



**CREATING HEALTHY
SCHOOLS AND
COMMUNITIES**

Nutrition Education

Wellness Wednesday Webinar

Sarah Whiteway & Kate Huber

Goal of Nutrition Education

Students learn about a healthy dietary pattern

And: Food and dietary choices are complex, emotionally fraught, and culturally and economically influenced.

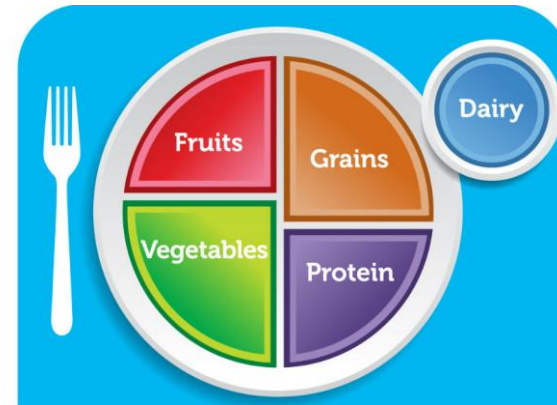
Nutrition education helps students learn to:

Eat a variety of foods from each food group



Limit foods and beverages high in added sugars, solid fat, and sodium.

Choose whole grain products.



Follow an eating pattern that supports healthy growth and development.

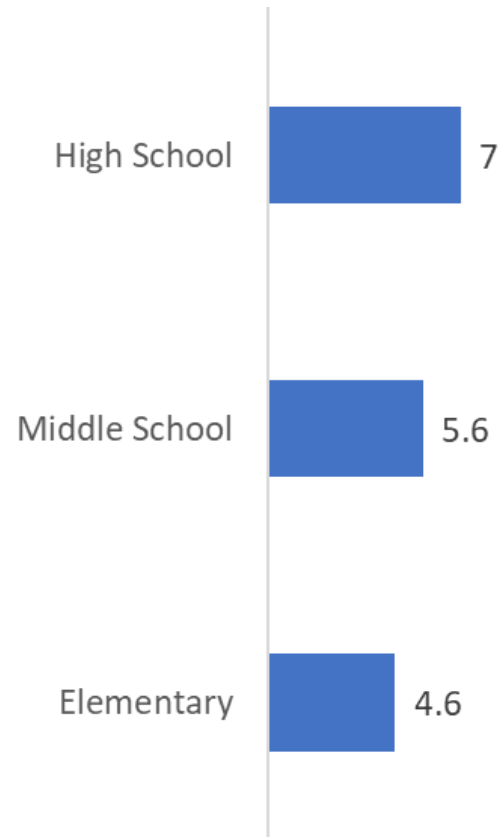
Warnings

Traditional nutrition education often focuses on avoidance, restriction, and disease prevention by creating a dichotomy between “healthy and unhealthy” foods. This type of messaging can have the unintended consequence of leading to disordered eating.

Nutrition lessons should be weight inclusive and encourage students in bodies of all shapes and sizes to improve their health without using weight loss as a desired outcome.

[Making Nutrition Education for Teens Accurate, Comprehensive and Inclusive | PolicyLab \(chop.edu\)](#)

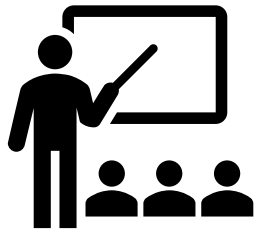
US students receive less than 8 hours of nutrition education per year



40 to 50 hours are needed for behavior change

Incorporating nutrition education in the school day:

Classroom



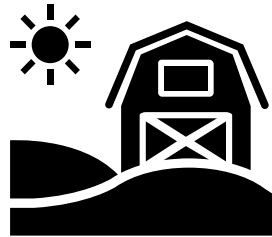
Cafeteria



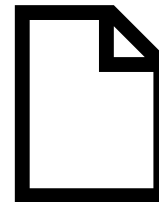
School Gardens



Farm to school



Other



Incorporating nutrition education in the school day:

Classroom



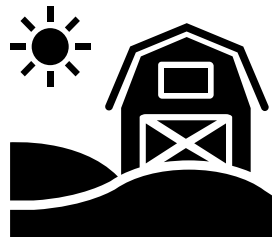
Cafeteria



School Gardens



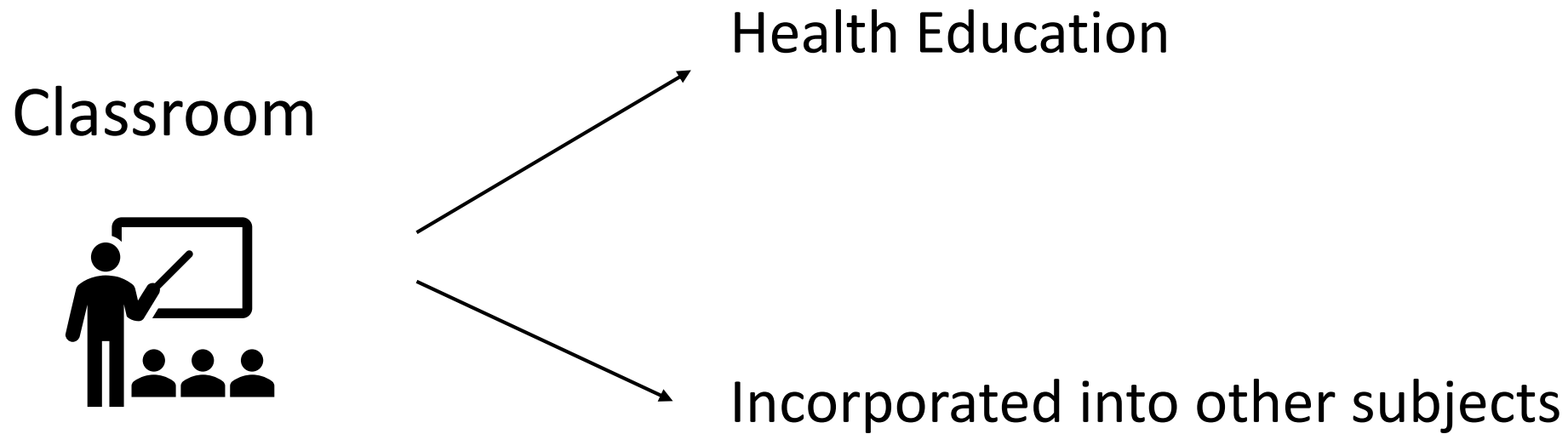
Farm to school



Other



Incorporating nutrition education in the school day:



Elementary School

USDA's "Serving Up My Plate" curriculum.

Each Teacher's Guide has three inquiry-driven lessons that help children discover nutrition, explain their understandings, and reflect up on their experiences.

Kindergarten: [Discover My Plate](#)

1st and 2nd grade: [Level 1](#)

3rd and 4th grade: [Level 2](#)

5th and 6th grade: [Level 3](#)

Middle School

USDA's "Fueling my Healthy Life" curriculum.

Project based learning to meet education standards for English and Health in 3 one hour lessons.

6th [Start Right with Breakfast](#)

7th [What's Your Healthy Eating Style](#)

8th [The Truth About Snacks and Sodium](#) & [How School Lunch is Made and How You Can Help](#)

High School

Humble and inclusive nutrition lessons would teach students to respect cultural diversity in food choices and recognize the privilege associated with food accessibility.

[High School Nutrition Resources for Teaching Healthy Eating](#)

Science

Science is a great subject to incorporate nutrition because of all the chemical reactions that take place to grow our food, and those that take place between food and our body.

- A Closer Look at Fats [\(Grades 6-8\)](#) and [\(Grades 9-12\)](#)
- [Animal or Plant? \(Grades K-2\)](#)
- [FoodMASTER: Grains \(Grades 3-5\)](#)

Math

Math is a great subject to incorporate nutrition because mathematical equations are necessary when calculating necessary calories and food group intakes, as well as when cooking, an essential skill for healthy eating.

- [Edible Numbers \(Grades 3-5\)](#)
- Understanding Bacteria [\(Grades 6-8\)](#) and [\(Grades 9-12\)](#)
- [Freshest Fruit \(Grades k-2\)](#)

English

Students can learn about proper spelling and reading while learning nutrition concepts.

- Who grew my soup? [Grades k-2](#) and [Grades 3-5](#)
- [Hunger and Malnutrition \(Grades 6-8\)](#)
- [Looking under the label \(Grades 9-12\)](#)

Social Studies

Food history, food origins, and cultures can be topics where nutrition can be easily incorporated.

- [A day without agriculture \(Grades k-2\)](#)
- [By Land, Air or Sea \(Grades 3-5\)](#)
- [Earth's Land and Soil Resources \(Grades 9-12\)](#)

Art

Teach your kids about nutrition while you develop their creativity.

- [Shape, Form, and Function in the Garden \(Grades k-5\)](#)
- [Color in the garden \(Grades 3-5\)](#)
- [The Garden Show \(Musical play\) \(Grades 1-5\)](#)

Nutrition education resources

New York Agriculture in the classroom



471 Lesson plans

Grade Levels

- Early Elementary (K-2)
- Upper Elementary (3-5)
- Middle School (6-8)
- High School (9-12)

Type of Companion Resource

- Activity
- Booklet/Reader
- Map
- Poster/Infographic
- Website
- Book
- Kit
- Movie/Video
- Teacher Reference

Content Area Standards

- Career & Technical Education
- Health/Nutrition
- Science
- Social Studies - Economics
- Social Studies - Geography
- Social Studies - History

Agricultural Literacy Outcomes

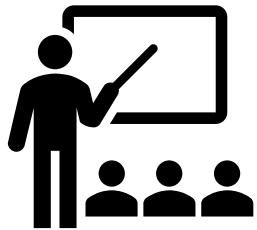
- Agriculture and the Environment
- Culture, Society, Economy & Geography
- Food, Health, and Lifestyle
- Plants and Animals for Food, Fiber & Energy
- Science, Technology, Engineering & Math

Common Core

- Anchor Standards - Language
- Anchor Standards - Reading
- Anchor Standards - Speaking and Listening
- Anchor Standards - Writing
- Practice Standards - Mathematics

Incorporating nutrition education in the school day:

Classroom



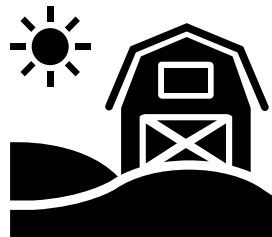
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Farm to school



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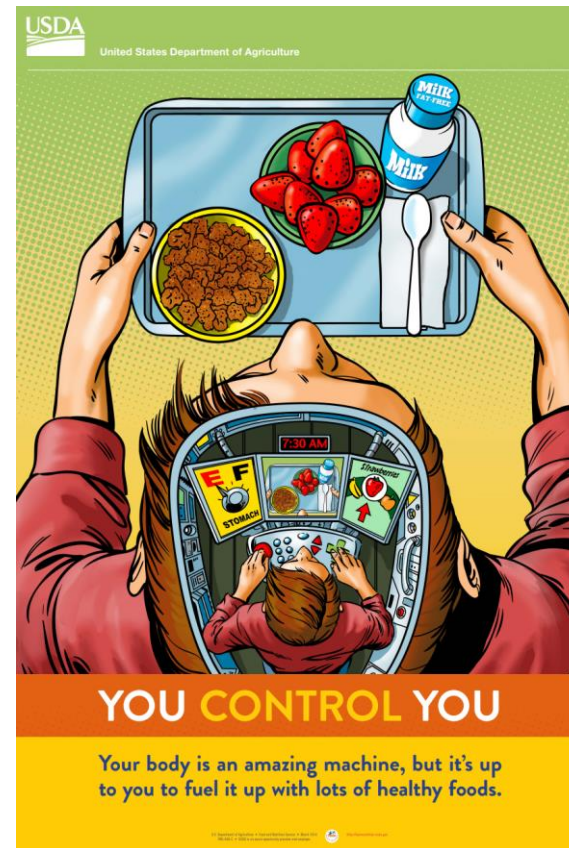


Signage

Use signage in the cafeteria to educate students about nutrition:

[Team Nutrition Posters | Food and Nutrition Service \(usda.gov\)](#)

[KidsHealth in the Classroom](#)



Taste Tests

Hold taste test events to showcase healthy foods:

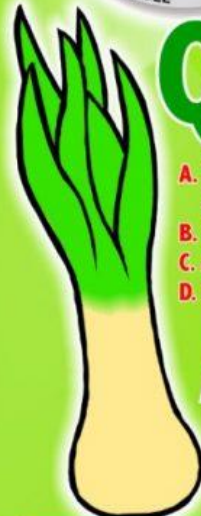
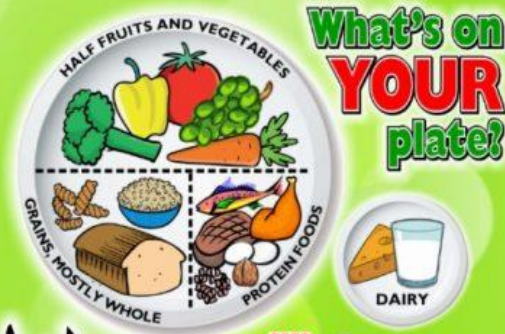
Elementary “try-day”
with ballot

Middle/Highschool
“you control the school menu” with ballot



Menus

Include nutrition education on school menus

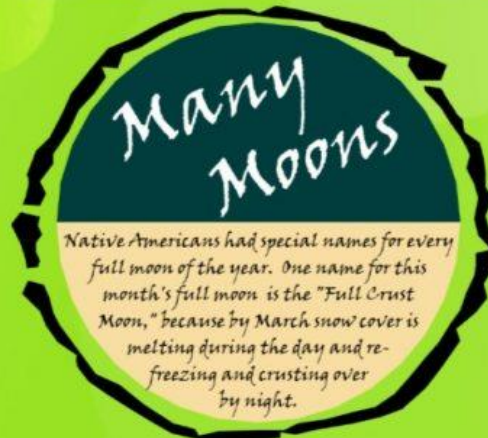


Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Breakfast Assorted Cereal Fruit	Breakfast Fried Rice with Grilled Ham Fruit	Breakfast Pancakes with Syrup Bacon Fruit	Breakfast Pan de Sal with Egg and Cheese Fruit	Breakfast Garlic Rice with Patty Sausage Fruit
Lunch Pork Adobo with Rice Green Peas and Carrots Sesame Broccoli Fruit	Lunch Hawaiian Pizza Veggie Sticks and Dip Corn and Bean Salad Fruit	Lunch Chicken Alfredo with Spinach Lettuce, Tomato, and Cucumber Salad Fruit	Lunch Beef Bulgogi with Rice Bell Peppers, Bean Sprouts, Carrots, and Onions Fruit	Lunch Breaded Fish with Sauce Red Rice Local Vegetables Fruit
Secondary Second Choice Sub Sandwich (Ham, Pepperoni, Cheese, Vegetables) With Honey Onion Dressing Vegetable Sticks and Dip Fruit	Secondary Second Choice Salad Bar With Crackers/Dinner Roll Fruit	Secondary Second Choice Salisbury Steak with Gravy Mashed Potatoes Corn Fruit	Secondary Second Choice Flavored Milk Salad Bar With Crackers/Dinner Roll Fruit	Secondary Second Choice Chicken Kelaguen with Red Ginger and Titiyas Local Vegetables Fruit

Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Breakfast Assorted Cereal Fruit	Breakfast Garlic Fried Rice Sausage Links Fruit	Breakfast French Toast with Syrup Fruit	Breakfast Ground Beef and Vegetable Omelet Fruit	Breakfast Macaroni and Cheese Fruit
Lunch Beef Broccoli with Rice Mixed Vegetables Blend Fruit	Lunch BBQ Chicken with Red Rice Corn Potato Salad Fruit	Lunch Spaghetti Bolognese Dinner Roll Local Vegetables Garlic Spinach Fruit	Lunch Grilled Ham with Rice Sweet Potato Fries Beans Fruit	Lunch Tuna Stir Fry with Cabbage, Onion, Carrots, and Local Vegetables Rice Fruit
Secondary Second Choice Tuna Salad Sandwich Sandwich Sides (Lettuce, Tomato, Cucumber, Bell Pepper) Japanese Salad Fruit	Secondary Second Choice Salad Bar With Crackers/Dinner Roll Fruit	Secondary Second Choice Five Alarm Pizza Vegetable Sticks with Dip Fruit	Secondary Second Choice Flavored Milk Salad Bar With Crackers/Dinner Roll Fruit	Secondary Second Choice Honey Glazed Chicken with Rice Carrots Local Vegetables Fruit

Monday, March 30	Tuesday, March 31
Breakfast Assorted Cereal Fruit	Breakfast Tropical Storm Fried Rice Fruit
Lunch Chicken Adobo with Rice Potato Wedges Carrots and Peas Fruit	Lunch Cheese Pizza Veggie Sticks and Dip Beans Fruit
Secondary Second Choice Cheeseburger Vegetable Sticks with Dip Potato Wedges Lettuce and pickles Fruit	Secondary Second Choice Salad Bar With Crackers/Dinner Roll Fruit

ST. PATRICK'S DAY

OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.

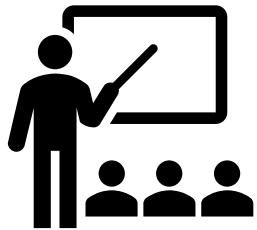
MARCH 17

Follow a Rainbow to a Pot o' Gold!

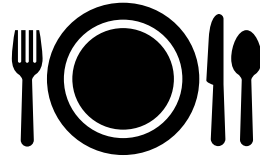
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

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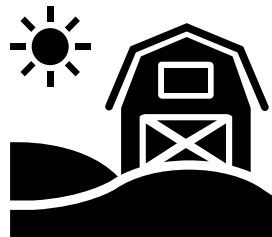
Cafeteria



School Gardens



Farm to school



Other



School Garden

Either in ground, raised bed or hydroponic gardens allow students to learn about the entire process of growing fruits or vegetables.

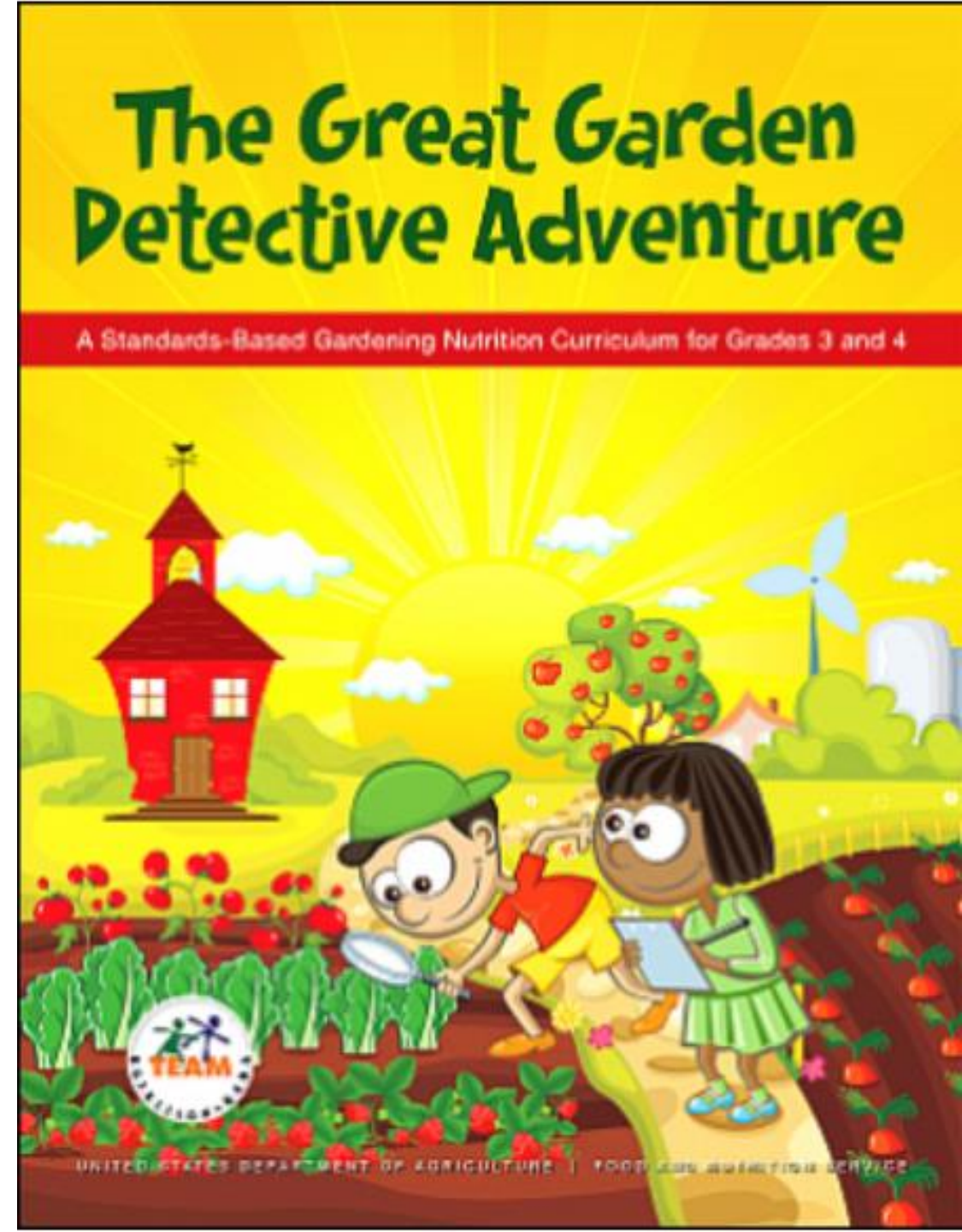
The food grown can be used in taste tests, school meals, cooking lessons, sent home with students, or donated.

School garden-based curricula can incorporate math, science, and environmental concepts.



A Standards-Based Gardening Nutrition Curriculum for Grades 3 and 4

Discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home.





Standards-Based Nutrition Education From the Ground Up

Ten-Lesson Unit
With Learning Activities in
Science, Math, English Language Arts, and Health

A Supplemental Curriculum
For Grades 5-6



Standards-Based Nutrition Education from the Ground Up

Explore a world of possibilities in the garden and on your plate using ten inquiry-based lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables.

School Garden Resources

Grassroots Gardens can provide technical assistance for school gardens.

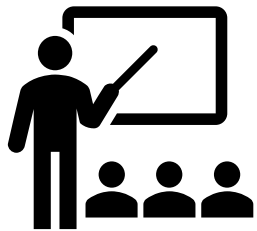
Contact Greg Wilder, Garden Education Coordinator at greg@grassrootsgardens.org or call 716-783-9653.

[Slides](#)

CHSC School Gardening [Webinar](#)

Incorporating nutrition education in the school day:

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Farm to school



Other



Farm to School

Field trips to farms ([Virtual Field Trips \(agclassroom.org\)](http://agclassroom.org))

Serving and showcasing locally produced foods in the cafeteria

School based farmers markets

Harvest of the month

[Month Harvest Toolkit.pdf \(ny.gov\)](#)

Farm to School Resources

Cornell Cooperative Extension Harvest NY, Western NY Region

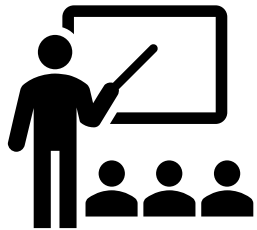
Contact: Becky O'Connor at (845) 706-0293 or
rao84@cornell.edu

[Agricultural Literacy Grant \(agclassroom.org\)](http://agclassroom.org)

up to \$1200, accepting applications now!

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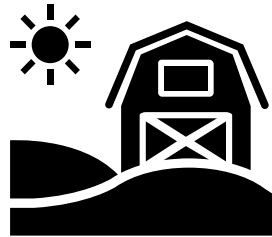
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Farm to school



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Nutrition promotion

Include nutrition information on announcements, in school newsletters and displayed around the school.

Ensure that food that students are served or sold at school does not go against what they are learning in nutrition education.

Fundraisers, celebrations, school events...

Cooking classes

Create a cooking club or host student or family cooking classes.

SNAP-ed- Contact Xyricka
Ferry xbf2@cornell.edu

Feedmore WNY- contact Perry
Schmidt at
pschmidt@feedmorewny.org



School events

Create nutrition focused school events.

[Idea Booklet](#)

Incorporate nutrition education into regular school events.



Address food insecurity

School based food pantry

Backpack program

Advertising for SNAP and other free or subsidized places to access food.



More resources

[Nutrition Education and Promotion \(actionforhealthykids.org\)](http://actionforhealthykids.org)

[KidsHealth in the Classroom](#)- health education lessons, including nutrition

[Healthy Eating Learning Opportunities and Nutrition Education | Healthy Schools | CDC](#)

[Nutrition Education - Action for Healthy Kids](#)

[Nutrition Education | Food and Nutrition Service \(usda.gov\)](http://usda.gov)