Integrating Nutrition and Wellness Topics into the Curriculum

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Agenda

- Objectives & Background Information
- Healthy Schools Act
- Physical Activity & Achievement
- Comprehensive Physical Activity Program
- Physical Activity & Common Core
- Resources

Objectives

1. Describe the severity of the public health epidemic of pediatric overweight and obesity in the United States.
2. Describe the determinants and consequences of pediatric overweight and obesity.
3. Describe the evidence supporting the link between healthy eating, physical activity, and improved academic achievement.
4. Identify approaches that can be used in the school environment to treat and prevent pediatric overweight and obesity.

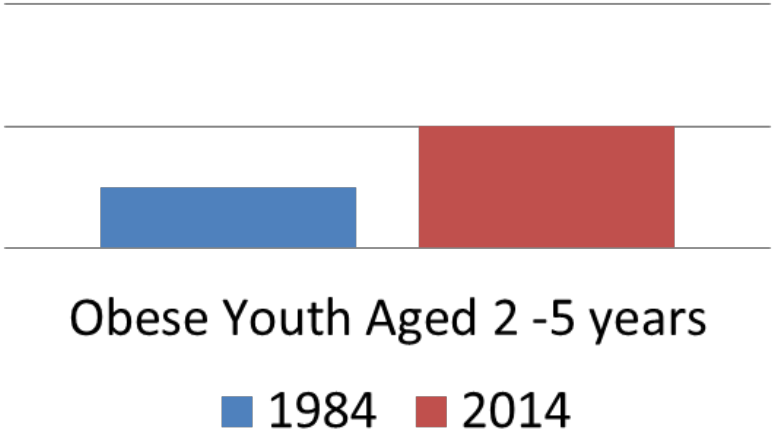
Objectives

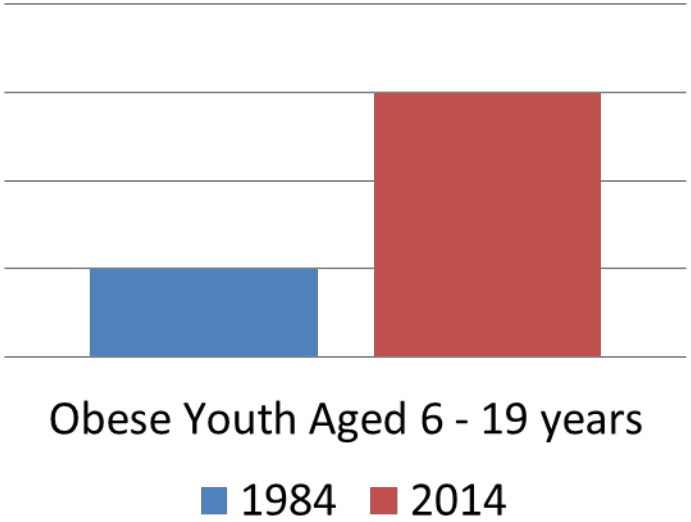
5. Discuss simple ways for teachers to incorporate health topics into existing lessons plans as well as ways to promote physical activity in the classroom and throughout the school day.
6. Share tips for creating a healthy classroom.
7. Provide additional school nutrition and physical education curriculum recommendations that meet common core standards.

Pediatric Overweight and Obesity

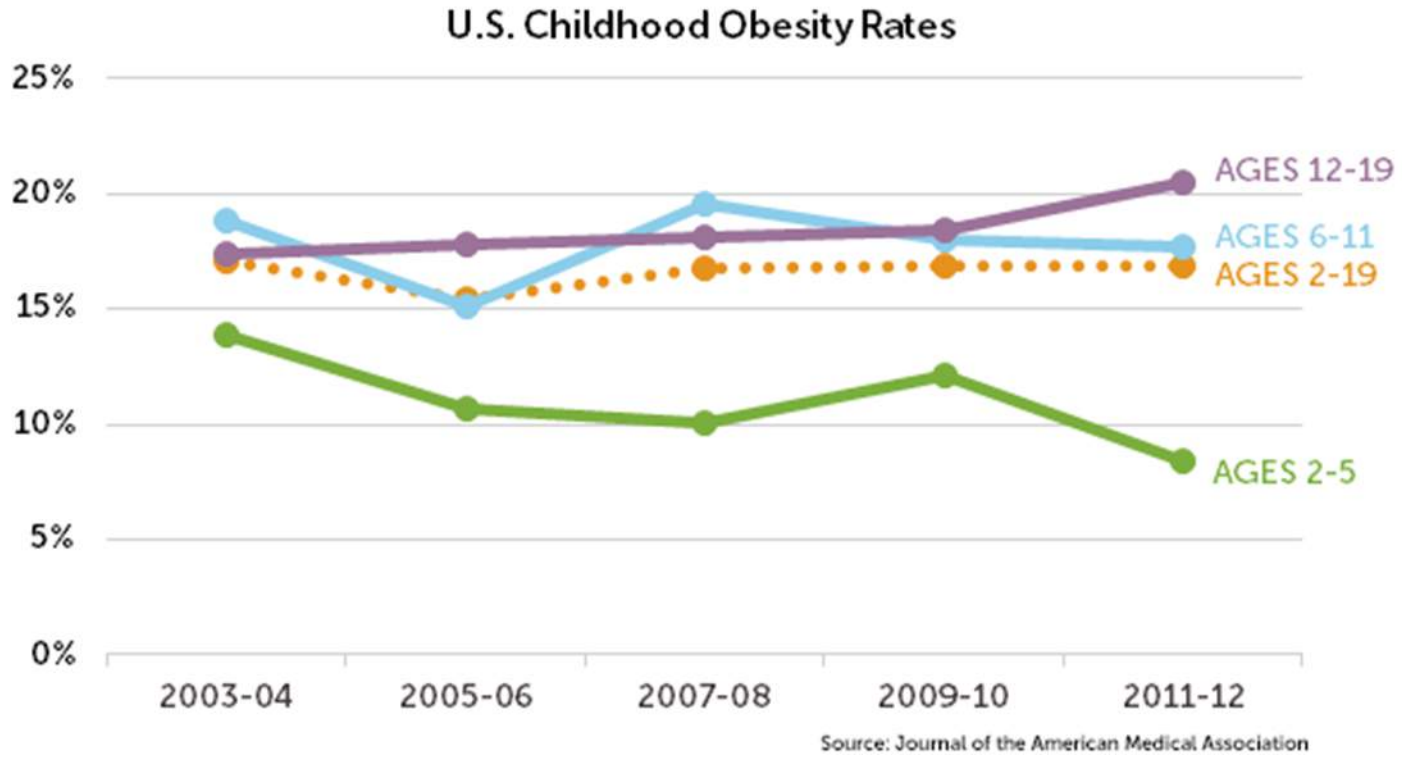
Over the past 30 years:

- The number of obese youth aged 2 -5 has doubled
- The number of obese youth aged 6 to 19 has nearly tripled

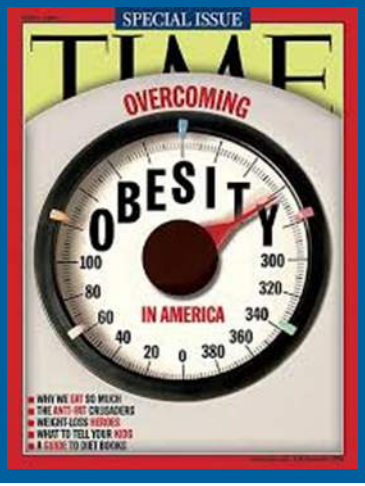




National Obesity Rates



Obesity in the News



- Considerable attention has been given to ending childhood obesity!

the School Day just got Healthier
United States Department of Agriculture

Support provided by

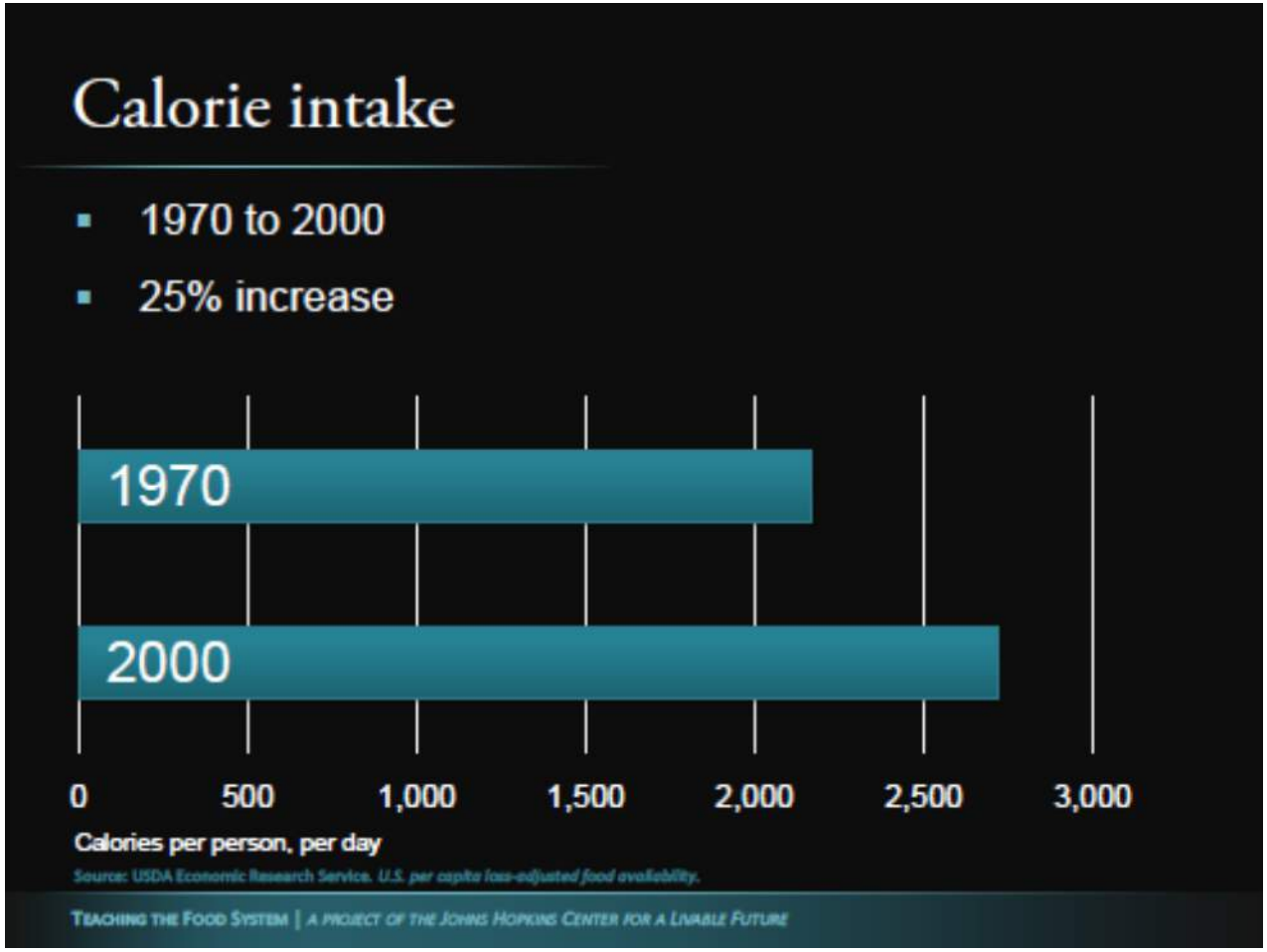
Robert Wood Johnson Foundation

d.c. healthyschools act

Complex Determinants

Individual	Social	Environment	Food Marketing & Labeling	Food & Agricultural Policy
Race Income Genetic	Eating or physical activity behaviors of: • Friends • Family • Teachers	Cost and Availability of foods in: • Homes • Schools • Stores • Communities	Media Influence Advertisements: • Billboards • Television • Internet • Magazines • Newspapers	Healthy Schools Act Healthy Hunger Free Kids Act
Behaviors: • Hunger • Taste preferences • Knowledge		Access: • Public Transport • Sidewalks	Labels: • Nutrition labels • Health Claims	School Meal Programs Food and Nutrition Assistance
		Food Supply: • Refined grains • Added fats • Added Sugars • Excess Salt		Regulations on Marketing

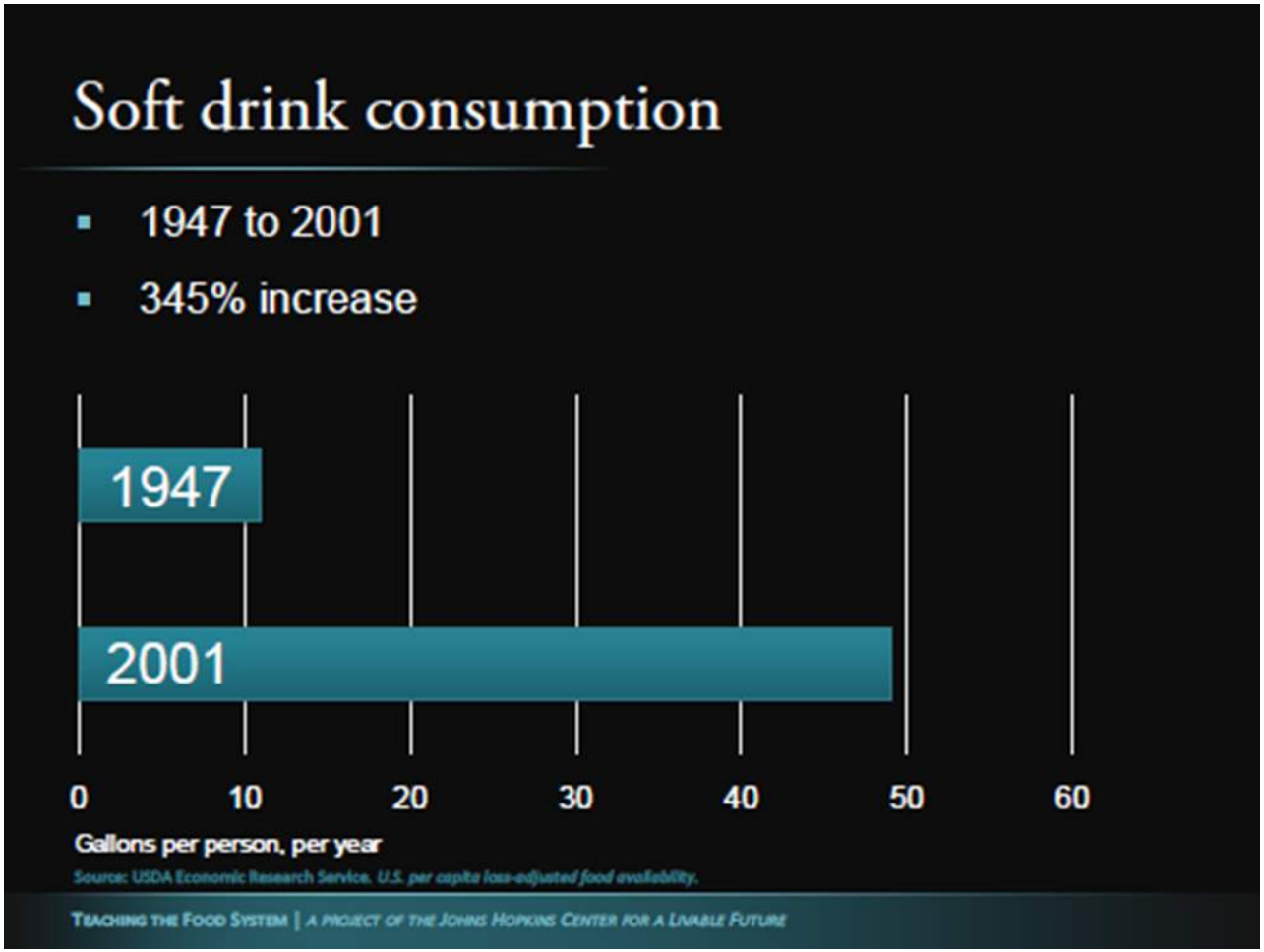
Trends in American Diets



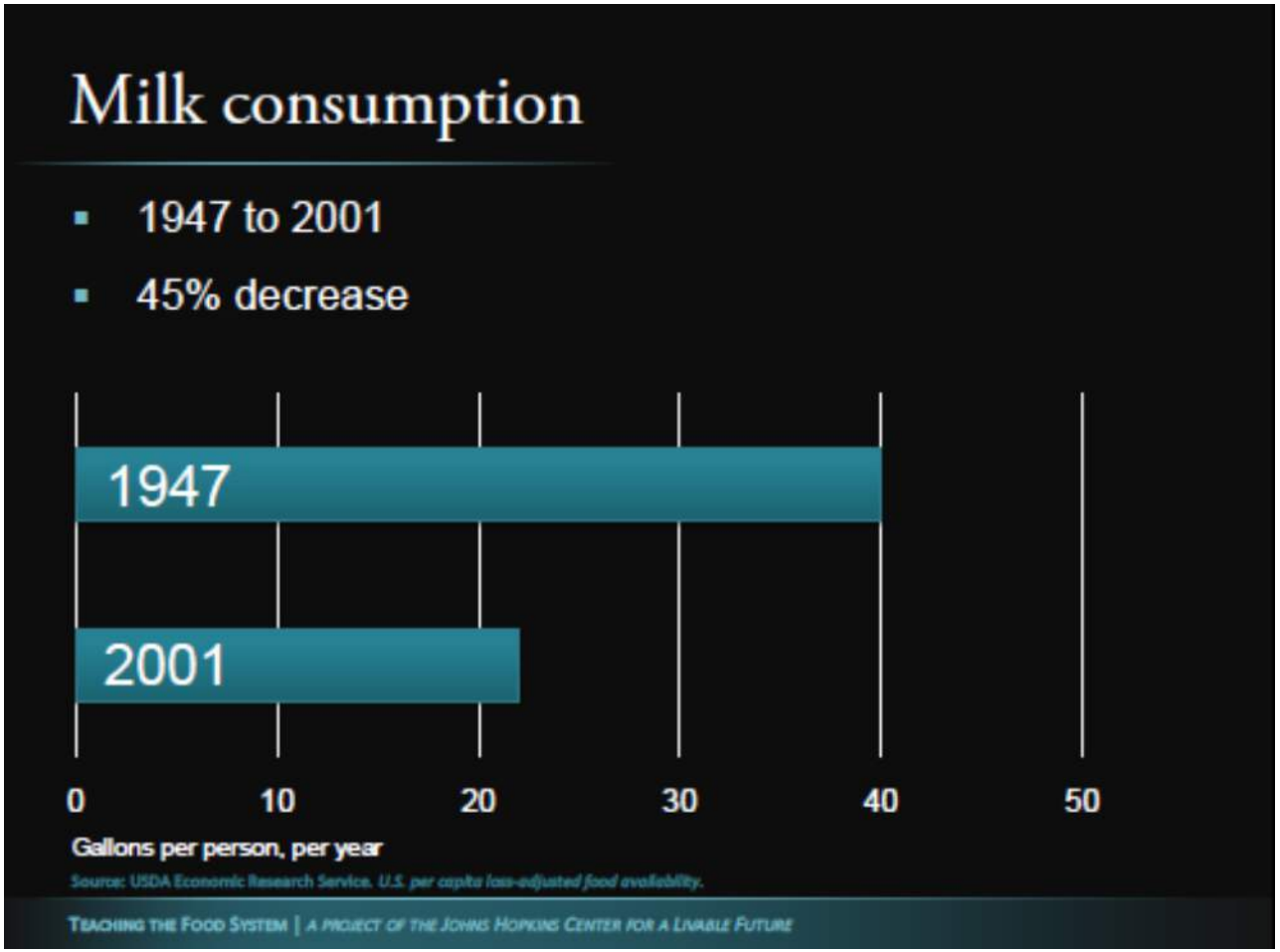
“What Makes Us Fat: Is Eating Too Much or Moving Too Little?” (8/4/2014 NPR Article by Patti Neighmond)

http://www.npr.org/player/v2/mediaPlayer.html?action=1&t=1&islist=false&id=336337337&m=337715930

Trends in American Diets



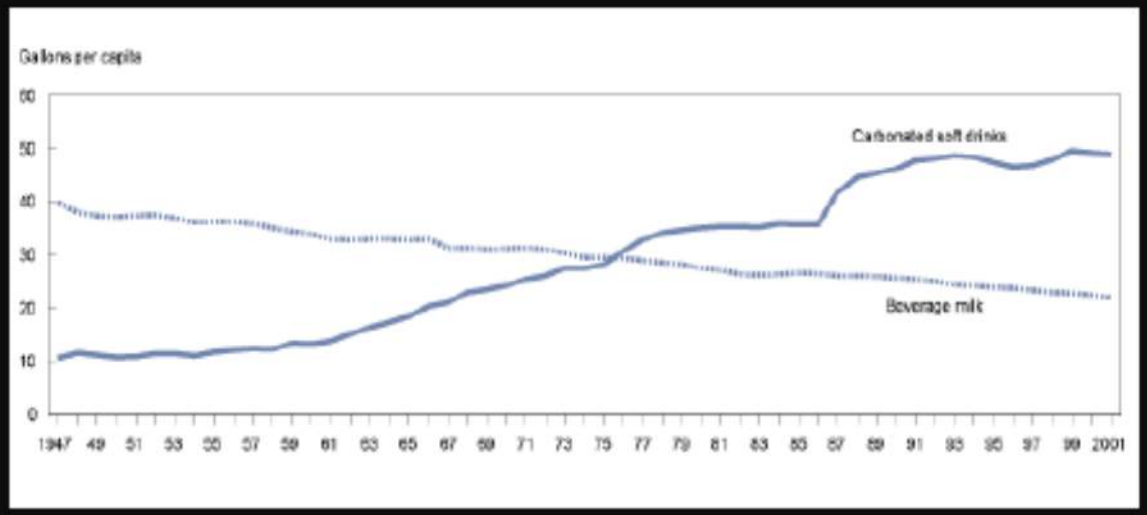
Trends in American Diets



Trends in American Diets

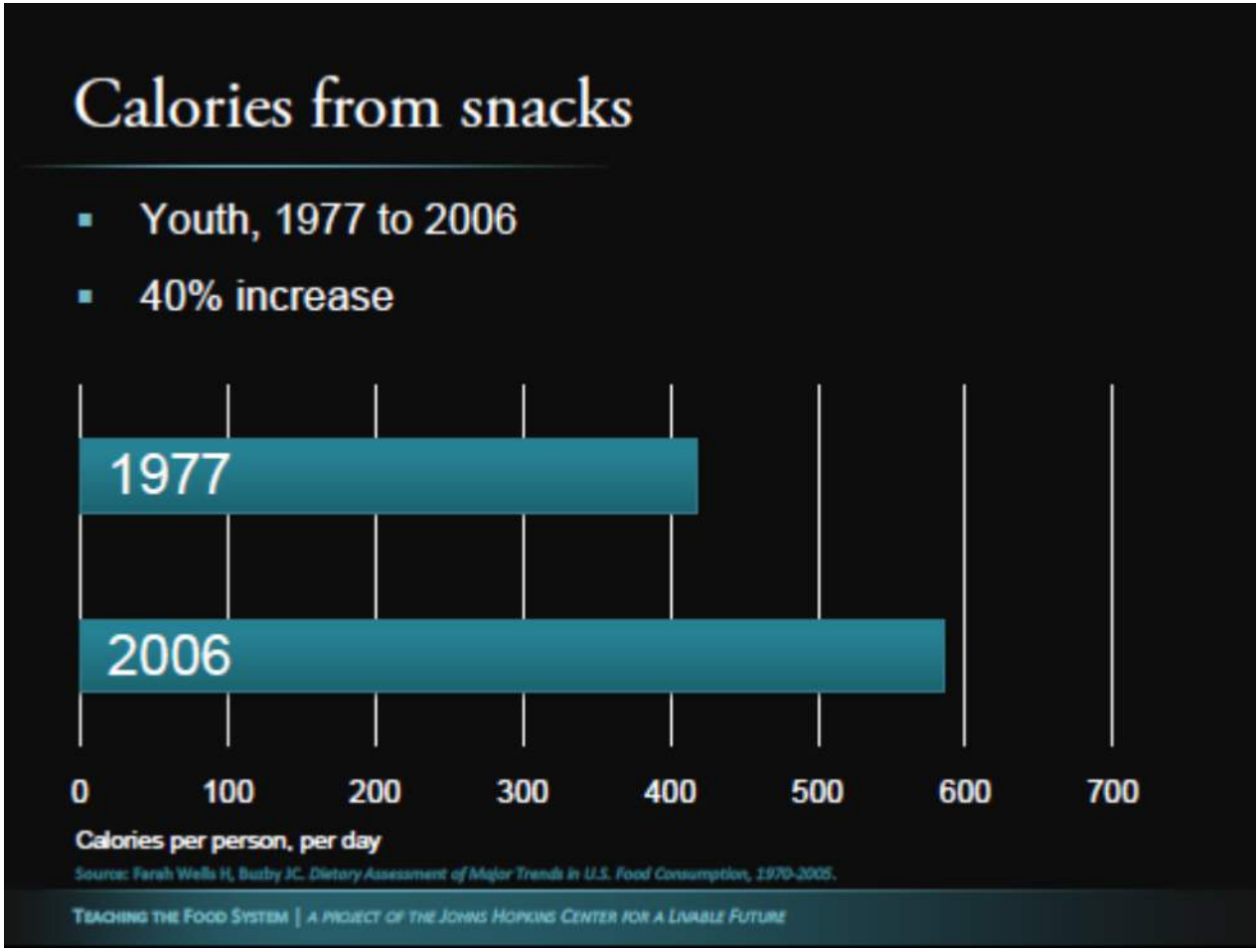
Soft drinks vs. milk

- 1947 to 2001

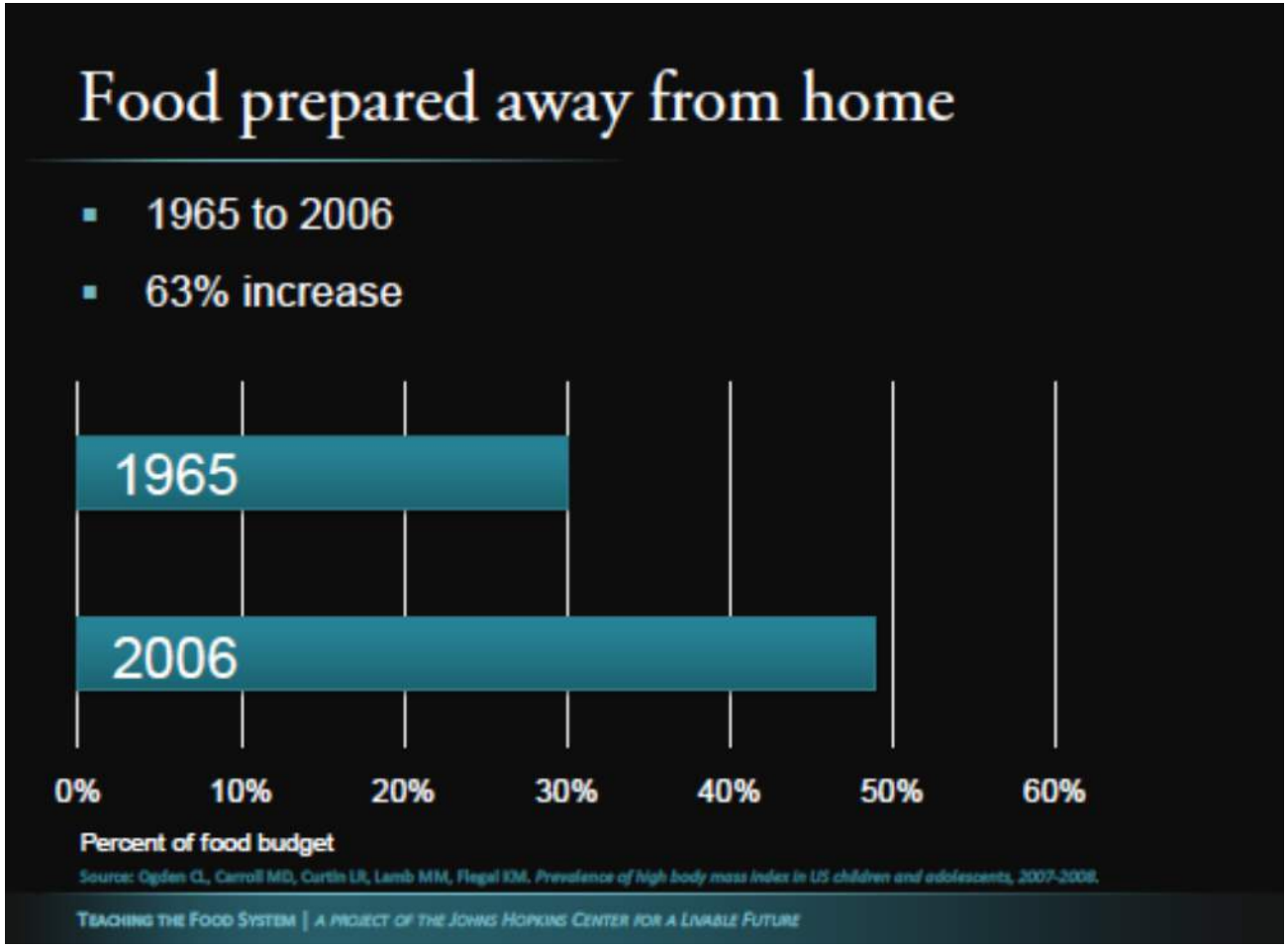


USDA Economic Research Service, 2004.

Trends in American Diets



Trends in American Diets



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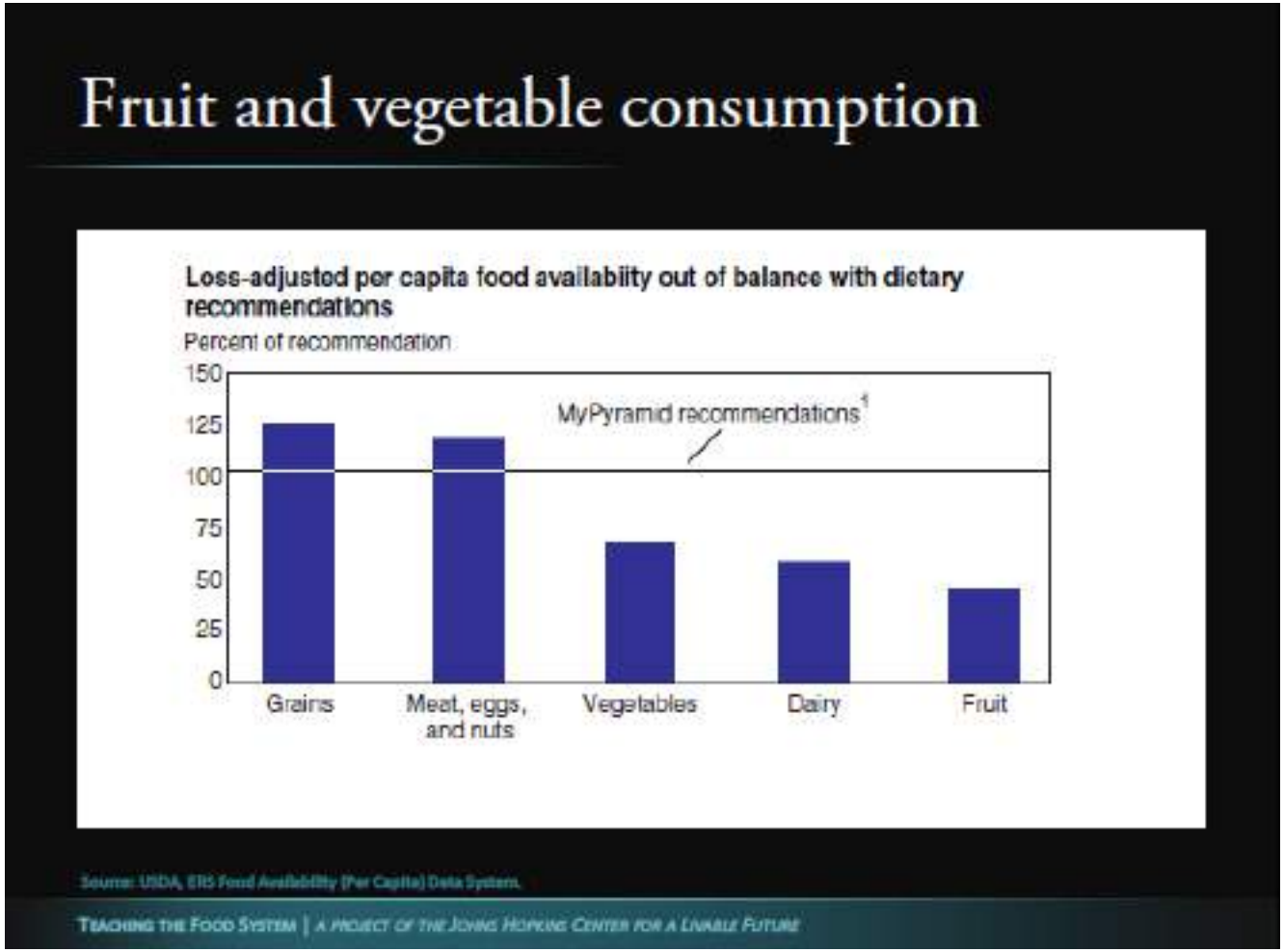


Trends in American Diets

Summary

- Too much:
  - Refined grains
  - Added fats
  - Added sugars
  - Sodium
- Not enough:
  - Vegetables
  - Fruits
  - Fiber

Images copyright.

Consequences of Childhood Obesity and Inactivity

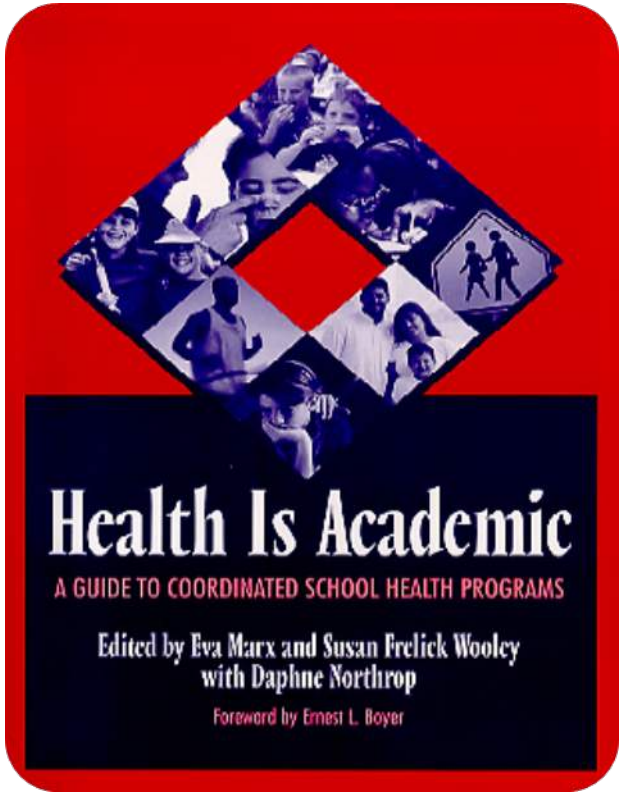
Health risks now:

- High blood pressure and cholesterol
- Impaired blood sugars
- Breathing problems
- Joint problems
- Fatty liver disease
- Social and psychological issues

Health risks later:

- Weight problems in adulthood
- Heart Disease
- Diabetes

Health is Academic Because . . .



- Helping young people stay healthy is a fundamental part of the mission of our schools
- Health behaviors are associated with academic achievement
- School health programs can help improve students' academic achievement

Healthy Eating and Academic Achievement

Dietary Behavior/Issue	Related Academic Achievement Outcomes
Participation in the School Breakfast Program (SBP)	• Increased academic grades and standardized test scores • Reduced absenteeism • Improved cognitive performance
Skipping breakfast	• Decreased cognitive performance
Lack of adequate consumption of specific foods	• Lower grades
Deficits in specific nutrients	• Lower grades • Higher rates of absenteeism and tardiness
Insufficient food intake	• Lower grades • Higher rates of absenteeism • Repeating a grade • Inability to focus

Promoting Physical Activity

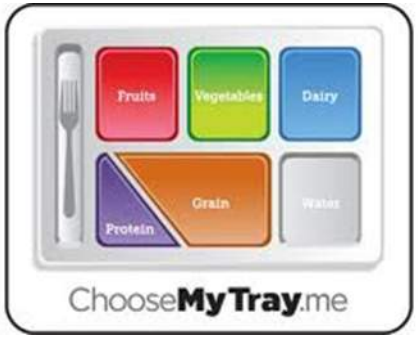
- Educating the Student Body: Taking Physical Activity and Physical Education to School

Videos

Educating the Student Body: Taking Physical Activity and Physical Education to School

Combatting Obesity – Next Steps for Teachers

- Is changing the environment enough?
- How can we have the biggest impact on helping children to change health behavior?



Healthy Schools Act

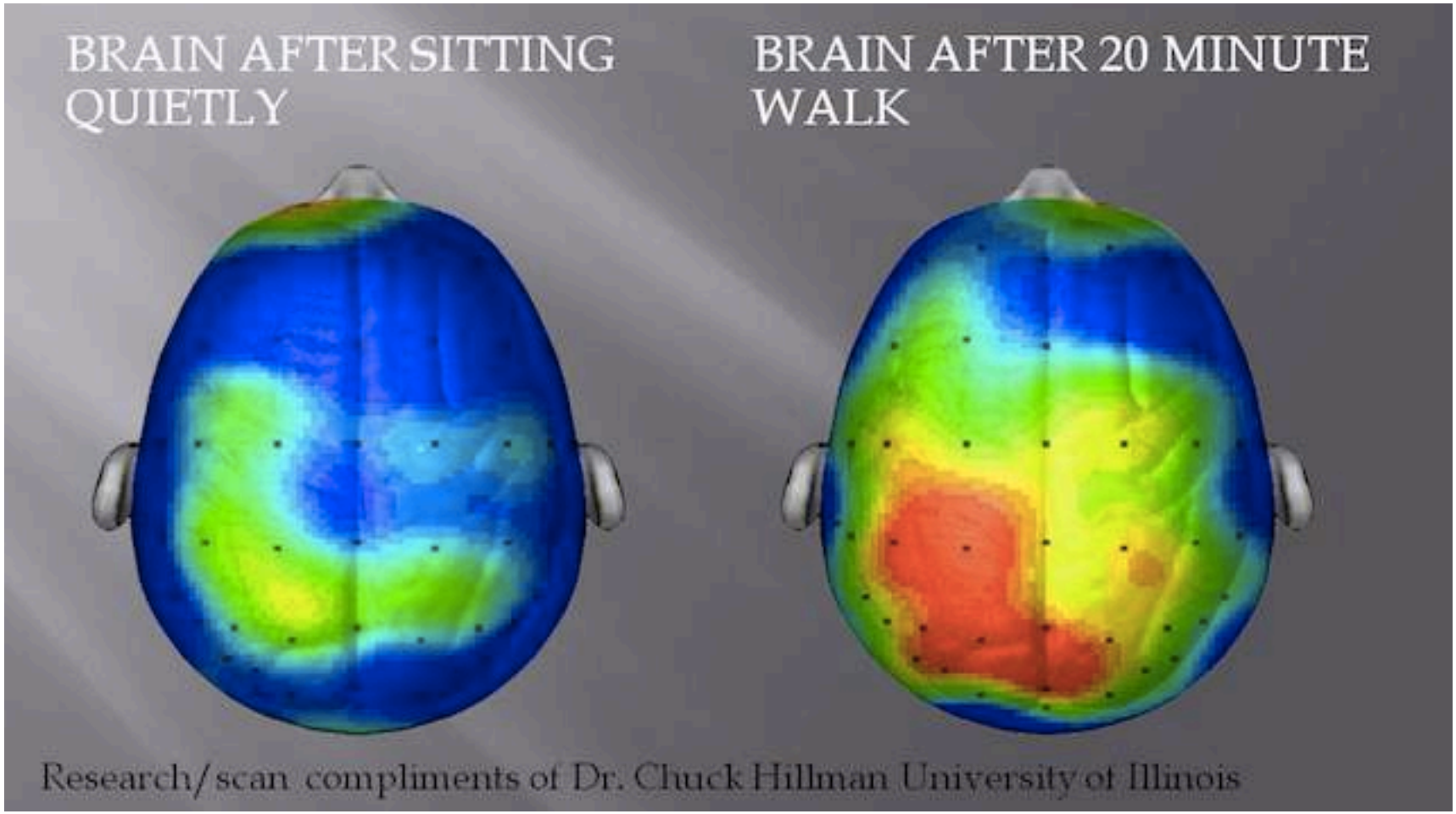
- 2014-2015 Physical Education Requirements
  - K-5: 150 minutes of PE/week
  - 6-8: 225 minutes of PE/week
  - GOAL: 60 minutes of daily physical activity
- 2014-2015 Health Education Requirements
  - K-8: 75 minutes of HE/week

d.c. healthyschools act

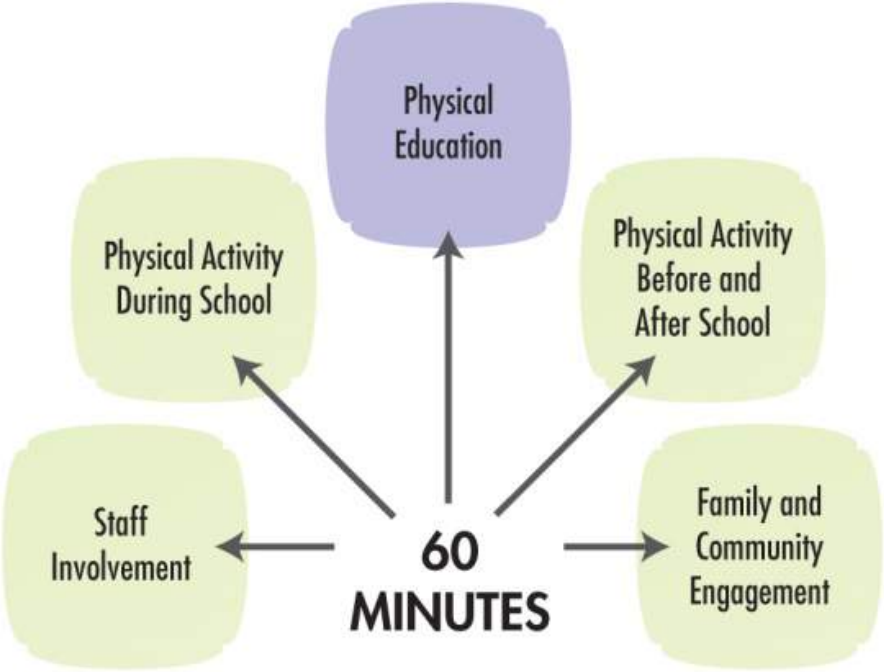
Integrating Physical Activity into the Classroom

Katie Lantuh

Physical Activity & Academic Achievement



Comprehensive School Activity Programs



COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM

http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm

Common Core Suggestions

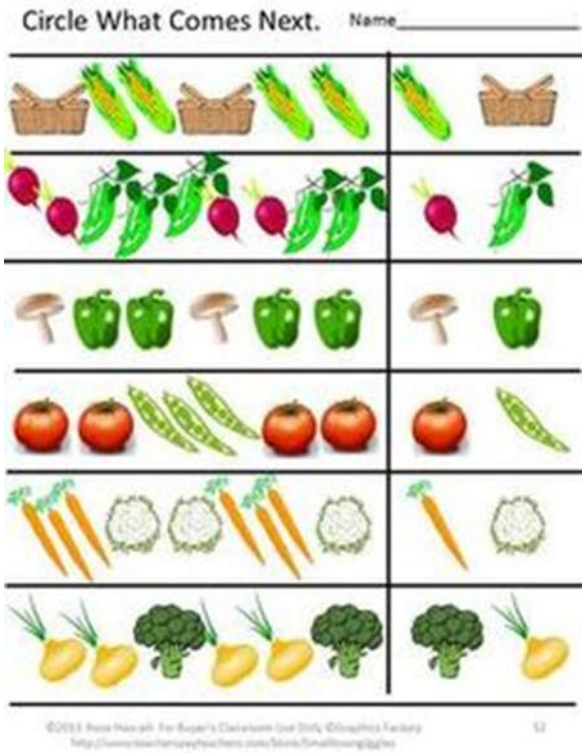
- Station cards
- Read-alouds
- Bulletin board
- Supplemental texts
- Setting goals
- Health & fitness journals
- Educational brochures
- Create website or blog
- Graphs
- Skip counting
- Pedometers

From www.sparkepe.org.

Integrating Nutrition Topics into Existing Curricula

Pre-K – 2nd Grade

- Teach colors using fruits and Vegetables
- Patterns, counting - Use fruits & veggies



Integrating Nutrition Topics into Existing Curricula

Math

- Weights & Measures
- Area
- Steps in a Process

Awesome Low-Fat
Blueberry Bran Muffins

Ingredients:
1 1/2 cups bran cereal
1 cup milk - skim/nonfat
1/2 cup unsweetened applesauce
1 egg
2/3 cup brown sugar
1/2 tsp vanilla extract
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
1/4 tsp nutmeg
1 1/2 cups blueberries

Safety:
Ask a parent or guardian for help when using the oven.

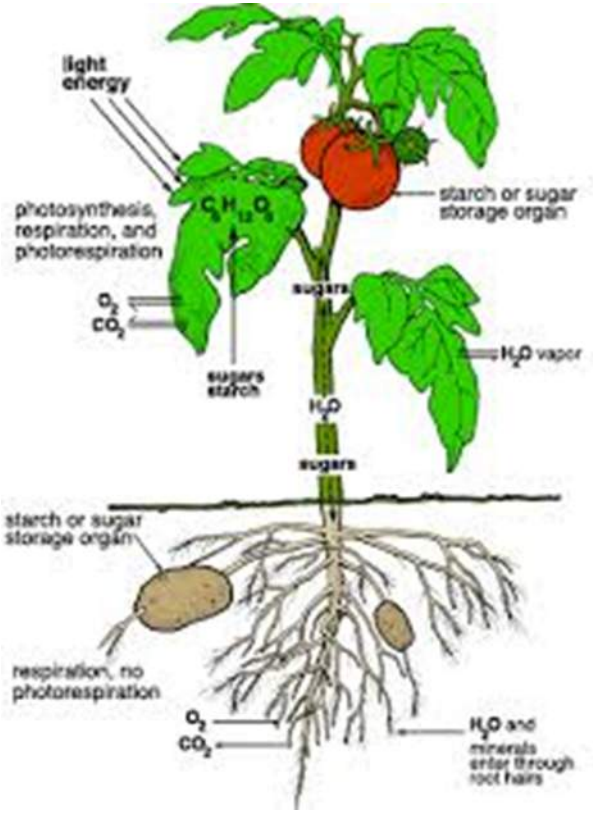
Directions:
1. Pre-heat oven to 375 degrees F. Grease muffin cups or use paper muffin liners.
2. Mix together bran cereal and milk. Let stand for 20 minutes. Beat mixture to break up softened bran.
3. In a large bowl, mix together applesauce, egg, brown sugar and vanilla. Beat in bran mixture.
4. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, salt, cinnamon and nutmeg. Stir into bran mixture until just blended.
5. Fold in blueberries.
6. Scoop batter into muffin cups.
7. Bake in preheated oven for 15 to 20 minutes or until tops spring back when lightly tapped.

Nutrition:
Recipe makes 12 servings
Each serving counts as 1 fruit

Integrating Nutrition Topics into Existing Curricula

Science

- Use nutrition themed science fair ideas
- Food Lab – Explore the science of cooking
- Photosynthesis – Teach parts of the plant using the school gardens



Integrating Nutrition Topics into Existing Curricula

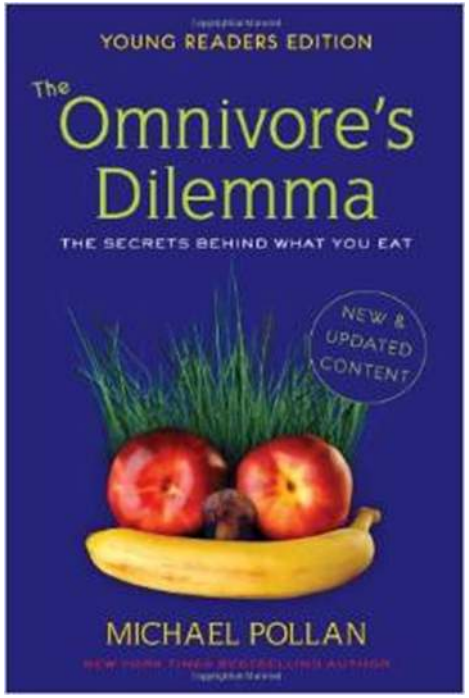
English Language Arts

- Spelling - incorporate words about nutrition & health into vocabulary
- Paragraph themes centered around wellness

Integrating Nutrition Topics into Existing Curricula

Social Studies

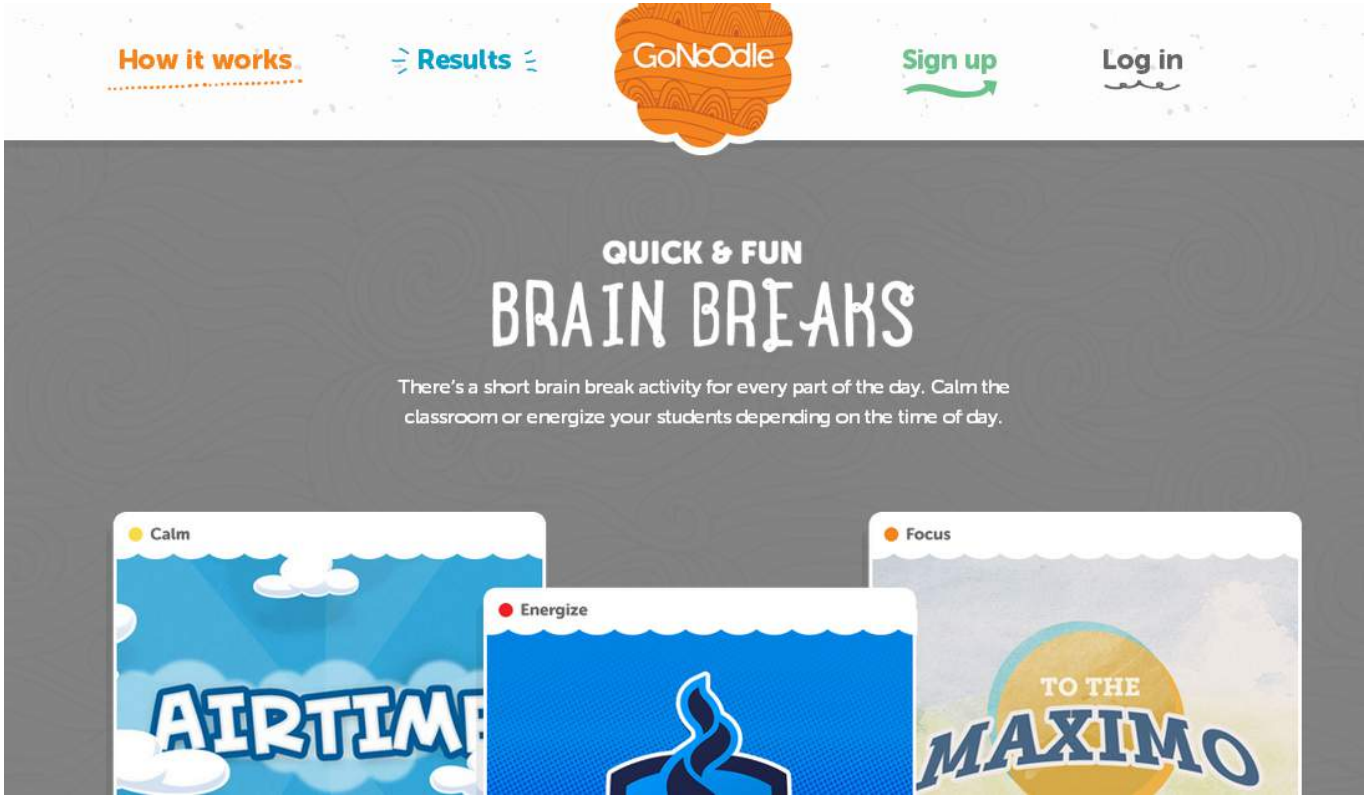
- Study the culture Of food
- Include Indigenous Food And Traditional Recipes When Studying Different Cultures Or Tribes
- Ex. Omnivore's Dilemma by Michael Pollan



“Be the change that you wish to see in the world.”

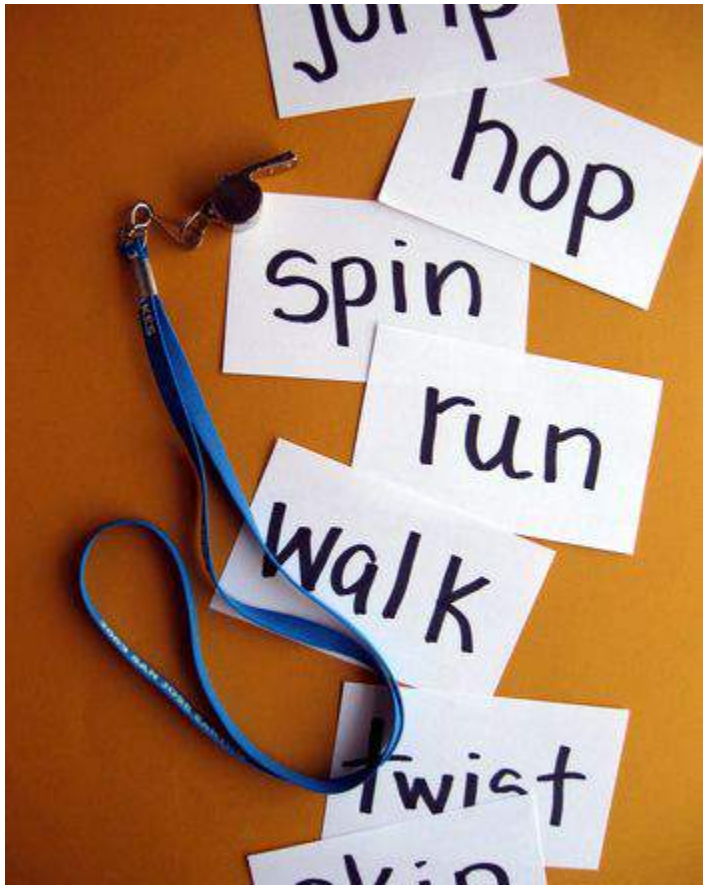
— Mahatma Gandhi

Tips for Creating a Healthy Classroom



https://www.gonoodle.com/

Tips for Creating a Healthy Classroom



Tips for Creating a Healthy Classroom

Brain Breaks

Quick activities to get the blood pumping and wake up your brain!
Prescription: Select an activity when kids start to lose their focus...

- Hop on 1 foot for 1 minute
- Jump the River jump back and forth across a rope
- Do 10 Jumping Jacks
- Spin around 5 times
- Sing Head, Shoulders, Knees and Toes
- Have a quick race around ____.
- Do a headstand. Hold position for 1 minute
- Do 10 Cartwheels
- Do 10 Summersaults
- See how long you can balance on 1 foot.
- Have a Skip, Hop, Gallop Race
- Do a wheel-barrow race. (1 kid walking on hands while someone holds their legs.)
- Dance and sing to a favorite song
- Shake the 'sillies' out. (start by shaking each part of your body until everything is shook out!)
- Do 10 Cartwheels

Movement is key to turning our kids 'ON' to learning.

heatherhaupt.com

SAMPLE

Tips for Creating a Healthy Classroom

- Be the change, be a role model!
- Encourage students to eat school meals
  - Use the school programs to promote nutrition
  - http://snap.nal.usda.gov/professional-development-tools/topics-z
- Eat with your students
- Implement a teacher vs. student game or contest
- Start a science fair or wellness day

Tips for Creating a Healthy Classroom

Use the school garden as a teaching tool

- Alternatives:
  - Straw bale gardening
  - Window herbs
  - Vertical systems

DC Bilingual - Vertical Beds

School Garden Photos

Mundo Verde Planting Bags

JO Wilson Growing Strawberries in a Vertical System

School Garden Photos

- **Students Planting Lettuce at Capitol Hill Montessori at Logan**

Tips for Creating a Healthy Classroom

- Jazz up your classroom with pictures of healthy food or of kids being active

  http://www.fns.usda.gov/tn/graphics-library

- Create a SNAC (Student Nutrition Action Committee)
- Use the school menu to promote nutrition

  http://snap.nal.usda.gov/professional-development-tools/topics-z

Additional Resources

- Take Action – Schools, Let's Move
  - http://www.letsmove.gov/schools
- The School Day Just Got Healthier
  - Toolkit for Educators and Students
  - http://www.fns.usda.gov/healthierschoolday/school-day-just-got-healthier-educators-and-students

Additional Resources

- Adventure to Fitness: http://adventuretofitness.com/
- Jam School Program: http://www.healthetips.com/jam-program.php
- Activity Works: http://activityworks.com/
- Playworks Playbook: http://www.playworks.org/playbook
- East Carolina University Energizers: http://www.ecu.edu/cs-hhp/exss/upload/energizers_for_grades_k_2.pdf

Next Steps

Let's Move. Active Schools

childobesity180
reverse the trend.

Thank you

- Comments
- Questions

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