

Nutrition Education

Quality nutrition education should be presented creatively and be grade appropriate builds knowledge and skills throughout the child’s school experience. It addresses factual information and explores the health, social, cultural and personal issues influencing food choices. Nutrition and nutrition education are recognized as important contributors to overall health.

Comprehensive nutrition education programs extend beyond the classroom into the larger school environment. The school cafeteria serves as a laboratory where students apply critical thinking skills taught in the classroom. Physical education programs, after-school sports and school health services are appropriate avenues for nutrition education efforts. Students need to explore how 1) knowledge has purpose and meaning in their lives and 2) curriculum points to the connection within and across disciplines. Examples of how nutrition can be integrated into other classes are: discussing ethnic food practices in the context of history and geography; the study of essential nutrients in science and biology classes applying mathematical and technological skills to conduct dietary analysis; and addressing the wide range of social, cultural and psychological aspects of food in language and social studies classrooms.

The District has a comprehensive curriculum approach to nutrition in kindergarten through grade twelve. All instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- *Knowledge of the USDAs My Plate
- *Healthy heart choices
- *Sources and variety of foods
- *Guide to a healthy diet
- *Diet and disease
- *Understanding calories
- *Healthy snacks
- *Healthy breakfast
- *Healthy diet
- *Food labels
- *Major nutrients
- *Multicultural influences
- *Serving sizes
- *Proper sanitation
- *Identify and limit junk food

The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

All nutrition education will be scientifically based, consistent with the United States Department of Agriculture’s (USDA) Dietary Guidelines for Americans.

Nutrition education will be offered in the school cafeteria as well as in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

Participation in USDA nutrition programs is encouraged as the District conducts nutrition education activities and promotions that involve students, parents, and the community. The school District Nutrition Committee described in Policy 8210 team will be responsible for these activities.

School Community

For a truly comprehensive approach to the school-based nutrition program and services, it is crucial that all members of the school community help to create an environment that supports healthy eating practices. Administrators, teachers, school foodservice and other personnel, parents and students need to be involved in this effort. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices. This includes coordination of nutrition education with the cafeteria and the promotion of healthy food choices in the cafeteria and all school events from fundraisers to rewards for positive classroom behavior.

Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the District's nutrition standards for individual foods and beverages. Schools will also encourage the use of foods that comply with Smart Snacks in Schools standards for any classroom celebrations involving food. The district will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

Cross Reference:	2305	Nutrition Service
	2310	Nutrition Education
	2315	Physical Activity Opportunities and Education
	4180	Community Involvement in Student Nutrition and Exercise
	7310	Advertising in Schools/Revenue Enhancements
	8200	Healthy Lifestyles -Local School Wellness
	8210	District Nutrition Committee
	8230	District Nutrition Standards
	8235	Water Consumption/Water Bottle Policy
	8240	School Meals
	8250	Guidelines for Food and Beverages Sales

Legal Reference:	42 U.S. Code § 1758b	Local School Wellness Policy
	I.C. § 33-512	Governance of Schools
	7 C.F.R. § 210.11	Competitive Food Service and Standards
	7 C.F.R. § 210.12	Student, Parent, and Community Involvement
	7 C.F.R. § 210.31	Local School Wellness Policy

Policy History:

Adopted on: November 9, 2009

Revised on: February 1, 2023