



DISTRICT OF COLUMBIA

OFFICE OF THE STATE SUPERINTENDENT OF

**EDUCATION**

## Nutrition Education and Promotion

Growing Healthy Schools Month is the perfect time to teach nutrition education. Schools play an important role in childhood obesity prevention efforts because children spend so much of their day at school. Nutrition education promotion can highlight the importance of the healthier meals served in schools by increasing awareness and acceptance of these options. Nutrition education can also help lay the groundwork for healthy habits children will use for life. Below are some recommendations on nutrition events for the cafeteria and/or the classroom:

Activity/Project	Description/Resources
<b>Teach a Nutrition Lesson In the Classroom</b>	<p>Order or download FUN! FREE! USDA curricula.</p> <ul style="list-style-type: none"><li>• <b><u>Serving Up MyPlate: A Yummy Curriculum (Grades 1-6)</u></b></li><li>• <b><u>The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum (Grades 3-4)</u></b></li><li>• <b><u>Dig In! Standards-Based Nutrition Education From the Ground Up (Grades 5-6)</u></b></li><li>• <b><u>Nutrition Voyage: The Quest To Be Our Best (Grades 7-8)</u></b></li><li>• <b><u>Discover MyPlate: Nutrition Education for Kindergarten</u></b></li><li>• <b><u>SuperTracker Nutrition Lesson Plans (Grades 9-12)</u></b></li></ul> <p>For additional information about these curricula and an analysis of what each covers, please review OSSE's Nutrition Curriculum Review Guidance Document.</p>
<b>Plan a Nutrition Event</b>	<p><b><u>Team Nutrition Popular Events Idea Book</u></b> (Grades K-8) has fun ways to engage school staff and students in nutrition and physical activity.</p> <p><b><u>Sign up for Sweetgreen in Schools</u></b> This free program's mission is to change the way kids eat by offering a positive experience with healthy food.</p>
<b>Eat Lunch with Your Students</b>	<p>You are a role model to your students! Model healthy behaviors by being active and consuming healthy foods and beverages. Eat lunch with your students and encourage them to eat all of the components of the meal, especially the fruit and vegetables.</p>

*If you would like assistance planning or implementing any of the activities above, please place a request through the Healthy Schools and Wellness Programs' Technical Assistance Request Form*