



# Incorporating Interactive Nutrition Education into Your Summer Program



Voices of Summer Webinar Series



# About NSLA

NSLA is a national, non-profit organization focused on the powerful impact of one achievable goal: investing in summer learning to help close the achievement gap. NSLA uses the power of research, advocacy, training, and policy to transform America's neighborhoods and communities, one child at a time.

Our work is based on the simple idea that summer—a time that is easily overlooked yet critical to educational development—is bursting with possibility, and instrumental in closing the achievement gap between privileged children and our most vulnerable children.



# Common Threads Nutrition Education



national summer  
learning association



# ABOUT COMMON THREADS



# WHO DO WE WORK WITH?



Schools



Parks & Rec



Community Organizations



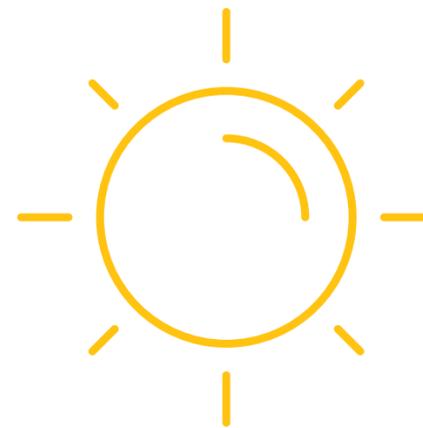
Government Agencies



Healthcare Providers



Faith-based Institutions



Summer Learning Opportunities

# WHERE WE WORK

Our works extends beyond our core markets, nationally with virtual programming & resources hosted on our digital platforms



# COMMON THREADS PROGRAMS

**Common Threads has a portfolio of cooking and nutrition education programs  
Due to COVID-19- we are offering virtual programs for school & community partners in our 10 markets\***



**Now available  
On -Demand!**

**Small Bites  
Nutrition Education**



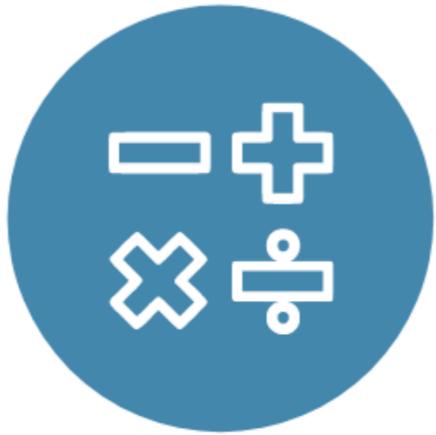
**Chef Led Cooking Classes  
Cooking Skills & World  
Cuisine &  
Family Cooking Class**

\*New York City, Miami, Chicago,  
Pittsburgh, Austin, Houston, El Paso,  
San Antonio, Dallas/Ft. Forth, & Erie.



# WHAT ARE THE BENEFITS?

## *Nutrition and Culinary Education*



Educational



Quality Time



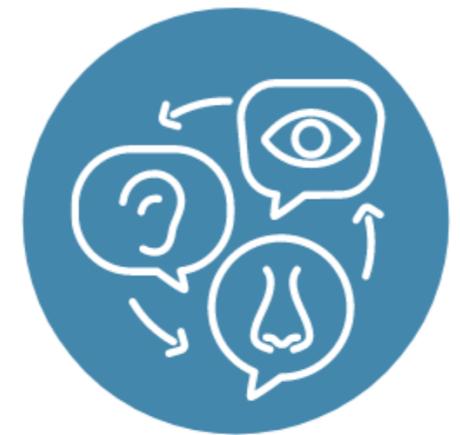
Healthy Attitude  
Towards Food



Enthusiasm  
for Cooking



Life Skills



Explore  
senses

# SMALL BITES NUTRITION EDUCATION

## *Program Implementation Options:*



**Eight 1-hr  
Lesson  
Plans**



**Available for  
PreK-8th  
Grades**



**Academic  
Standard  
Alignment**



**Healthy  
Snack  
Recipes**



**Classroom  
Friendly  
Cooking**



**Educational  
& Recipe  
Videos**

**-Partner Led (Training Required)**

- In-Person or Virtual

**-Common Threads Led\***

- In-Person or Virtual

**-On-Demand Asynchronous Activity**

- Self-paced web-based content



**\*Grants Available for Training, Curriculum, and Grocery Stipend in our 10 Markets**

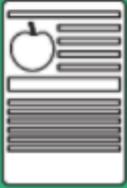
# SMALL BITES NUTRITION EDUCATION

## *Lesson Topics*

**1 LESSON**  
Know Your Plate



**2 LESSON**  
Read it before you Eat it



**3 LESSON**  
Paint your plate with Color



**4 LESSON**  
Protein Power



**5 LESSON**  
Whole grain Goodness



**6 LESSON**  
Quench your Thirst



**7 LESSON**  
Herbs & Spices



**8 LESSON**  
Make it Count



# SMALL BITES NUTRITION EDUCATION

*Impact*

**Students demonstrate a significant improvements in the following areas after participating in the Small Bites Program**



**Nutrition  
Knowledge**



**Vegetable  
Consumption**



**Whole Grain  
Consumption**



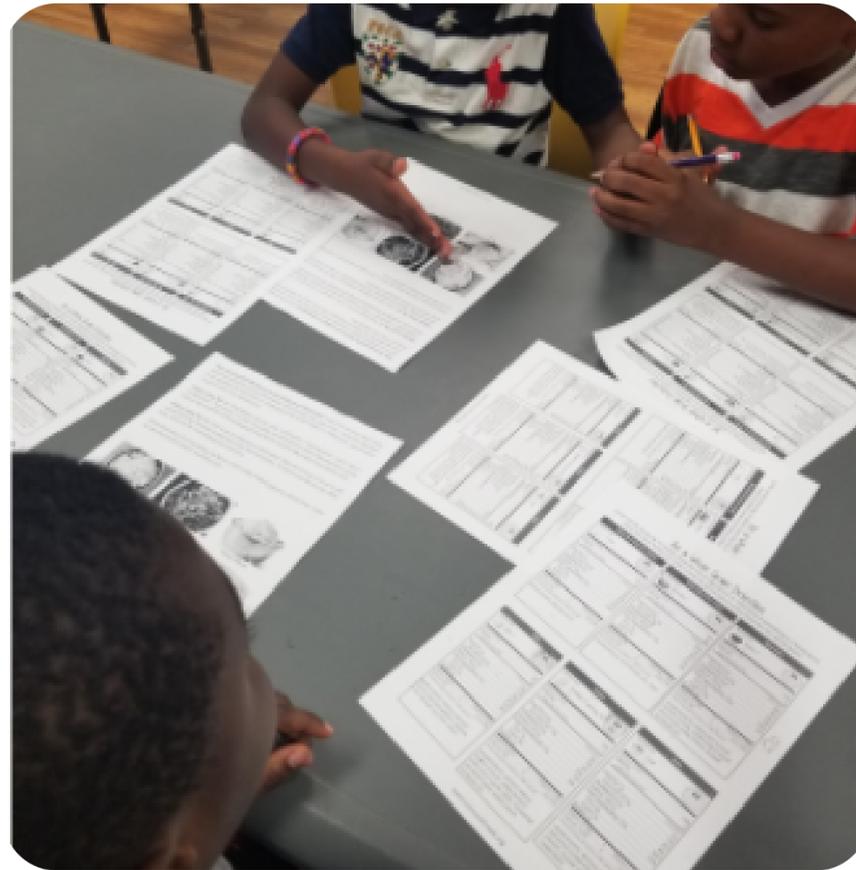
**Telling Family  
About Healthy  
Eating**

# SMALL BITES NUTRITION EDUCATION

## *Implementation*



### Training



### Curriculum



### Recipes

with generous support from

Walmart  org



# SMALL BITES NUTRITION EDUCATION

## Training

Hosted on our learning portal, Skilljar, Small Bites facilitator training equips facilitators to implement Small Bites in their program, orients to course materials, as well as provides professional development and tips for facilitators to be healthy role models.



**Virtual Small Bites Training**

Learn how to successfully facilitate the Small Bites nutrition education program virtually with your students

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**FREE** **4 Courses**



**In-Person Small Bites Training**

Access this training for FREE by entering the promo code: freeaccess2020 or freeaccess2021 at checkout.

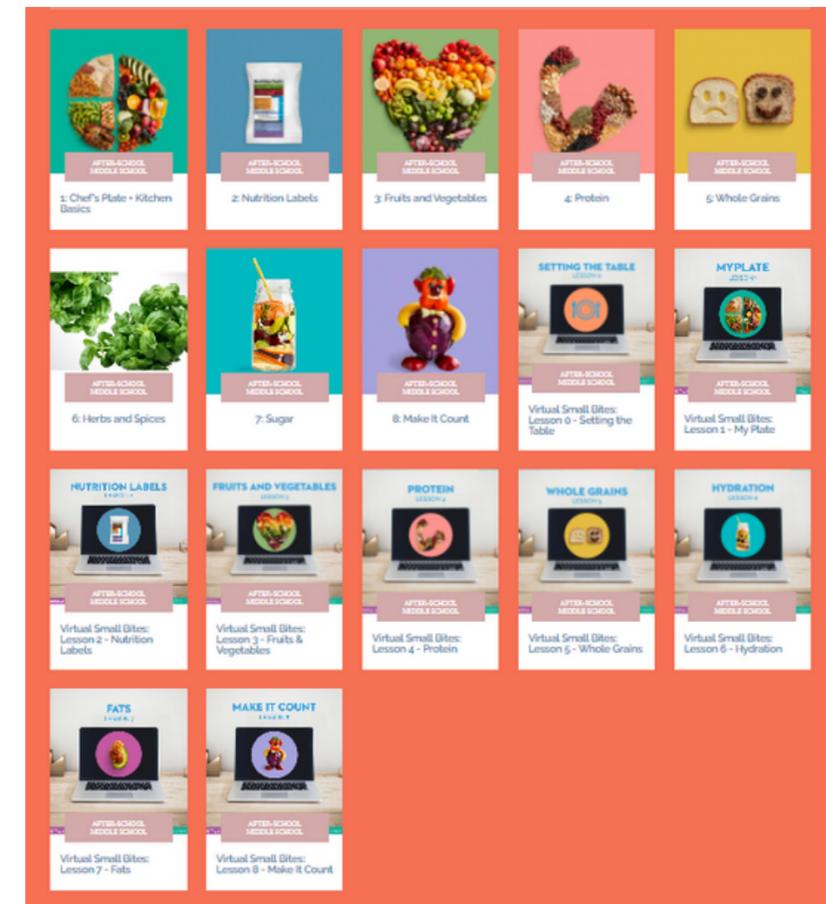
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**\$75** **3 Courses**

# SMALL BITES NUTRITION EDUCATION

## Curriculum

Once training is completed, curriculum access is granted. Lesson plans are available for a variety of programs, grade levels, and implementation models. Curriculum is currently hosted on our [Resource hub, Common Bytes.](#)



# SMALL BITES NUTRITION EDUCATION

## Curriculum



TAUGHT FAVORITE COMMENT PRINT DOWNLOAD

### The Chef's Plate

After-School Pre-K - 2nd Grade **Lesson 1**

#### Materials

- Common Threads Creed
- MyPlate vs. Chef's Plate
- MyPlate vs. Chef's Plate: Teacher Background Information
- NEW!! The Chef's Plate: Healthy Eating Small Bites Lesson Video
- Paper Plates
- Ingredients for Trail Mix
- Goal Setting worksheet
- Teacher Background
- Look and Cook worksheet
- Food Groups Song
- Equipment for the Trail Mix
- Chef's Plate poster

#### Beforehand

Set up the Trail Mix supplies for each group

**Teacher Background: My Plate vs. Chef's Plate**  
Please note if you work in a SNAP Ed market you are required to use the USDA's My Plate diagram when discussing lesson #1 with your students. Please review the attached guide in the materials section of the lesson plan to learn more about the similarities and differences between the USDA's My Plate and Common Threads' Chef's Plate diagram. To access a copy of the My Plate diagram, please click on this [link](#).

#### Lesson Plan

##### Introduction 15 MINUTES

NEW!! Common Threads is excited to launch a series of Small Bite videos to help you kick off each lesson. Click on the link in the "Materials" section to see the video.

1. Ask students what it means to them to be healthy. Show students the Chef's Plate. Explain that this is a poster that helps us know what kinds of foods to eat in order to be healthy.
2. Ask them how many sections are in the plate on the poster. Explain that there are five sections or parts because it helps you see what a healthy plate should look like.

##### Student Activity 20 MINUTES

#### Key Understandings

# SMALL BITES NUTRITION EDUCATION

## Recipes

As part of each lesson, students prepare a healthy snack aligning with the concepts covered. Recommended recipes are included as part of lesson plan, but facilitators can select other recipes on [CommonBytes](#) to prepare with students.

**Granted\*** programs receive a grocery allocation to purchase the recipes ingredients for each lesson.

**Non-granted** programs must purchase recipes ingredients with their own funds.

*\*Grants available in our core markets and are subject to availability*



# RECIPES ON COMMONBYTES- KID FRIENDLY HEALTHY SNACKS



# RECIPES ON COMMONBYTES- ENTREES



# RECIPES ON COMMONBYTES- BEVERAGES



# RECIPES ON COMMONBYTES- SIDES



# RECIPES ON COMMONBYTES- SWEETS



**Cookie Dough  
Hummus**



**Banana 'Ice  
Cream'**



**Mango Strawberry  
Popsicles**

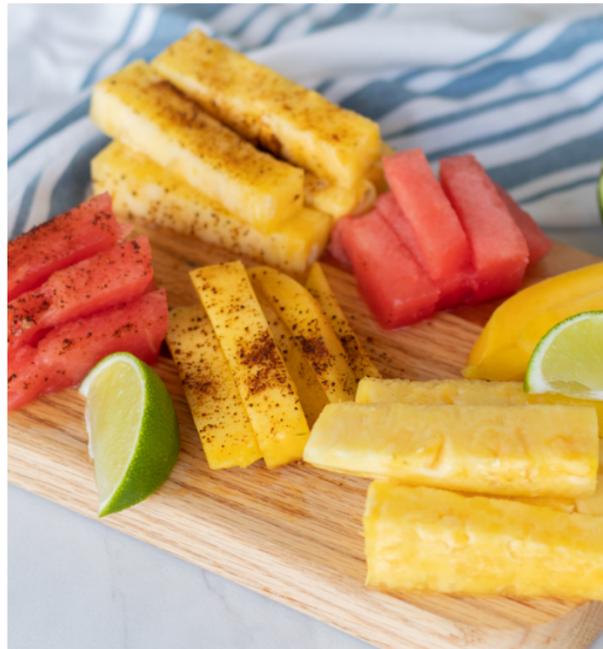


**Spiced Mango**



**Pineapple  
Strawberry  
Napoleons**

# RECIPE FORMATS



## Fruit Two Ways

### Ingredients

- 1 C pineapple, cut into snack sized pieces
- 1 C mango, cut into snack sized pieces
- 1 C watermelon, cut into snack sized pieces
- 1/2 lemon, juiced
- 1 T chili powder

### Directions

1. Wash and slice fruit if necessary
2. Take two pieces of fruit, leave one plain and squeeze 1/4 a lime on one and lightly sprinkle chili powder on top of the other
3. Taste each separate and see which version you like the most!

COMMONTHREADS.ORG

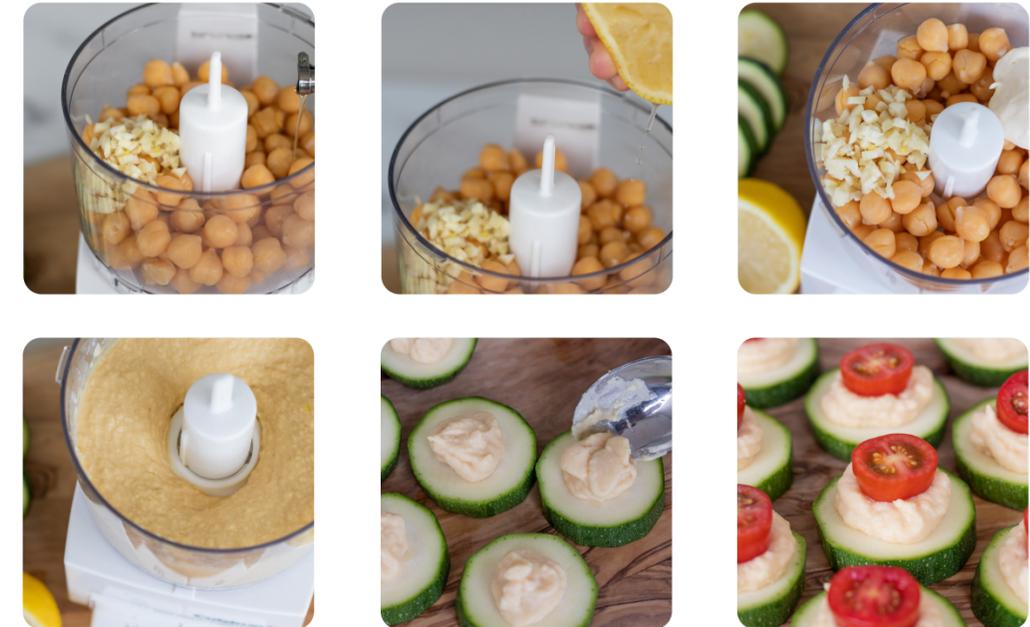
Standard Recipe Card

## LOOK & COOK CRACKER SNACKS Cinnamon Banana

1. GET 2 CRACKERS
2. TOP EACH CRACKER WITH BANANA SLICE
3. SPRINKLE WITH CINNAMON

Common Threads  
COOKING FOR LIFE

Illustrated recipes for younger chefs



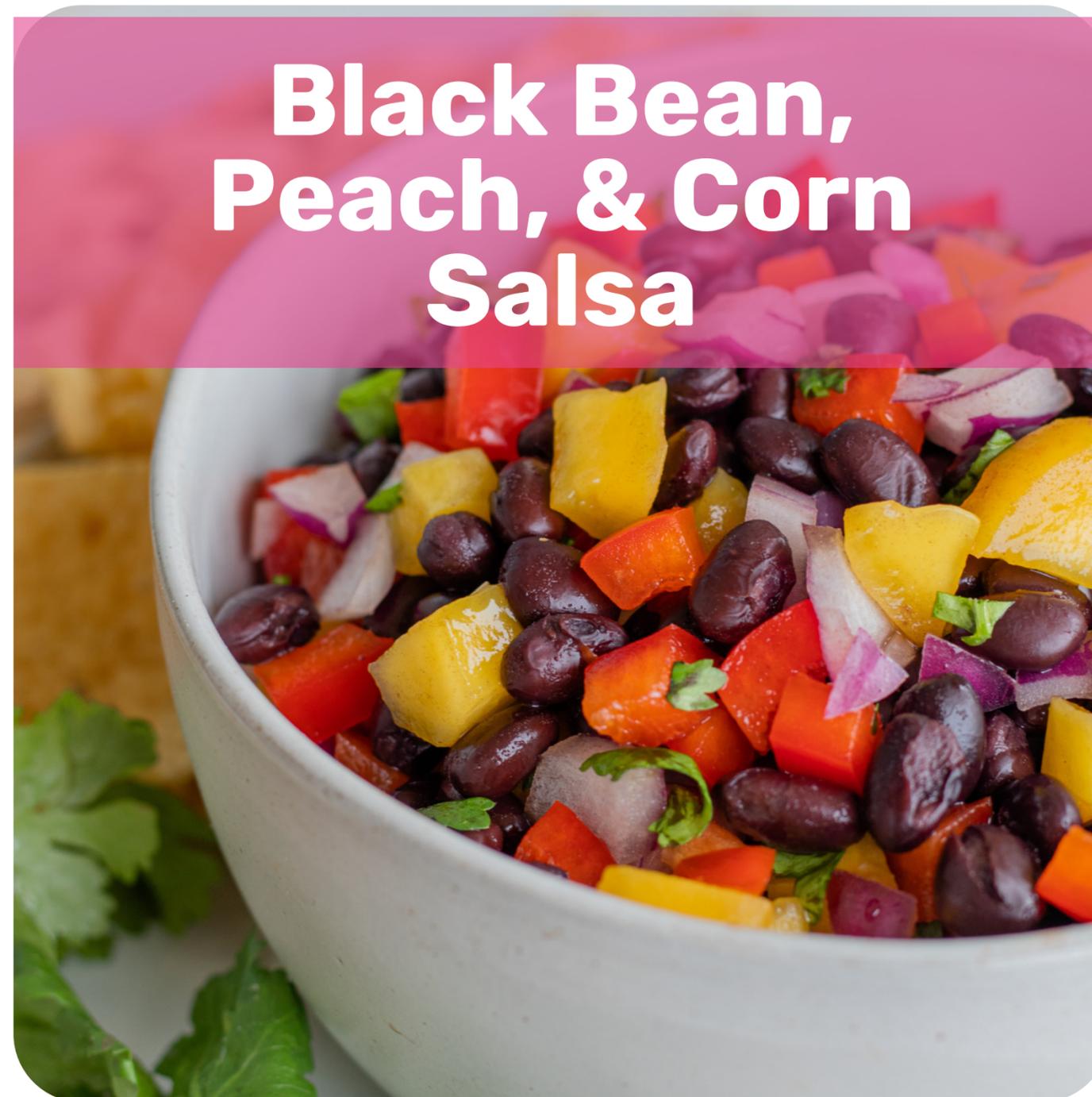
Step-by- Step Recipe Photos

# SMALL BITES RECIPE DEMO- CHEF ALEKKA



*Common Threads Chef  
Instructor- Alekka Sweeney*

## Black Bean, Peach, & Corn Salsa



# SMALL BITES NUTRITION EDUCATION

*On-Demand*

**Register Today!**



with generous support from  
**Walmart.org**



# SMALL BITES NUTRITION EDUCATION

*On-Demand*

Animated educational videos highlight nutrition concepts that are covered in each lesson

Let's Get Cooking!  
Downloadable lesson recipe cards



Download informational article about nutrition concepts and healthy eating principles

Recipe videos provide step by step directions to demonstrate how kids can make recipes at home

# SMALL BITES NUTRITION EDUCATION *On-Demand*

Available for Elementary and Middle School Students



#### Elementary Small Bites:

Jump into interactive lessons using Nearpod. In these lessons, students will complete worksheets, quizzes, and watch snack making videos to create at home!



#### Middle School Small Bites:

Students create their own learning path with our click and play nutrition activities and snack making videos. At the end of each lesson students will be prepared to make their own healthy snack at home!

# SMALL BITES NUTRITION EDUCATION

*On-Demand*

**Register**  
**Today!**



Use Camera on your phone to take picture to open link to register

with generous support from

Walmart  org

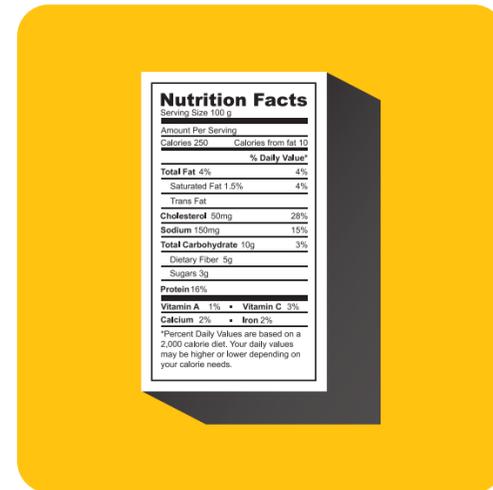


# ADDITIONAL RESOURCES FROM COMMON THREADS

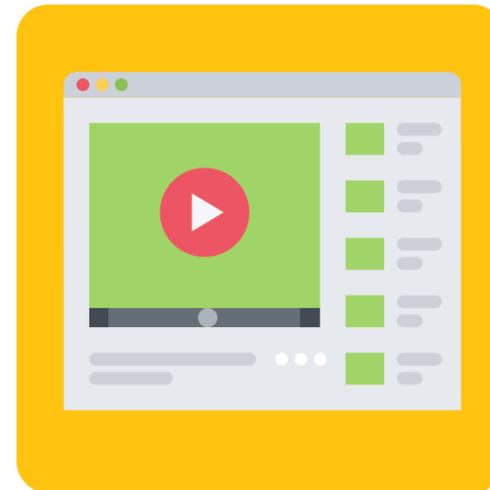
Visit our Resource Hub [CommonBytes](#) For:



Hundreds of healthy, budget friendly recipes for entrees, sides, snacks, desserts, and beverages.



Nutrition Facts for each recipes



Nutrition education focused topics & recipe videos



Cultural Facts and Recipes available in Spanish



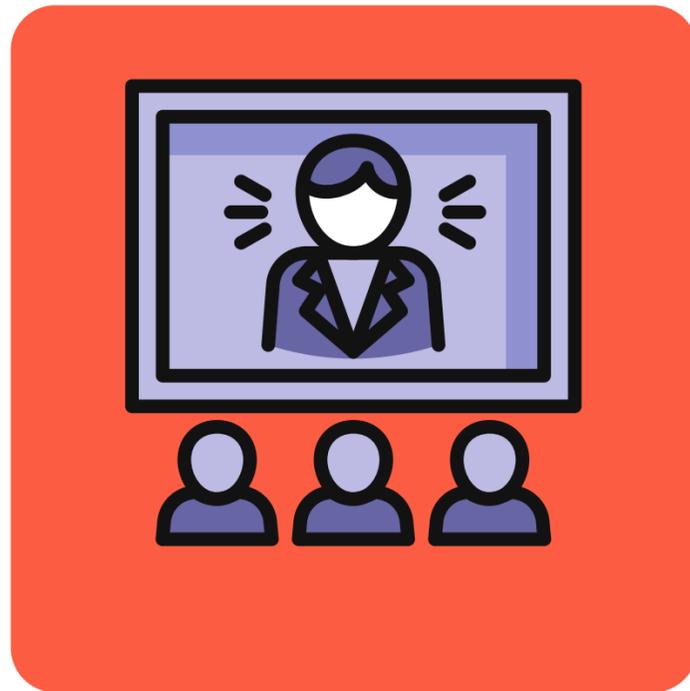
Nutrition Education Lesson Plans for PreK-8th Grades

# ADDITIONAL RESOURCES FROM COMMON THREADS

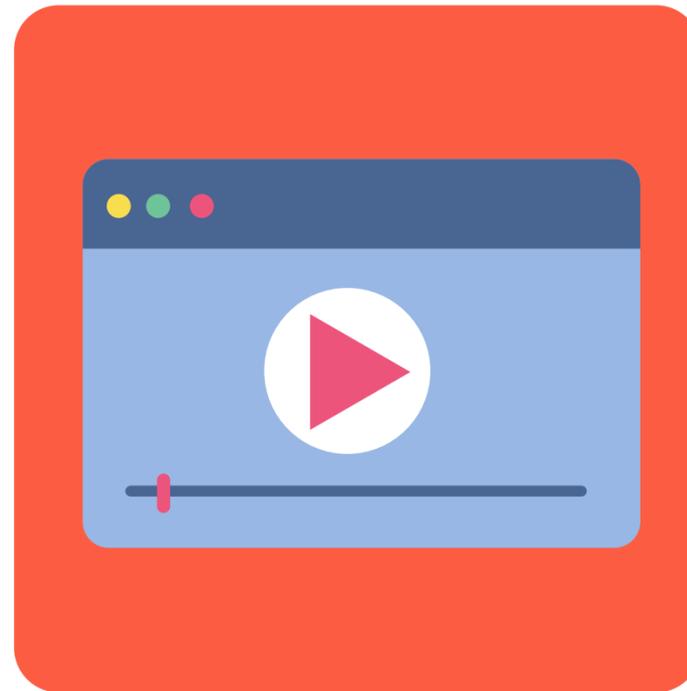


# ADDITIONAL RESOURCES FROM COMMON THREADS

Visit our [Learning Hub](#) For:



**Trainings for  
Educators**

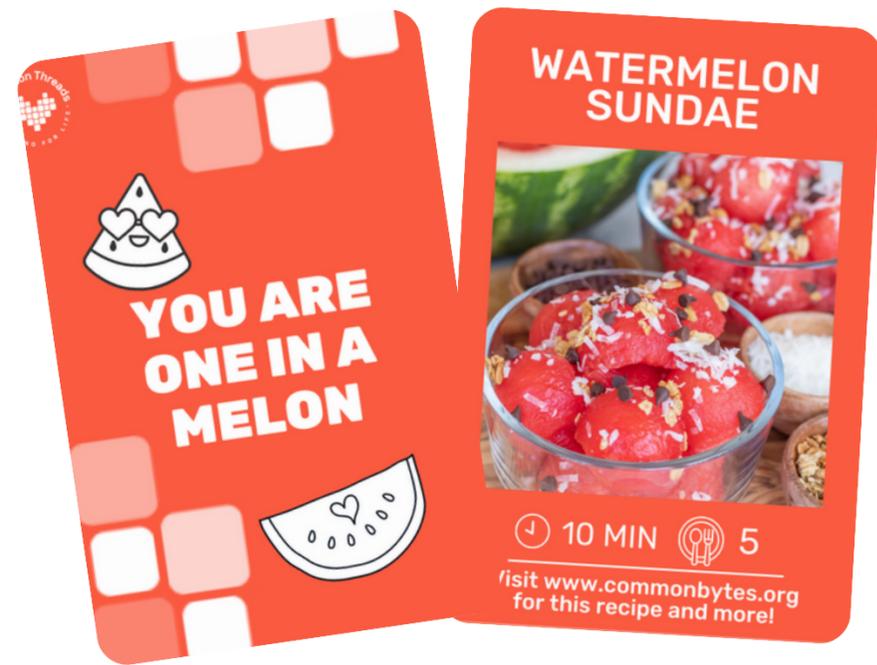


**Webinars**



**Resource  
Downloads**

# ADDITIONAL RESOURCES FROM COMMON THREADS



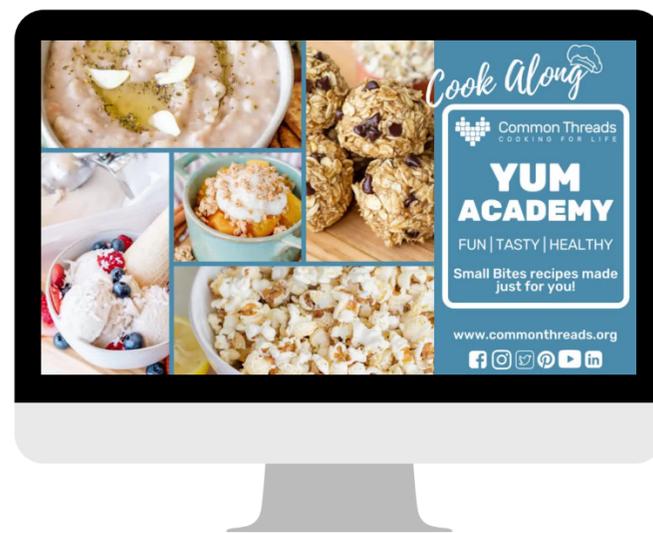
**Food Pun Recipe Valentines**

The ABC's of healthy soup making – Uncover some of our favorite fall soup recipes!

by Ashley Roth MS, RDN | Nov 5, 2020 | News | 0 comments



**Nutrition & Culinary Blogs**



**Nutrition Education & Recipe Videos**

## MY GOAL TRACKER

Let's get cooking! Tracking progress is a fun way to see how much your kids have learned. Place a check mark next to each skill as its mastered.

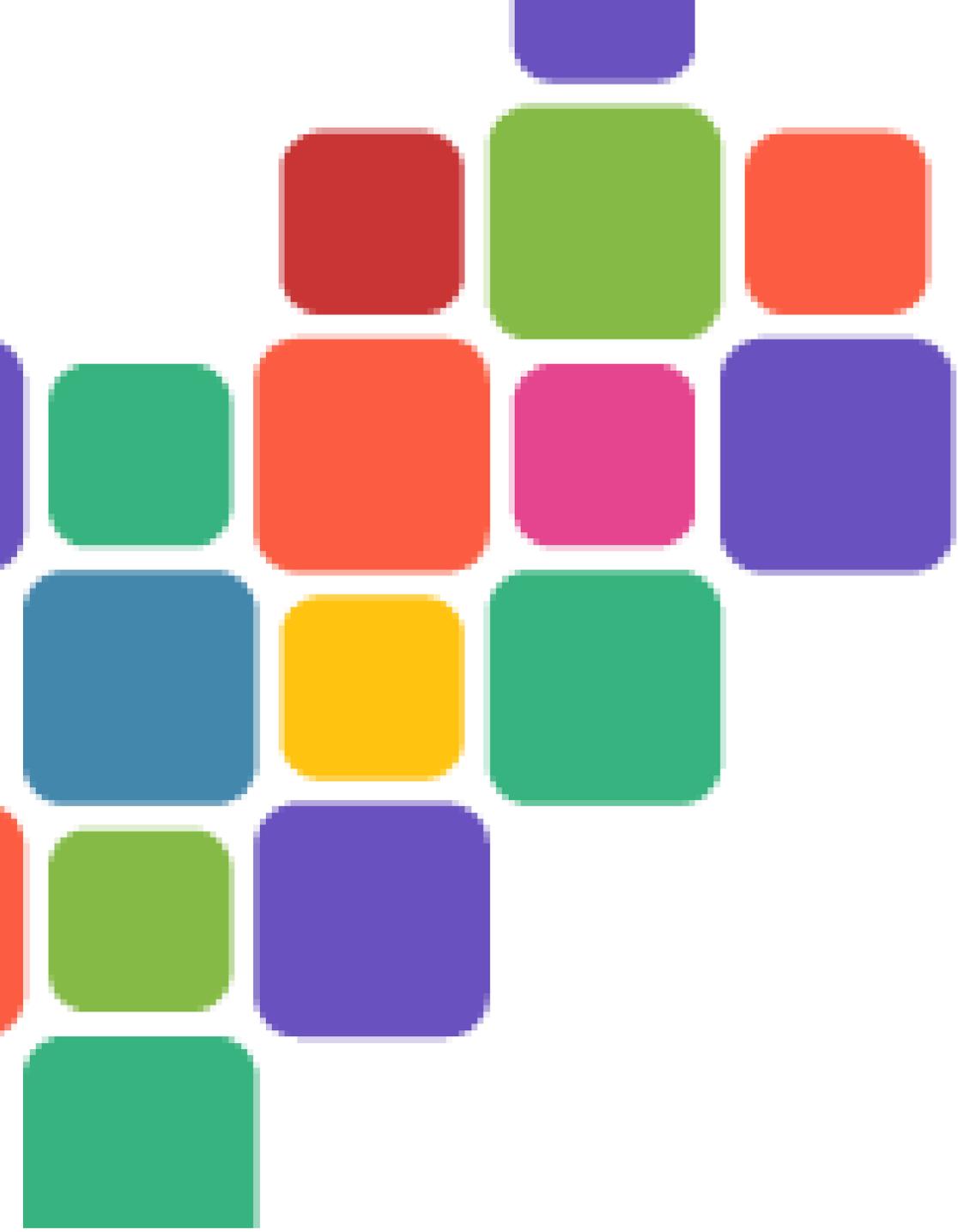
GOAL	CHILD 1:	CHILD 2:
Locate items by color		
Read a recipe		
Set the table		
Tear leafy green		
Stir or mash ingredients		
Juice a fruit/vegetable		
Wash produce		
Measure ingredient		
Crack an egg		
Set the timer		
Sanitize counter top		

**Goal Tracker Worksheet**



**Recipes Guides & Workbooks**





# Questions?

**Contact:**  
**Ashley Roth**  
**[aroth@commonthreads.org](mailto:aroth@commonthreads.org)**



# Voices of Summer Webinar Series



## Voices of Summer WEBINAR SERIES

[www.summerlearning.org/webinars](http://www.summerlearning.org/webinars)



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@SummerLearning



@SmarterSummers

Join our Community!

<https://www.summerlearning.org/join-our-list/>



*Thank you!*

*[www.summerlearning.org](http://www.summerlearning.org)*

