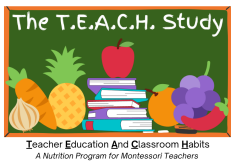




Teacher Education And Classroom Habits
A Nutrition Program for Montessori Teachers

Getting Started

Module 1 Outline



The T.E.A.C.H. Study – Module 1 Outline

Objectives:

- Explore the 5 food groups
- Understand the benefits and consequences of dietary choices
- Understand the impact teachers have on student's eating behaviors
- Understand the influence of culture on teaching practices and nutrition beliefs
- Identify barriers to teachers' cultural awareness
- Understand the importance of communication with parents
- Identify strategies to improve teacher-parent communication

Directions:

- Click on the Modules tab toward the top of the homepage, then click on Module 1 – you will see 5 topics within Module 1
 - General Nutrition
 - Child Nutrition
 - Classroom Food Practices
 - Cultural Practices
 - Teacher-Parent Communication
- Start with Module 1: General Nutrition

Module 1: General Nutrition

- This page will discuss the 5 food groups, ways to increase fruit and vegetable consumption, along with benefits/consequences of dietary
- Click on the “+” and arrows for additional information
- Read through all of the content on this page
- Complete the ‘Balanced Meals’ Activity on this page
- At the bottom right of the page, click the next button to view Module 1: Child Nutrition (you may also access the next topic in this module using the ‘Modules’ tab at the top of the page)

Module 1: Child Nutrition

- This page will discuss teachers' influence on students' eating behaviors
- Read through all of the content on this page
- At the bottom right of the page, click the next button to view Module 1: Classroom Food Practices (you may also access the next topic in this module using the ‘Modules’ tab at the top of the page)

Module 1: Classroom Food Practices

- This page will discuss teachers' eating behaviors in the classroom and the impact of role modeling
- Complete the true/false activity toward the top of the page



Module 1 Outline

- Read through all of the content on this page
- At the bottom right of the page, click the next button to view Module 1: Cultural Practices (you may also access the next topic in this module using the 'Modules' tab at the top of the page)

Module 1: Cultural Practices

- This page will discuss the impact a teacher's culture has on their teaching practices and nutrition beliefs
- Read through all of the content on this page
- Make sure to click on the "+" for additional information
- Complete the 'Teaching Scenario' at the end of the page
- At the bottom right of the page, click the next button to view Module 1: Teacher-Parent Communication (you may also access the next topic in this module using the 'Modules' tab at the top of the page)

Module 1: Teacher-Parent Communication

- This page will discuss the importance of communication with parents as well as tips to improve teacher-parent communication
- Read through all of the content on this page
- Make sure to click the arrows next to the pictures in the center of the page for information about teacher-parent nutrition communication
- Complete the 'Teacher-Parent Communication Scenarios' at the end of the page
- At the bottom right of the page, click the next button to view Module 1: Completion Quiz (you may also access the next topic in this module using the 'Modules' tab at the top of the page)

Module 1: Completion Quiz

- Read and respond each question
 - Click 'submit' once all questions have been answered
- Click on the Program Schedule tab to view the calendar and upcoming live virtual sessions
 - Live virtual sessions will be held on Thursdays & Fridays (check the calendar for available times)
 - Download Module 2 outline from the Program Schedule
 - will be available to download on Thursday, February 23rd
 - Download Week 2 lesson plan from the Montessori Lesson Plans tab
 - will be available to download on Thursday, February 23rd

**Note: All weekly module outlines and lesson plans will also be sent via email*