Eat Move Win Teacher Guide: For Implementation without Individual Student Devices

Eat Move Win was designed to be used in a classroom setting where all (or many) of the students had access to individual technology devices with access to the internet (ex. computers, tablets, etc.)

This is a step-by-step guide to assist users in teaching the lessons when students do not have access to individual devices, or when being taught in a non-traditional education setting.
Pre-Instruction Preparation

**Step 1. Go to HealthyEating.org/EMW to register or login**

![HealthyEating.org/EMW](image)

**Step 2: Set up your classes**

- Click the “Get Started” button to set up your classes.

![Get Started](image)

- Click the “New Class” button then follow the prompts to fill out the location form and enter your school information.

![New Class](image)

- Next, fill out the information about your class and select “none” for student devices, then click the “Generate Logins” button (you will not need to use the logins generated, but this will register your class on your teacher portal). *This information helps us track how many students and teachers are using this free resource, and provides valuable data for our organization.*
Step 3: Click on the “Program Planner” tab

Here you can download the “Teacher Support All Lessons” or review the content lesson by lesson.

Step 4: Review the Before Lesson tab for each of the lessons

Start by selecting “Lesson 1” from the lessons pull down menu and navigate to the “Before Lesson” tab. Continue with lessons 2 through 5 and the Performance Task.

Before Lesson

- Review lesson objectives, content and resource links in preparation for the lesson
- Review Background + Extension Resources
- See Accompanying Print Pieces (in guide-below, for each lesson)
In Class Instruction

**Step 1:** Navigate through each tab for lessons 1 through 5

- **Food Is Fuel**
  - Before Lesson
  - Health Alert
  - Explore
  - Investigate
  - Sharpen Skills
  - Chart Progress

**Health alert**
- Project the Health Alert page in student view for the class
- Consider taking the surveys and polls as a class
- Read and discuss the Backstory

**Explore**
- Have students complete the Daily Food and Activity Log
- Students should keep the completed log for reflection as they continue the program
- Distribute or display reference materials for students (if applicable)

**Investigate**
- Project and/or distribute reference materials and student worksheets
- Students should keep the reference sheet and completed learning log for reflection as they continue the program

**Sharpen Skills**
- Project and/or distribute reference materials and student worksheets

**Chart Progress**
- Project and/or distribute reference materials and student worksheets
- Complete the worksheets
- Once all information and activities have been covered distribute the quiz
- Collect quiz for grading

**Teaching Tip:** If possible display some aspects of the *Eat Move Win* student activities on a projector or interactive whiteboard - the student polls, videos, and Kahoot games help to keep students engaged throughout the lessons.
Step 2: Navigate through each tab for the Performance Task

Before Lesson
- Review content and links in preparation for student assessment
- Review Background and Extension Resources

Recap
- Project the Recap page in student view for the class

Reflect
- Project the Reflect page in student view for the class and play the SMART goals video
- Make sure students are prepared to reflect using worksheets from lessons 1 through 5
- Have students work together to create individual SMART goals

Act
- Project and/or distribute reference materials and student worksheets
- Have students complete their SMART goals
- Collect completed SMART goals for grading

Teaching Tip: Be sure to follow the Teaching Tips located in the Teacher Pane of each section – lessons 1 through 5 and the Performance Task. These contain valuable prompts, additional resources, and tips to spark discussion throughout each lesson.
Accompanying Print Pieces

Since *Eat Move Win* was designed to be used online there are some resources that would need to be printed in preparation for instruction. All PDF’s can be located in the “Before Lesson” tab under “Lesson Resource Links”

Lesson 1
- Daily Food and Activity Log (1 page, 6 copies per student – enough for all 5 lessons)
- Food Group Learning Log (5 pages)
- Small Steps (1 page, 5 copies per student – enough for all 5 lessons)
- Food Group Classification (3 pages)
- Commonly Mis-categorized Foods (1 page)
- Lesson 1 Decisional Balance: Trading Up (1 page, located under the Sharpen Skills Tab in the Teacher Pane)
- Lesson 1 Quiz (1 page)
- Glossary (2 pages, optional)

Lesson 2
- Serving Size Comparison Chart (1 page)
- MyPlate 2,000 Calorie Daily Checklist for moderately active male/female (2 pages, number of documents is dependent on how many males and females are in the class)
- Portion Distortion & Portion Distortion II Interactive Quiz (download to teacher computer for use in Sharpen Skills segment, no printed copies needed for students)
- Lesson 2 Quiz (1 page)

Lesson 3
- Main Nutrients + Health Benefits (1 page)
- Lilly’s Food Log (1 page)
- Lilly’s highlighted Food Log (1 page)
- Lesson 3 Quiz (1 page)

Lesson 4
- Danielle’s Food Log (1 page)
- Danielle’s Food Log with Improvements (1 page)
- Decisional Balance Worksheet (1 page)
- Lesson 4 Quiz (1 page)

Lesson 5
- Make Time for Breakfast (1 page)
- Decisional Balance Worksheet (1 page)
- 4 quick and easy recipes (2 pages)
- Lesson 5 Quiz (1 page)

Thank you for choosing to use the *Eat Move Win* program and making strides to elevate the health of your students. If you have any feedback regarding the program or would be interested in sharing how you are utilizing this guide to educate without the use of one on one devices please feel free to email us at support@dairycouncilofca.org.