



Policy Component: Nutrition Promotion & Education

District Goals and Activities

Goal # 1 **Students in Pre-kindergarten through grade 12 will receive a comprehensive program in health education focused on the skills needed to adopt healthy eating behaviors and lifelong wellness practices.**

Activities:

- 1.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 1.2 Skills-based nutrition education, as a part of a dedicated, stand-alone, term-long comprehensive health education program, is provided to every student at every grade level PreK-8.
- 1.3 Skills-based nutrition education, as a part of a dedicated, stand-alone, term-long comprehensive health education program, is provided to every student at the high school level annually (1/2 credit per year).
- 1.4 Planned instruction is aligned to the national and state health education standards.
- 1.5 Nutrition education is culturally relevant and teaches students about cross-cultural nutrition.
- 1.6 Instruction is aligned to the Centers for Disease Control and Prevention's *Characteristics of Effective Health Education Curricula*.

Goal # 2 **All schools will have highly-qualified teachers who are adequately prepared and who participate in regular professional development activities to effectively deliver nutrition education in the context of comprehensive school health education.**

Activities:

- 2.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 2.2 All teachers who teach health education receive annual professional development on health education, current nutrition information, and best educational practices.
- 2.3 All schools will have highly-qualified teachers who are adequately prepared and who participate in regular professional development activities to effectively deliver nutrition education in the context of comprehensive school health education.

Goal # 3 Schools will collaborate with community agencies to enhance nutrition education efforts.

Activities:

- 3.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 3.2 Food and Nutrition Services and other community agencies collaborate with teachers to reinforce nutrition education lessons taught in classroom.
- 3.3 Healthy eating is promoted to families and the surrounding community.
- 3.4 The cafeteria is used as a “learning laboratory” and includes enjoyable, developmentally-appropriate, participatory activities such as taste tests, promotions, and visits to farms.

Goal # 4 Nutrition education is integrated into other subject areas besides health education.

Activities:

- 4.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 4.2 The nutrition content of health education and physical education curricula is aligned.
- 4.3 Curricular connections for nutrition education are made in core subject areas; e.g., science, social studies, math, and language arts.

Goal # 5 Provide the community with the knowledge, skills and opportunity to make healthy lifestyle choices.

Activities:

- 5.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 5.2 Provide nutrition information to the community utilizing the District Website and other publications.
- 5.3 Collaborate with community agencies to promote scheduled events that focus on wellness.