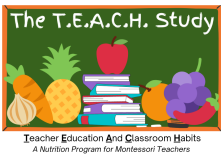




Teacher Education And Classroom Habits
A Nutrition Program for Montessori Teachers

Getting Started

Module 5 Outline



Module 5

Objectives:

- Identify water recommendations for adults
- Identify beverage recommendations for children
- Explore consequences of inadequate hydration for children & adults
- Explore various techniques to reduce sugar-sweetened beverages in the classroom
- Explore various traditional cultural dishes and the health benefits of traditional foods from countries around the world
- Identify strategies to discuss healthy beverage choices with parents

Instructions:

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

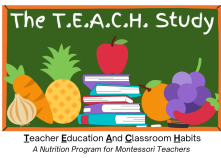
Module 5: General Nutrition

- This page will discuss water recommendations for adults along with impacts of inadequate hydration and tips to increase water intake as well as to improve beverage choices
- Read through all of the content on this page
- At the bottom right of the page, click the next button to view Module 5: Child Nutrition (you may also access the next topic in this module using the 'Modules' tab at the top of the page)

Module 5: Child Nutrition

- This page will discuss hydration recommendations (water, juice, & milk) for children along with impacts of inadequate hydration
- Read through all of the content on this page
- Click the ">" to read more under "Consequences of Inadequate Hydration for Children"
- Complete the "Sugar Content..." activity to match the juices to their corresponding sugar content
- At the bottom right of the page, click the next button to view Module 5: Classroom Food Practices (you may also access the next topic in this module using the 'Modules' tab at the top of the page)

Module 5: Classroom Food Practices



- This page will discuss sugar-sweetened beverages along with tips to help reduce consumption of sweetened drinks in the classroom
- Read through all of the content on this page
- Click the “>” to read more about “Tips to Reduce Sugary Drink Consumption in the Classroom”
- Complete the ‘Teaching Scenario’ toward the bottom of the page
- At the bottom right of the page, click the next button to view Module 5: Cultural Practices (you may also access the next topic in this module using the ‘Modules’ tab at the top of the page)

Module 5: Cultural Practices

- This page will discuss various traditional dishes and the health benefits of cultural foods from around the world
- Read through all of the content on this page
- Make sure to click the “+” on the world map to learn more about traditional cultural dishes
- At the bottom right of the page, click the next button to view Module 5: Teacher-Parent Communication (you may also access the next topic in this module using the ‘Modules’ tab at the top of the page)

Module 5: Teacher-Parent Communication

- This page will discuss strategies to discuss healthy beverage choices with parents
- Read through all of the content on this page
- Make sure to click on the “>” for the section on “Tips to Discussing Healthy Beverages with Parents” for more 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 5: Completion Quiz (you may also access the next topic in this module using the ‘Modules’ tab at the top of the page)

Module 5: 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 Wednesdays & Thursdays (check the calendar for available times) – please plan to attend 1 Zoom sessions per week
 - Download Module 5 outline from the Program Schedule tab
 - Download Week 5 lesson plan from the Montessori Lesson Plans tab

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