



EAT WELL

# NUTRITION EDUCATION

**By including lessons about nutrition in core curriculum, schools can impact students' decisions about healthy eating throughout their lifetime and reinforce other school wellness activities.**



## CPS Policy Requirements for Nutrition Education

- All students K-8 must receive nutrition education at all grade levels
- Middle Schools must provide nutrition education in at least two grade levels
- High Schools must provide nutrition education in two required courses

## What is Nutrition Education?

Nutrition Education is a planned, sequential, K-12 curriculum or supplemental education program that addresses physical, mental, emotional and social dimensions of health related to nutrition. Nutrition Education should be incorporated into core subjects and multiple settings throughout the school (i.e. dining center, school garden, classroom).

## Where should Nutrition Education take place?

Nutrition Education should be integrated into multiple channels, including but not limited to:

- **Classrooms:** Teachers can provide nutrition education lessons, handouts and worksheets; display posters; or conduct class discussions and presentations.
- **Dining Centers:** Dining center staff can display posters; feature a food of the month or menu item of the week; and conduct taste tests with students.
- **School Gardens:** Students can learn how food grows; garden harvest can be served in dining centers (only with significant training and district approval); and garden harvest can facilitate taste tests with students.
- **Family Outreach:** Develop a health corner of the school newsletter or host a school health and wellness fair; conduct taste tests with parents/guardians (see below).



### Why should family outreach occur?

Parents and guardians play a vital role in the development of students' eating habits both in and out of school. In order to develop and support student nutrition, schools should engage parents and guardians in creative ways such as:

- **Health Corner of the Parent Newsletter:** Dedicate a section of the school newsletter to communicate health and wellness initiatives that the school is undertaking. Suggest ways parents and guardians may get involved in school health and wellness so that they can encourage and reinforce healthy behaviors at home.
- **Cooking Demonstrations and Classes:** Reach out to community partners or local chefs that provide nutrition education classes and ask them to provide a class or cooking demo for a parent/guardian meeting.
- **School Health and Wellness Fair:** Host a wellness fair at your school to promote community services and resources that are available for your students and families. This can engage both students and families in wellness practices outside of school hours, as well build relationships with families.



RESOURCE

#### Nutrition Education Resources:

**HealthTeacher.com:** [www.healthteacher.com/](http://www.healthteacher.com/)

A FREE online classroom resource of health education tools including lessons, interactive presentations and additional resources to integrate health into any classroom. Lessons are comprehensive and aligned with Common Core standards and National Health Education Standards.

1. Go to [www.healthteacher.com/activate](http://www.healthteacher.com/activate)
2. Activation code is CPS-1
3. Create account

**MyPlate:** [choosemyplate.gov/information-educators.html](http://choosemyplate.gov/information-educators.html)

Materials designed for children ages 2-5 and ages 6-11 including: coloring sheets, recipes, sample menus, posters, tips for families, MyPlate webgame and materials in Spanish.

**USDA Team Nutrition:** [teamnutrition.usda.gov/educators.html](http://teamnutrition.usda.gov/educators.html)

Resource library for grades 1-5 including: lesson plans that align with core subjects, nutrition songs/music, posters, webgames, caregiver resources and materials in Spanish.

**Kids Health in the Classroom:** [classroom.kidshealth.org](http://classroom.kidshealth.org)

Teacher's guides for grades: PreK-2; 3-5; 6-8; and 9-12. Lessons are divided into three categories: Human Body, Health Problems and Personal Health. Topics include: alcohol, tobacco, drugs, emotions, behavioral health, infections, diseases and conditions.

**USDA Team Nutrition Order Form:** [tn.ntis.gov](http://tn.ntis.gov)

Free USDA Team Nutrition materials that can be ordered and delivered to your school including: posters, handouts, curricula and food service materials.