

For more information about the CASRC and CHKRC Online Trainings  
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<http://www.californiahealthykids.org/onlinetraining.html>

## Online Training Features

- Available for self-study 24 hours a day, 365 days a year
  - Use case studies to apply learning
    - Accessible to all users (accessible text-only training versions are available)
    - Earn completion certificates to document your professional development

## NUTRITION

**Foundations of Nutrition: MyPyramid** - Learn about the six recommendations for a healthier lifestyle and how to apply them to everyday choices, as well as to classroom events and activities. Assess your habits and set goals to improve activity and eating patterns. This module is *Network for a Healthy California* allowable.

**Action 4 Nutrition: Assessing Your Snack Program** - Learn how to assess your snack program and prepare for Categorical Program Monitoring (CPM). Learn the legal requirements for healthy snacks, how to analyze a nutrition label, how to pay for snacks through government reimbursement and partnerships.



### **Engage Youths to Live Healthy Lives and Build Healthy Communities**

- Learn how to help youths make healthy individual choices and become advocates for health in their schools and communities. Learn successful advocacy strategies and how to help students identify and overcome challenges.

### **Snack Time: Providing Healthy Snacks in Your After School Program**

- Learn why healthy snacks are important and how to serve healthy snacks, including the best time to offer snacks, the components of healthy snacks, and how to create a weekly menu of healthy snacks.

**Cook with Kids! - Coming Soon!** Learn how to plan a safe, healthy, and skill-building cooking event, including choosing age-appropriate skills, cooking styles, and recipes. This training provides tools, tips and materials to conduct a cooking event and to promote food safety.

**Teaching to the Nutrition Standards - Coming Soon!** Learn about the California Health Education Content Standards and how, together with instruction, they equip students with skills for real-life healthy nutrition behaviors. This training features strategies and resources for providing standards-based nutrition education.

## PHYSICAL ACTIVITY

**Physical Activity: Ability Awareness** - Learn how to create a physical activity environment that is engaging and fun for everyone. Learn how to adapt and modify physical activity for students with disabilities.

**Physical Activity 1: Up and Running** - Learn strategies for starting a high-quality physical activity program. These strategies include promoting emotional and physical safety, boosting staff confidence and involvement, and using physical activity to foster youth development.

**Physical Activity 2: Maximize Potential** - Learn how to maximize an existing physical activity program by setting meaningful, achievable goals. Learn to set goals to provide students with 30 to 60 minutes of daily physical activity and a variety of activity options.

**Physical Activity 3: Going the Distance** - Learn how to help all students develop essential physical activity skills. Learn to implement locomotor, manipulative, and non-manipulative skills through simple, effective methods. Learn how to get the community and families involved in physical activity.