

How to use the Presenter’s Guide

This curriculum is designed to include detailed explanations and quick reference guides for the Teen Health Spa presenter. The following information will describe the different sections and symbols used throughout the curriculum to facilitate the use of the guide.

Each lesson includes the following information:

Background

The “Background” provides a brief overview of the lesson and its purpose.

	
Nutrition Component The “Nutrition Component” is the information that the educator needs to convey to support healthy behavior change and obesity prevention.	Natural Beauty Component The “Natural Beauty Component” is the hook that can be used to present the nutrition information. This is what the adolescent girls are interested in and want to learn.

Objectives

The “Objectives” describe the knowledge or skills the participants will acquire from this lesson. These objectives provide a brief description of how to merge the nutrition and natural beauty components.



Key Messages

The “Key Messages” are very similar to the objectives, but are presented in “adolescent-friendly” language and in a format that is easily understood and remembered. When the session is over, these are the messages that you want the participants to walk away with.

Outline

The outline will contain a snapshot of that session’s activities.

Symbols

The following symbols are used throughout the curriculum to highlight important information:



The *pineapple* indicates important nutrition information, as it relates to the “Nutrition Component.”



The *compact mirror* indicates important beauty tips and information, as it relates to the “Natural Beauty Component.”



The *key* indicates the “Key Messages” that you want the participants to walk away with at the end of the session.



Teaching Tip

The *yellow note* includes a “Teaching Tip” that provides suggestions for presenting the material, or adapting the lesson depending on the location, group, or various factors that may affect the general lesson plan.



The *Packing List* is a suggested list of materials that you will need to pack for that particular lesson. It also includes some decoration and set-up tips.

Welcome!

The *call-out box* includes possible script or adolescent-friendly language that the presenter can use for that activity.



The *red hibiscus* represents the cultural connection specific to the Pacific Islander community.

* An asterisk indicates that a template, recipe, or master copy is provided.