

Instructions for Nutrition

1. Smile, be friendly
2. Hand out food samples and recipes
3. Hand out nutrition principles and weight loss handout as needed
4. Discuss food items on table
5. Discuss weight and BMI
6. Calculate ideal body weight
7. Do nutrition counseling
8. Fill out Health Expo Booklet

Supplies List for Nutrition

Nutrition Sign
Ideal Weight Calculation Sheet
BMI Chart Boys
BMI Chart Girls
Brown vs. White Rice Sheet
Brown Rice in ZipLock
White Rice in ZipLock
What's In An Apple (Juice) 1/2 Sheet
Apple Juice Bottle
What's In An Apple (Apple) 1/2 Sheet
Fresh Apple
What's In A Potato (Potato Chip) 1/2 Sheet
Potato Chip Bag
What's In A Potato (Potato) 1/2 Sheet
Potato
Whole Wheat Flour vs. White Flour Nutrition Sheet
Whole Wheat Flour in ZipLock
White Flour in ZipLock
Weight Loss Trifold Handout
Principles of Nutrition Handout
Pens
Nutrition Banner
Best Oat Burger Recipe
Best Oat Burger Samples (1/2 wrapped in plastic wrap)
Platter to put Oat Burgers On

How to Read the Boys or Girls BMI Chart

Find the age across the bottom and follow up until you reach their BMI (if BMI is not known, calculate it according to the instructions at the top of the BMI graph).

Check to see what percentile their BMI falls at (the curved lines on the graph) and compare to categories below to determine their weight status.

Weight Status Category

Underweight

Healthy weight

Overweight

Obese

Percentile Range

Less than the 5th percentile

5th percentile to less than the 85th percentile

85th to less than the 95th percentile

Equal to or greater than the 95th percentile