Nutrition Education in Schools

Division of Health and Wellness

Carolina Arango, MS, RDN, LD and Andrea Belloli, RDN
Introductions

Carolina Arango, MS, RDN, LD
Nutrition Education Specialist
(202) 727-3467
Carolina.Arango@dc.gov

Andrea Belloli, RDN
Program Specialist
(202) 727-1398
Andrea.Belloli@dc.gov
Outline

• Introduction
• Health Education Standards
• Nutrition education throughout the school day
• Safe food handling practices
• Taking action
• Questions
Introduction

• Importance of nutrition education
  – Helps students maintain a healthy weight
  – Establishes healthy eating behaviors
  – Enhances classroom engagement
  – Promotes an overall healthier lifestyle

• 12% of high school students ate vegetables at least three times in the previous week (down from 15% in 2012)\(^1\)

Healthier students are better learners!\(^2\)
HEALTH EDUCATION STANDARDS
Overview

• **2016 Health Education Standards**
  – Clear, skill-based, and age-appropriate
  – Reflect best-practices and evidence-based approaches
  – Align with *National Health Education Standards*, second edition (NHES)
  – Reflect Whole School, Whole Community, Whole Child model
  – Showcase the knowledge students need to maintain and improve their health and wellness
How to Read the Standards

### Category 1: Mental and Emotional Health

<table>
<thead>
<tr>
<th>Standard</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-2.1.7.8</td>
<td>Describe positive and negative ways of acting on emotions.</td>
</tr>
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</table>
  - K-2 = recommended grade band of implementation.
  - 1.7.8 = Category 1, Strand 7, Standard 8.

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### Standard Example:
K-2.1.7.8: Describe positive and negative ways of acting on emotions.
- K-2 = recommended grade band of implementation.
- 1.7.8 = Category 1, Strand 7, Standard 8.
Category 5: Nutrition

• Organized by strands:
  – Health Promotion
  – Analyzing Influences
  – Accessing information
  – Communication

• Divided into grade bands

• Builds upon each other

  – Decision-making
  – Goal Setting
  – Healthy Behaviors
  – Advocacy
NUTRITION EDUCATION THROUGHOUT THE SCHOOL DAY
Breakfast

- Chefs Move to Schools
- Bring in a nutritionist
- Reimbursable meal posters
- Encourage students to taste every food item
Morning Announcements

• School assemblies
  – Principal outlines Smart Snacks
  – Quotes on healthy living

• Over the loud speaker
  – Highlight school menus
  – Pick and describe a fruit or vegetable of the week
In the Classroom

• Nutrition can be incorporated into a variety of subjects:
  – Art
  – English-Language Arts (E.L.A)
  – Gym Class
  – Math
  – Science
  – Social Studies
During Schools Meals and Snacks

- Reimbursable meal posters
- Cooking demonstrations
- Food tastings
- Build your own rainbow activity
- Encourage students to taste every food item
Outside the Classroom

• **In the school garden**
  – Plan lessons around the local *planting calendar*
  – School garden-based *curricula*

• **In the library**
  – [DC Healthy Schools Booklist](#) (K – 5)
  – [Health and Physical Education Booklist](#) (K – 12)

• **School assemblies**
  – Speakers
  – Documentaries

• **Field trips**
  – Farm field trips
  – Science museums
After School Programs

• Cooking classes
  – Encourage students to taste every food item
• Interactive games
• Host a health fair
• Start an after school club
Other Opportunities

• **Growing Healthy Schools Month** (October)
• **National School Lunch Week** (October)
• National School Breakfast Week (March)
  – **Hear the Crunch!** Activity
• **National Nutrition Month** (March)
• **Every Kid Healthy Week** (April)
• **Strawberries and Salad Greens Day** (June)
SAFE FOOD HANDLING PRACTICES
Importance of Food Safety

- Children are a “high risk” population for foodborne illness
- Foodborne illnesses affects student attendance and achievement
- Teacher illnesses costs time and money
- Serious foodborne illness can cause death and lead to lawsuits against schools and school districts

Foodborne illness is preventable with easy-to-implement food safety practices
Handwashing

- Prevents spread of bacteria and viruses that cause infections and foodborne illnesses

<table>
<thead>
<tr>
<th>Before you...</th>
<th>After you...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Handle or prepare food</td>
<td>Prepare food</td>
</tr>
<tr>
<td>Eat meals</td>
<td>Touch raw food, especially meats</td>
</tr>
<tr>
<td>Before you leave the restroom</td>
<td>Switch food preparation tasks</td>
</tr>
<tr>
<td></td>
<td>Cough, sneeze, or blow your nose</td>
</tr>
<tr>
<td></td>
<td>Handle garbage, dirty dishes</td>
</tr>
<tr>
<td></td>
<td>Touch frequently used items</td>
</tr>
</tbody>
</table>
Cross-Contamination

• Can lead to allergy attacks and foodborne illnesses contributing to:
  – School absences
  – Hospitalizations
  – Death

• Separate raw meat, poultry, and egg products from produce and cooked foods

• Wash hands or change gloves between tasks
Food Allergies

• Food allergy is the most common cause of anaphylaxis

• Eight most common food allergens:
  – Milk
  – Tree nuts
  – Fish
  – Shellfish
  – Peanuts
  – Eggs
  – Soy
  – Wheat
Food Allergies

• School’s responsibilities:
  – Create a safe environment for students with allergies
  – Use prevention and avoidance strategies
  – Be prepared to handle allergic reactions
  – Address teasing—bullying
  – Maintain an up-to-date undesignated epinephrine auto-injector (UEA) plan

• Student’s Responsibilities:
  – No food trading
  – Don’t eat anything with unknown ingredients or a food known to contain allergens
  – Notify an adult immediately if something is eaten that may contain an allergen
  – Submit dietary accommodations form
Suggestions

• Sit down and eat with students
  – Encourage them to taste every item
  – Emphasize fruits and vegetables

• Partner with a community-based organization

• Apply for funding:
  – OSSE’s [Farm to School Grant](http://farmtoschoolgrant.com)
  – OSSE’s [School Garden Grant](http://schoolgardengrant.com)

• Create a support team

• Staff as role models

• Incorporate into local wellness policy
Community Based Organizations

- Alliance for a Healthier Generation
- Common Threads
- Citi Blossoms
- DC Central Kitchen
- DC Greens
- DC Hunger Solutions
- Kid Power Inc.
- Martha’s Table

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Additional Resources

- OSSE’s Nutrition Curricula Review Guide
  - To be released during the 2016-17 school year
  - Health Education Curriculum Analysis Tool (HECAT) by CDC
- Fruits & Veggies-More Matters
- USDA Team Nutrition

- MyPlate
- CDC Handwashing
- USDA Food Safety
- Whole School, Whole Child, Whole Community (WSCC) model by CDC
- School Health Index (SHI) Tool by CDC
References


Thank you!