Cafeteria Coaching
Youth Training Outline

10 minutes  Welcome & Introductions
- Review Agenda for Cafeteria Coach Training
- What is Cafeteria Coaching?
- Why we need Cafeteria Coaches!
- Good Taster & Color My Plate Guidelines

15 minutes  Experiential Learning for Sit & Eat and Taste-test Server

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<th>Do (Define Choices)</th>
<th>Reflect (consider the choice)</th>
<th>Apply (practice as a team)</th>
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| **Sit & Eat**  
Cafeteria Coaches sit with students in a lunch room setting. Either eating lunch with them or joining them for a food conversation.  | - What is the cafeteria seating like?  
- How will you introduce yourself?  
- If you go through the lunch line with students will they be more likely to try food on the menu?  
- What happens if someone doesn’t like a food?  
- How will you evaluate if students like or dislike?  
- Is it local?  | - Introduce Yourself  
- Ask if you can join them  
- Eat your meal with students.  
- Carry conversation starter card  
- Memorize nutrition facts about specific foods for specific days.  
- Share other forms the food can be eaten in...cooked, steamed, raw, etc.  |
| **Taste-test Server**  
This option is set up as a walk & talk through the cafeteria with sample plates of food items. It can also work through Try-It Stations located at the end of the food line or at a table accessible for all students to participate.  | - What supplies will we need?  
- Who will purchase foods?  
- Who will be responsible for set-up  
- How will kitchen staff help with food preparation?  
- How will you handle food safety?  
- How will you evaluate if students like or dislike?  
- Is the food local?  | - Introduce yourself  
- Create visuals to draw attention to Try-It station.  
- Memorize nutrition facts.  
- If walk and talk, share responsibilities with your partner.  
- Consider connecting a local farmer to a local food at a Try-It Station.  
- Give Stickers  |

10 minutes:  Practice Session for Cafeteria Coaching *(Distribute laminated Conversation Starter Cards)*
10 minutes:  Planning Phase for youth teams *(Huddle with coaching adult and RC to get started.)*

Send Off
Cafeteria Coaching Training Model – December 12, 2013
Lynette Houser, ISUEO Regional Youth Program Coordinator
Training Supplies:

- name tags
- newsprint/flipchart
- markers
- masking tape
- Great Taster Poster
- Color My Plate Poster
- camera
- Copies of Cafeteria Coaching Handbook
- Laminated copies of Conversation Starters
- Stickers
- Beets & Pomegranate (taste test sample)
- Bottled water
- Napkins
- Small paper plates
- Table wipes