Nutrition 101: A Taste of Food and Fitness (8-hour training)

This course qualifies for SNA course certification level 1.

Montana Team Nutrition is pleased to offer Nutrition 101, a free 8-hour training course provided by the Institute of Child Nutrition (ICN). The 8 hours will be divided into four 2-hour classes that will be conducted via Zoom.

**When:** March 4, 11, 18, and 25th, 2021 from 3:00 to 5:00 MST

The first class will include Zoom training to lesson your apprehension and prepare you to learn. This is an excellent opportunity to further your education and fulfill USDA Professional Standards (1200/1300). This training is required for the School Nutrition Association (SNA) Certificate (Level 1) in School Nutrition. It will also prepare you for the School Nutrition Specialist exam. This course is open to school nutrition directors or staff, teachers, and para-professionals. OPI Renewal Units are available.

“I highly recommend taking (this course). It can really help with understanding the healthy aspects of why, as school service workers, it is important to follow guidelines for making healthy meals for the students.”

- David Thomas, Food Service Director from Darby Montana.

The course overview details are included below. Please keep reading to learn about the vast amount of knowledge provided by Nutrition 101! Participating in this wonderful, engaging and informative class is a great way to celebrate National School Nutrition Month in March.

Please click on the following link to register:
[https://app.smartsheet.com/b/form/22c361708d53482ea66c93ec31dcfa5a](https://app.smartsheet.com/b/form/22c361708d53482ea66c93ec31dcfa5a)

Upon registering, you will receive a confirmation message with the Zoom link and a copy of the Nutrition 101 curriculum.

*For more information on the Nutrition 101 course, please contact Katie Bark, Montana Team Nutrition Program Director at 406-994-5641 or kbark@montana.edu.*
Nutrition 101: A Taste of Food and Fitness – Course Overview

Target Audience – Managers, Food Service Assistants/Technicians
Key Area – 1: Nutrition

Nutrition 101: A Taste of Food and Fitness provides a basic overview of nutrition. Each lesson will incorporate a variety of learning activities to engage participants on a personal level. The lessons will also describe how school nutrition programs contribute to students’ health and ability to learn.

ICN designed this training so the participant is actively involved in learning nutritional concepts to apply in school nutrition programs. School nutrition staff are responsible for preparing and serving students healthful and safe meals. This training provides tools and ideas school nutrition managers and staff can use to meet this goal.

At the end of the training, participants will be able to accomplish the following objectives:

Lesson 1: Nutrition is Important to You!
- Identify a personal interest in health and nutrition.
- Identify roles nutrition plays in promoting health throughout the body.
- Describe how the School Breakfast Program contributes to students’ health and school performance.

Lesson 2: Tools for Guiding Food Choices
- Recognize the Dietary Guidelines for Americans (DGAs) and USDA’s MyPlate.
- Identify information on the Nutrition Facts label that is useful in making food choices consistent with the dietary advice of the Dietary Guidelines for Americans and MyPlate.
- Describe ways the school meal programs may reflect aspects of the Dietary Guidelines for Americans that contribute to students’ health and ability to learn.

Lesson 3: The Energy Nutrients
- Identify essential energy nutrients, macronutrients, the major function each plays in a healthy body, and food sources of each.
- Identify food sources of carbohydrates and how the body uses them.
- Describe how the different types of fats and oils influence health and chronic disease risks.
- Describe how school meals are planned to balance nutrients and contribute to students’ health.
Nutrition 101: A Taste of Food and Fitness – Overview Continued

Lesson 4: Vitamins and Minerals
- Identify essential vitamins and minerals, micronutrients, the major function each plays in a healthy body and food sources of each.
- List the fat-soluble vitamins.
- List the water-soluble vitamins.
- Identify the major and trace minerals.
- Describe how iron intake influences a student’s ability to learn.

Lesson 5: Alternate Eating Patterns
- Explain how school nutrition programs can accommodate students who prefer a vegetarian lifestyle.
- Identify the differences between the four most common types of vegetarian eating patterns.
- Describe how plant-based foods can provide complete proteins.
- Describe the difference between Type 1 and Type 2 diabetes.
- Distinguish between food allergies, food intolerances, and celiac disease.
- Demonstrate reading food allergens on a food label.

Lesson 6: Putting it All Together
- Identify factors that influence food choices.
- Describe how school nutrition professionals can incorporate students’ taste preferences into daily meals that will contribute to students’ health.
- State ways to enhance the flavor of food without adding salt, sugar, or fat.

Lesson 7: Nutrition Issues in the Media
- Identify common signs of misleading nutrition information in the media.
- Determine ways school nutrition programs can be a source of credible nutrition information for children and adults accessing the programs.

For more information on the Nutrition 101 course, please contact Katie Bark, Montana Team Nutrition Program Director at 406-994-5641 or kbark@montana.edu.