



USING THE HEALTHY FOOD SLIDE RULE

(or How to Help Children Understand that Portion Size Matters)

March 12 - May 7, 2010

The purpose of this **online workshop** is to introduce a new nutrition educational tool, the Healthy Food Slide Rule (HFSR). Participants will develop and teach lessons across the curriculum (math, science, language arts, social studies, etc). Lesson plans and evaluation tools will be collated and shared on a Blackboard course site. Classroom sets of the Healthy Food Slide Rule will be made available to participants by the Idaho Dairy Council.

As part of the workshop, teachers will prepare lessons and materials that include the knowledge and skills needed by children to select a healthy diet:

- Portion sizes (weights and measures; using fractions)
- Nutrients in low fat dairy, whole grains, fruits, vegetables, and lean meats
- Caloric cost of physical activity (increasing activity for health)
- Nutrient density (graphing)
- Menu planning (for example, how to take the amounts recommended per day as printed on the HFSR and divide up into meals and snacks)



Instructor: Elaine Long

Time: Friday, Mar. 12, 9 a.m. – 12 Noon is the only in-person classroom meeting

Location: Mill Creek Elementary, 500 N. Middleton Road, Middleton, Idaho. *All other class work is done online through Blackboard. Students unfamiliar with Blackboard will receive training at the first class meeting.*

Credit Type: Health Science HLTHST 553-2840

Number of Credits: 1 Credit (Pass/Fail)

Cost: Professional Education credit fee is \$60

NOTE: Professional Education/In-Service classes are specifically for Idaho educators and teacher's aides. Professional Education/In-Service classes cannot be used to satisfy requirements for undergraduate or graduate degree programs.



To register, call Extended Studies at (208) 426-1709.

For information, visit boisestate.edu/extendedstudies/educatordevelopment