kswheat.com

Midwest Dairy Association

Phone: 800-642-3895

Address: 101 NE Trilein Drive, Ankeny, IA 50021
2015 Rice Street, St. Paul, MN 55113

Website: www.midwestdairy.com

Kansas Specialty Crop Growers Association

Website: www.kscga.org