

NUTRITION
EDUCATION
&
CORE CONTENT

OSSE WELLNESS SYMPOSIUM

WHAT WILL WE LEARN TODAY?

- Overview of OSSE Health/ Nutrition Standards
- Lessons and Resources that connect with Common Core and NGSS
- Tips for building out a comprehensive nutrition education program



GETTING TO KNOW YOU

- Your name
- Your position
- Favorite Nutrition Resource
- Go Bananas



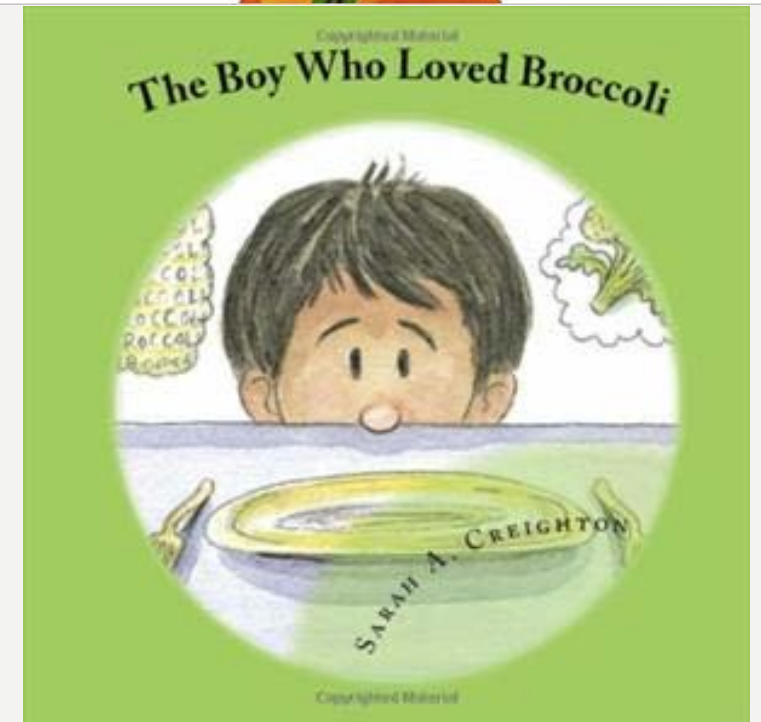
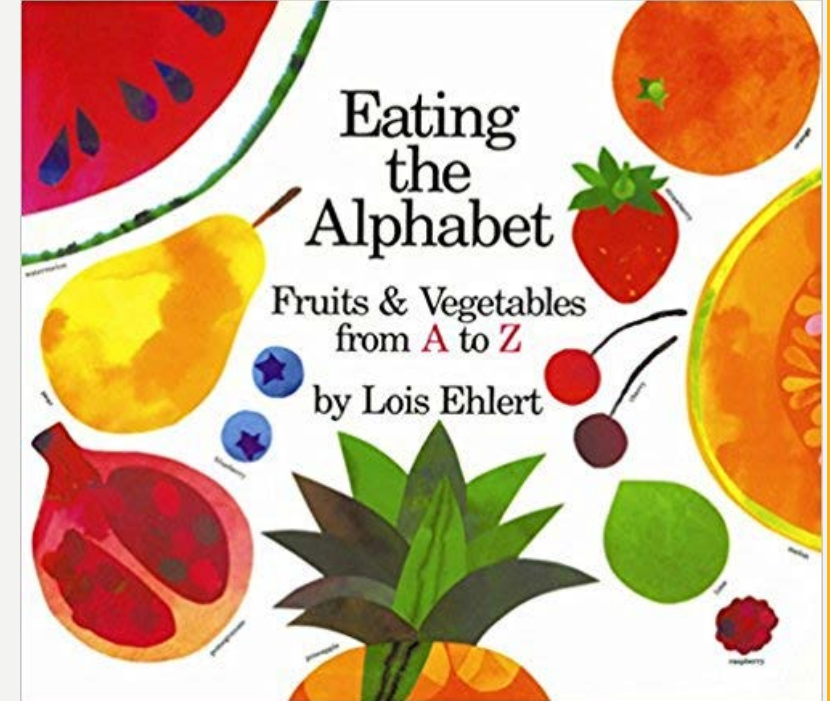
GUIDANCE FOR NUTRITION EDUCATION

- OSSE Health Education Standards
- USDA My Plate, Team Nutrition
- Farm to School Network



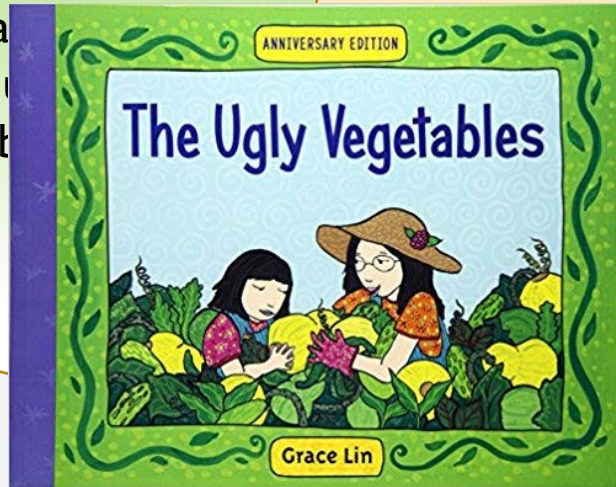
ELA

- Reading informational texts
 - Nutrition Facts Labels,
- Language
 - Develop understanding of nutrition and health vocabulary
- Speaking and listening skills
 - Discussion during group activities
 - Presenting information and ideas
- Writing
 - Sequencing of recipes
 - Personal food stories



ELA

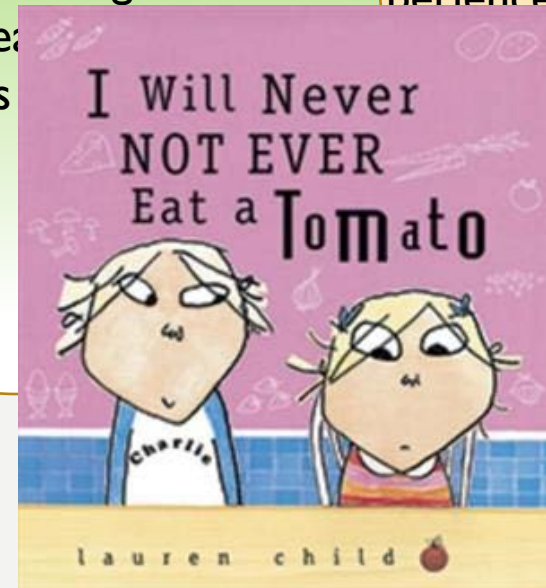
K-2.5.2.5 Explain how culture, media, peers, family, and influence



K.SL.1: Participate in collaborative conversations with diverse partners

Understand texts with and adults in and larger groups

K-2.5.6.12 Set a goal to choose healthy options for snacks



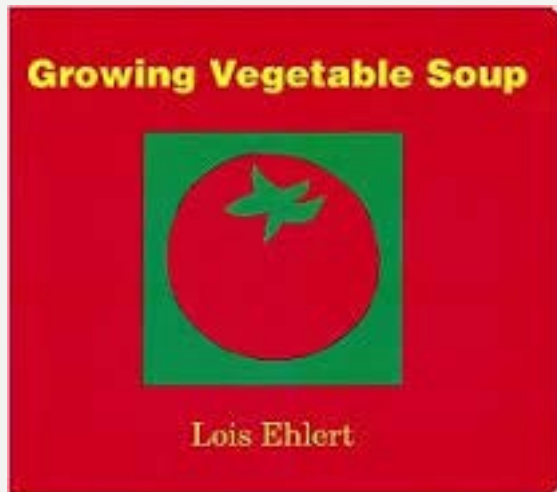
With guidance and support from adults, students use a range of information sources to solve a problem or answer a question

MATH

- [CCSS.MATH.CONTENT.5.NF.B.6](#)

Solve real world problems involving multiplication of fractions and mixed numbers, e.g., by using visual fraction models or equations to represent the problem. AND

- 3-5.5.8.13 Encourage and promote healthy eating opportunities in school and in the community



[MATH.CONTE](#)
[.MD.A.2](#)

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K-2.5.7.13 Understand the concept of food groups and how diet and eating patterns are important for health (within a given culture) and how different food groups provide different nutrients

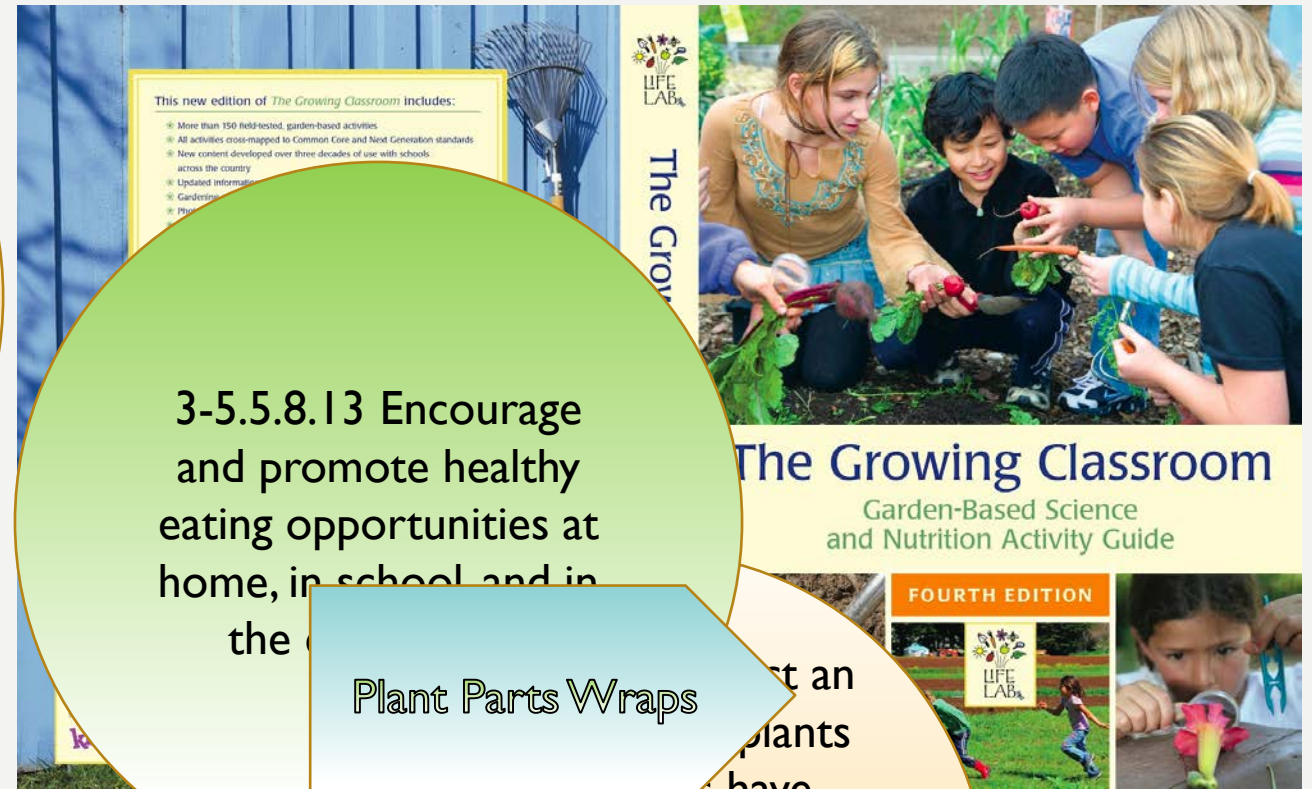
Go, Grow, Glow

K.LSI.1 Use observations to identify patterns of plant and animal life cycles (including germination) and how plants and animals need to survive

3-5.5.1.1 Describe the relationship between physical activity and the need for food

Illustrate Energy Transfers, Food Webs

PS3-1. Use models to describe that energy in animals' bodies is used for body functions, motion, and growth. Energy (in the form of warmth) was once stored in fossil fuels and is now energy from the sun



3-5.5.8.13 Encourage and promote healthy eating opportunities at home, in school, and in the community

Plant Parts Wraps

Plants have internal and external structures that function to support survival, growth, behavior, and reproduction

SET YOURSELF UP FOR SUCCESS

- Cooking box
- Library of good nutrition books
- Invite a chef



SCHOOL GARDEN



FOOD SERVICE AND FFVP



RESOURCES

- Local organizations – DC Greens, City Blossoms, Cooking Matters (Share our Strength), DCCK, CAFB
- USDA, Team Nutrition, Food Corps, Alliance for a Healthier Generation, Action for Healthy Kids, Fuel up to Play 60
- Books!
- <http://www.nourishinteractive.com>
- <http://edibleschoolyard.org/>
- <https://www.wholekidsfoundation.org/>
- <https://oldwayspt.org/>
- <https://snaped.fns.usda.gov/>

EXIT TICKET

- What is a next step that you will take to incorporate nutrition education at your school?

