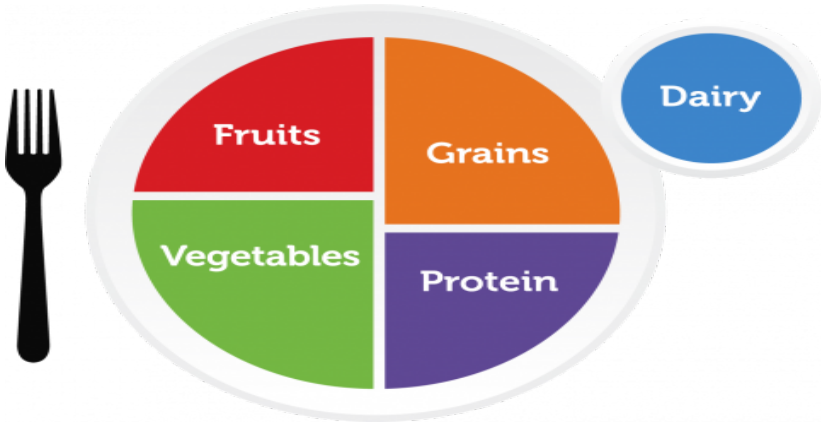


Nutrition Education in Marple Newtown School District

The Marple Newtown School Districts provides developmentally appropriate nutrition education for students in grades 1-12. Instruction occurs in health and wellness classes at each grade level, with students applying their knowledge across content areas.

Elementary

Nutrition education in grades one through five provides students with an understanding of the value of healthy eating choices. Students learn the value of a healthy eating and the impact of health. Specific learning includes:

- The body's need for various types of food
- The body's need for energy
- Portion control
- Nutritional value of food
- Choose my plate

Middle School

Nutrition in grades six through eight provides students opportunities to make connections between healthy eating choices and the body's energy input and output. Students learn the value of healthy eating and the impact of health. Specific learning includes:

- Choose my plate (cross-curricular connection – FCS)
- Food labels (cross-curricular connection – FCS, Math, Science)
- Fast food and the impact of empty calories
- Eating disorders

High School

Nutrition education in grades nine through twelve provides students opportunities to analyze and apply their knowledge of the value of healthy food choices. Specific learning includes:

- Environment and the impact on food choice
- Healthy eating is a choice that is impacted by numerous factors that include:

- Media (news, magazines)
- Family and cultural heritage
- Advertisements
- Peers & Society
- Health concerns
- Mental and emotional state
- Desired fitness level