

Hand Washing, Nutrition and Physical Activity Presentations for Children

Children's Mercy Family Health Partners is excited to offer the following community education programs! We have created a series of presentations focusing on hand washing, healthy eating, and physical activity. These presentations will be provided free of charge to Title One elementary, middle, and high schools.

Each program takes about thirty to forty-five minutes depending on the size of the group, and the presentation chosen. We try to make the presentations as interactive as possible, by providing students with effective visuals and engaging them in discussion and activities.

Following is a brief overview of the presentations:

Hand washing: Germs are everywhere! During this presentation students will get the opportunity to see first hand how germs are spread by using a black light and our special clear "germ bug lotion". We will select a few children from the group and provide a small amount of "lotion" to each child and ask them to shake hands with their classmates. Then we will view each child's hands individually under our black light. The clear "germ bug lotion" shows up under the black light, but not in our normal vision. Students will then get the opportunity to discuss the importance of washing their hands and practicing healthy habits like coughing or sneezing into their elbow or sleeve instead of on their hands. Students will learn when to wash their hands and the proper hand washing technique. This presentation is available for grades K-5.

Nutrition: We have a series of nutritional presentations available for you to choose from:

Eating a healthy breakfast – Breakfast is the most important meal of the day, unfortunately many students skip breakfast each day. This presentation discusses with students why it is important to eat breakfast everyday. It outlines common barriers to eating breakfast as well as offers them solutions to those barriers. Students will learn what a 5 Star Breakfast is and how foods that are not normally considered to be breakfast foods can be eaten for breakfast. Students will also learn about fiber and why it is so important to a healthy diet. This presentation is available for grades K-2 and 3-5.

Fruits and Veggies – Eating fruits and vegetables is one of the most important things a child can do for their health. This presentation discusses with students the health benefits to eating five to nine servings of fruits and vegetables everyday. It also reminds students to eat the colors of the rainbow; by eating a variety of colors everyday students are helping their bodies to grow strong and healthy! Students also get the chance to discuss how to add more fruits and vegetables into their diet each day to ensure they get the recommended amount. This presentation is available for grades K-2.

A Balanced Diet – Students know that they need to eat healthy, but they don't always know what that means. This presentation discusses with them the importance of eating a healthy balanced diet everyday, and what the benefits and components of a healthy diet are. Students will learn about where whole grains are found and the role they play in their diet. Next, students learn about the importance of eating five to nine servings of fruits and vegetables each day, why eating the colors of the rainbow is important, and how they can eat more fruits and veggies throughout the day. They will also learn about the differences in healthy fats and oils, the importance of eating 3 servings of dairy each day, and how meat and beans will help keep their muscles strong. Water is the healthiest drink and students will learn why it is a better choice than soda or sports drinks. Finally, the presentation is concluded with a review section where students can test and see how much they learned and have a chance to win prizes. This presentation is available for grades 3-5.

What to drink – Students are constantly confronted with the choice of what to drink, and who can blame



them with so many choices out there. This presentation discusses with students the importance of choosing healthy beverages such as water, low-fat milk, and sugar free drinks. They will also learn how much juice they should drink each day, and when sports drinks are an appropriate choice of beverage. Students will get to see the actual amount of sugar in some of their favorite drinks and discuss why they may or may not want to choose certain types of beverages. To conclude the presentation students will get the chance win prizes by answering a series of how much did you learn questions. This presentation is available for grades 3-5.

Physical Activity: Research has shown there is a link between physical activity, emotional wellbeing, and academic achievement; however, children today are not getting the recommended daily amount of physical activity they need. This is causing today's students to suffer physically, emotionally, and academically. This presentation discusses with students the healthy benefits of staying active, how much activity they should get each day, common barriers to physical activity, and solutions to those barriers. Since this presentation is about physical activity, it is important that the students are actually active. Students will get the chance to move around and get some of those wiggle bugs out of their system. This presentation is available for grades K-2 and 3-5.

Healthy Habits Jeopardy: As we all know middle and high schools student feel they do not need someone telling them to eat right, wash their hands, and how to brush their teeth; however sometimes they do need a little reminder. This interactive Jeopardy game has six topics Fruits and Veggies, Grains, Drinks, Physical Activity, Anything Goes, and General Health. In each category students are challenged by questions that will serve as gentle reminders of how to eat healthy and practice other healthy habits like brushing their teeth and washing their hands. Students will be divided into teams and will be able to compete for prizes. Healthy Habits Jeopardy is available for grades 6-12.

For more information or to schedule a presentation please contact your Children's Mercy Family Health Partners Representative or Kim Picker at kpicker@fhp.org or 816.559.9491.

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All of our presentations are approved by the state and are subject to change based on their recommendations.

