

High 5 Flyers Training Leader's Guide

Training Overview

This guide will help trainers prepare to conduct a two-hour training for food service staff who will be implementing the program to targeted grades.

The program includes daily activities designed to increase the appeal of fruits and vegetables to students and special activities, which directly engage students to encourage and motivate them to eat more fruits and vegetables at lunch. We encourage any school interested in offering the program to recruit a program champion who will be the key person to schedule activities and prepare materials. This could be the food service supervisor, volunteer coordinator or even an interested parent.

**The training is designed to be 2 hours long.
Topics covered in the training are:**

- Background: Why do we want children to eat more F/V?
- Program structure and components
- Hands on activities to provide an opportunity to apply some of the concepts presented
- Time for planning how the program will be implemented in your setting

Objectives

After attending the training, participants will be able to:

1. Understand challenges and importance of increasing f/v consumption.
2. Apply daily strategies to make fruits and vegetables more appealing on the lunch line.
3. Encourage children to choose and eat more f/V.
4. Conduct High 5 Flyers activities.
5. Plan to offer the High 5 Flyers program in their school.

Training Preparation

This section will help you prepare for the training and will give you ideas for presenting the High 5 Flyers program to food service staff.

Materials needed:

- Training manuals
- Agendas for attendees and trainers
- Ice breaker quiz
- Training evaluation forms
- Pens or pencils
- Name tags (optional)
- Posters and banners for planned activities (optional)
- Serving containers for hands on vegetable arranging activity
- Fresh vegetables in adequate quantities for group size
- Fresh fruit not usually served at school lunch
- 2 oz soufflé cups
- Serving trays

Before the training

- ✓ Reserve a facility large enough that participants will be able to work in small groups to do hands on activities which will include some limited food preparation.
- ✓ Order and prepare fruits and vegetables used in the training for the increase appeal and sampling activities.
- ✓ Arrange to present the power point training presentation and/or print out paper copies. To offer the power point presentation, you will need:
 - Power point projector
 - Laptop
 - High 5 Flyers training presentation CD

Note: Alternatively the training could be presented using paper copies of the presentation for each of the participants)

- ✓ Paper copies for each participant of:
 - Agenda
 - "What's on your plate?" quiz
 - Evaluation forms
 - High 5 Flyers manual

Training

1. Introduction - slides 1-8
 - a. Introduce presenters and participants
 - b. Point out housekeeping issues like available refreshments, restroom locations and a reminder to turn off cell phones.
 - c. Present the High 5 Flyers power point as follows:

2. Background and rationale - Arrange for a speaker to present the rationale. You may have a nutritionist within your community or a local health department, college or university may have speakers available.
 - a. Eating habits are formed very early in life
 - b. There is strong evidence that eating more F/V reduces the risk of cancer and other chronic diseases
 - c. Increasing rates of obesity

3. Daily Activities - slides 9-24
 - a. Increasing appeal of F/V
 - b. Offering more choice
 - c. Hands on activity: Provide participants with a variety of vegetables, selected for color and shape contrast in quantities appropriate for the group size. Ask participants to arrange the vegetables in a way that employs the color and shape contrast discussed in the presentation. Ask participants to think about how they could apply these ideas to the lunch line.
 - d. Encouraging students to take and eat more F/V at lunch.

4. Special Activities
 - a. Kick-off (slides 26 - 28) Introduce the High 5 Flyers to students
 - b. Sampling (slides 29 - 34) Offer "Nibbles" once a month - follow with item on the line the next day and periodically thereafter.
 - c. Hands on activity: Provide participants with fruit not usually served at school lunch in a quantity for each participant to have a bite sized sample. Also provide paper soufflé cups and trays for serving the samples. Ask one or two participants to serve their group a sample of the fruit according to sampling directions.
 - d. Challenge week (slides 35 - 38) Challenge students to eat more F/V for one week at lunch.
 - e. Finale meal (slides 39 - 40) The Go-Go Grape Meal celebrates enjoying more F/V and encourage students to keep it up over the summer.
 - f. Family connections (slides 41 - 43) Newsletter articles and letters to explain activities.

Offer Choice Within Choice

