

Model 1- Peer Mentor Presentation

Project Lead Information

Goal

- FAM is a program geared to elementary school aged children and their families to encourage them to move towards eating 5 or more vegetables and fruits on a daily basis as per Canada's Food Guide to Healthy Eating.

Selection of Peer Mentors

- Peer mentors work in pairs to provide presentations to younger classroom students.
- Peer Mentors are selected based on being capable, reliable and comfortable in public speaking
- Peer mentors are selected by school staff.

Examples:

- Using existing leadership groups
- Venue for students not previously engaged in school
- Volunteer opportunity for students

Launching the Program

- Project Lead to have a schedule made up of the presentations.
- Presentation Schedule should include: date, time, name of teacher
- Contact either Jessica MacKay or Gayle Cruikshank (info listed below) to receive funding (Gift Cards) and to give details of your presentation.
- Project Lead guides and supports peer mentors during the process
- Provide clarity to peer mentors of the FAM goal and the chosen method of presenting.

Project Lead and Peer Mentors-Meeting #1:

Provide Peer Mentors an opportunity to observe a Families are Munching presentation before this meeting if possible. Eg. Present to their class/group or do a 'mock' presentation for them.

- Review the goal and format of the program

- Review Tracking Form
- Review 'Peer Mentor Package-Student'
- Brainstorm ideas on how to deliver presentation
- Peer Mentors sign up on schedule for specific classes

Project Lead and Peer Mentors-Meeting #2 (Recommend Peer Mentors have one week to prepare)

- Review Peer Mentors presentations using readiness criteria
- Readiness Criteria include:
 - Age appropriate,
 - appropriate presentation length,
 - accurate health information and facts,
 - fun
- Assess need for supplies
- Review food sampling procedure
- Confirm day and time of presentation

Evaluation Following Presentations

- Peer mentors to complete an evaluation of their experience in 'Peer Mentor Package- Student'(optional)
- Encourage teachers to provide feedback to peer mentors- (optional) *could be used by teachers as part of their mark toward health unit*
- Project lead to return tracking forms, project lead evaluation and Other evaluations if done to Jessica or Gayle.

Halton Food for Thought

Gayle Cruikshank
2313 Greenbank Trail
Burlington, ON L7P 3S7
Tel: 905-331-0227
info@haltonfoodforthought.ca

Halton Region Health Department

Jessica MacKay R.D
1151 Bronte Rd.
Oakville, ON L6M 3L1
(905) 825-6000 ext. 7801
jessica.mackay@halton.ca

Families are Munching Project Lead Evaluation

Name: _____

School: _____

Number of students participating: _____

Grades participating: (eg. JK-8) _____

Reason for running Families are Munching:

Was this program a success in your school? Yes No

Comments:

Would you run the program again? Yes No

Was the process easy to follow? Yes No

Comments:

Student Peer Mentor Information

Thank you for participating in this healthy eating program. This is an opportunity for you to use your creativity and leadership skills to spread the healthy eating message.

Goal

FAM is a program geared to elementary school aged children and their families to encourage them to move towards eating 5 or more vegetables and fruits on a daily as per Canada's Food Guide to healthy eating

Overview

You will be providing a 20 minute presentations to your selected class(es). Use these guidelines to help you develop your lesson plan

Meeting #1 with Project Lead

Project Lead Reviews Peer Mentor Lesson Plan

1. Introduce yourself to the class

- Stand in front of the class
- Speak loud and clear
- Show excitement about the information you are sharing

2. Discuss the goal of Families are Munching

- To eat more fruits and vegetables

3. Creatively share information on fruits and vegetables

- Important messages to be included:
- Eat 5 or more servings per day
- List examples of how much a serving is (1/2 cup or 125 ml is one serving)
- Give examples of when fruits and veggies can be incorporated into daily meals. Eg. ½ cup juice every morning, ½ cup blueberries on cereal every morning (this gives you 2 servings of fruit for the day!)
- Ideas are available from:
 1. Project Lead
 2. Internet sites:
 - Choices 4 Health www.choices4health.org to find Presenter Notes JK-6 to aid in your presentation. Go to Healthy Eating then go to Families are Munching.
 - Kellogg's Mission Nutrition: www.missionnutrition.ca

- Dole 5 A Day: www.dole5aday.com
- Health Canada: www.hc-sc.ca/nutrition re: Canada's Food Guide to healthy eating
- Fruit colouring pages: www.coloring.ws/fruit.htm
- Fresh for Kids: www.freshforkids.com.au

4. Explain how the tracking form works

- Explain when the tracking is to take place
- Show examples
- Explain that students can write in the fruits and veggies, or draw pictures to show how many fruits and veggies they eat in a day.

5. Taste sampling- if available

- Please take only one sample. Touch it take it!
- Try it, if you don't like it, please put it in the garbage

Meeting #2 - One Week Follow-up

Have your presentation ready to show to your project lead.

Have list of needed supplies

Verify dates & times with project leader for:

- Students' tracking forms
- Class presentations

Dear Teacher,

Thank you for allowing us to present the Families are Munching program in your classroom. Please complete this quick evaluation to provide feedback for the students and program.

Evaluate during or upon completion of the presentation and hand in completed forms to the peer mentor or project lead. Thank you!

We are excited about delivering the Families are Munching Program. This program is offered by Choices for Health and Halton Food for Thought.

The main goal is to increase student consumption of vegetables and fruit during the week long tracking period and hopefully beyond. **We hope that all teachers will encourage their students to participate to reach this goal.**

Circle the number that most fits your choice, with 1 being the lowest and 5 being the highest.

Overall Presentation 1 2 3 4 5

Was the message clear?
(eating 5 or more servings of vegetables & fruit a day) 1 2 3 4 5

Were students engaged? 1 2 3 4 5

Was the tracking form understood? 1 2 3 4 5

Are peer mentors an effective way to promote
Healthy Eating message? Yes _____ No _____

Comments:

Thank you for your assistance.

Families are Munching Peer Mentor Self Evaluation

1. I enjoyed being a peer mentor.

Very little

1

2

3

4

Very Much

5

If not what could have made it a better experience?

2. I felt that I was able to make decisions about how to present.

Very little

1

2

3

4

Very Much

5

Explain _____

3. I felt comfortable doing the presentations in the classroom

Very little

1

2

3

4

Very Much

5

If not, what would have made you more comfortable?

4. I felt the students understood my message.

Very little

1

2

3

4

Very Much

5

If not, what would have helped?

5. I am more aware of how many fruits and vegetables I should eat every day.

Very little

1

2

3

4

Very Much

5

6. Being a peer mentor has increased the amounts of fruits and vegetables I eat.

Very little

1

2

3

4

Very Much

5

7. Any thing else you would like to add? _____

Thank you very much!

Benefits of Fruits and Vegetables

Our Bodies Need...	Where Do These Come From?	Why Do We Need These?
Vitamin C	Green pepper Tomatoes Potatoes Cauliflower Oranges Berries Pineapple	Keeps teeth and gums healthy Helps wounds heal Strengthens immune system
Vitamin A	Carrots Cantaloupe Yellow beans Broccoli	See better in the dark Keeps skin healthy Fights infection
Iron	Dried fruits, (Raisins, dates, figs and prunes) Spinach	Carries oxygen in the blood Increases energy
Calcium	Broccoli Dark green leafy vegetables	Strengthens teeth and bones
Folic Acid	Oranges Dark green vegetables	Prevents birth defects
Fibre	Skin of fruits and vegetables Broccoli Apples Grapefruit	Lowers blood cholesterol Good for our heart
Antioxidants	All fruits and vegetables	Disease prevention