



Integrating Nutrition into Core Subjects

Wellness Wednesday Webinar Series
December 13, 2017

Today's Speakers



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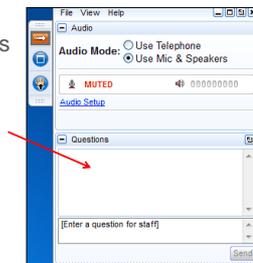


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Action for Healthy Kids



Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



Who Are We?



AFHK's vision is a world in which every kid is healthy, active and ready to learn.



Who Are We?



Action for Healthy Kids works to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

The Learning Connection



What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn

ActionforHealthyKids.org/Learning-Connection



Get Your Game On



Game On supports America's schools, their staff, students, and families to incorporate healthy food choices and physical activity into their daily lives and school environment, with the ultimate goal of getting nationally recognized as a health-promoting school.

<http://www.actionforhealthykids.org/game-on>



Game On



Today's Webinar

Integrating Nutrition into Core Subjects

- Evidence-based strategies to enhance learning environments and healthy eating in schools schools.
- Tips and tricks to incorporating nutrition into core subjects
- Resources to support nutrition education around the school



Objectives of Nutrition Education

- Nutrition education in the classroom is intended to accomplish three important objectives. ²

- To convey needed information, or the facts about nutrition, so students are knowledgeable about healthy eating practices.
- To change unhealthy attitudes so students have the motivation to establish healthy eating practices.
- To teach positive skills so students have all the tools to accomplish their nutritional goals



National Center for Educational Statistics



Who Can Support You?

- Professionals in your school
 - Nurse
 - School Nutrition
- Parents
- Outside Organizations/Experts
 - Master Gardening Groups or Clubs
 - Local chefs
 - Dieticians



Communication is Key

- To effectively integrate any curriculum planning and communication is key
- School Health Teams can help the conversation
- Engage those from the previous page to discuss
- Brainstorm how else to incorporate: art, music, pe



Nutrition Throughout the School

Incorporating nutrition education in other areas

- Teach through online nutrition games. When students have free computer time, provide specific links where they can learn about nutrition and have fun
- Integrate it in the morning announcements, bulletin boards and in other areas of school



Incorporating with What You Already Do

- Utilize meal time: offering breakfast in the classroom? set time for nutrition education at that time, too



School Gardens: Math and Science

- School gardens grow science achievement scores
- Older children can study plants and insects, learn nutrition skills, observe the effects of weather, and learn about more advanced science topics. Young children can feel the textures of different plant leaves, help water plants, and learn a variety of basic science concepts.



School Gardens: Math and Science

- **Engineering:** A garden is great engineering and design practice. This is why it's important for you to involve kids as early as the planning process. Have them decide where the garden would best be located, but make sure they consider the amount of sunlight, proper drainage, and other important factors that affect how gardens grow.
- **Mathematics:** Gardening is a great way to promote a variety of math concepts for preschool and elementary students. Counting, size, shape, proportion, fractions, multiplication, etc. are all math topics that children can learn while gardening. Young children can count how many tomatoes are on a vine, for example, and older kids can problem solve to figure out how much they would have to sell 20 tomatoes for to make a profit.



Language Arts and School Gardens

- Students Journaling
- Creative writing assignments
- Reading and books about gardens



School Gardens: Social Studies

- Healthy Eating can be incorporated into social studies and food around the world.
- When growing food, consider the cultures of the students you serve
- Supporting others and social service can be a part of school gardens through food donations



Healthy Snacks/Taste Tests



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Rethink Your Drink

Incorporating Rethink Your Drink

- Sugar content
- Measuring
- Science
- Math



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Vision – Healthy Eating



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Resources: Game On

- Healthy & Active Parties
- Host a Taste Test
- Offer Healthy Snacks
- Healthy Fundraising
- Healthy & Active Non-Food Rewards
- Second Chance Breakfast
- School Garden
- Family Fun Days
- Morning Eat Better Announcements
- Smart Snacks Standards
- Breakfast in the Classroom
- Nutrition Promotion
- Nutrition Education
- Grab n Go Breakfast
- Health & Wellness Fair

Step 4: Find Activities - <http://www.actionforhealthykids.org/game-on/find-challenges>

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Resources: Team Nutrition



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Additional Resources

- University Extension offices
- FCCLA: Family, Career and Community Leaders of America
- Future Farmers of America
- Farm to School
- School Nutrition
- School Nurses



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Get Nationally Recognized

Apply for the HealthierUS School Challenge: Smarter Lunchrooms Initiative



- Voluntary four-year certification initiative recognizing excellence in school nutrition and physical activity
- 4 Award Levels: Bronze, Silver, Gold, Gold Award of Distinction
- Benefits include: Building school spirit, supporting the Learning Connection, and enhancing the sustainability of your initiatives!

Visit Game On – Step 6 to learn more:

<http://www.actionforhealthykids.org/game-on/receive-recognition>



Questions?



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Follow Us for More Resources

Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!

