

## Nutrition Education and Promotion

### Overview

Teaching and fostering healthful life patterns has been shown to have a strong positive impact on the lives of children. This is especially important to ensure proper growth and development and provide brain power. Nutrition education is a key component to promoting lifelong healthy eating and has been shown to reduce rates of chronic disease. The school environment should continually promote healthy life patterns including healthy eating, daily physical activity, and avoidance of high risk behaviors.

### Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the age appropriate knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Introduces age appropriate media literacy with an emphasis on food and beverage marketing (i.e. understanding the role media plays in shaping our choices);
- Include nutrition education training for teachers and other staff;
- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

### Essential Healthy Eating Topics in Health Education

The District will strive to include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food specific guidance from the most recent nutrition guidelines from USDA (i.e. MyPlate).
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Reducing sodium intake
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences/Health at all sizes
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders/Healthy relationship with food
- The relationship between nutrition and athletic
- The Dietary Guidelines for Americans
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior

- 51 ▪ How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- 52 ▪ Resisting peer pressure related to unhealthy dietary behavior
- 53 ▪ Influencing, supporting, or advocating for others' healthy dietary behavior

#### 54 **Nutrition Promotion**

56 Students and staff shall receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

57 Nutrition promotion includes marketing and advertising nutritious foods and beverages to students. These messages are most  
58 effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers,  
59 parents, students, and the community.

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61 The District will strive to promote healthy food and beverage choices for all students throughout the school campus, as well as  
62 encourage participation in school meal programs. This promotion will occur through at least:

- 63 ▪ Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom  
64 techniques; and
- 65 ▪ Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.