**GOALS AND ACTIVITIES**

**Goal #1 Students in kindergarten through grade 8 will receive a comprehensive program in health education focused on the**

**skills needed to adopt healthy eating behaviors and lifelong wellness practices.**

**Activities**

1. **A significant portion of physical education lessons will be dedicated to nutrition and it effect on wellness.**
2. **Lesson plans will be designed to meet standards and be age appropriate.**
3. **Cultural education will include cultures contribution to health and nutrition as well as different types of food.**

**Steps Expected Outcome Monitoring**

**Teachers will assess student understanding of lessons on a regular basis. Plans will be monitored by principal. Activities such as food tasting of different foods will expand students awareness.**

**Goal #2**

**All schools will have highly-qualified teachers who are adequately prepared and who participate in regular professional development activities to effectively deliver nutrition education in the context of comprehensive school health education.**

**Activities**

1. **Physical education teachers and classroom teachers will have access to professional development in nutrition and wellness.**
2. **Teachers will share professional development with staff and principal**

**Steps Expected Outcome Monitoring**

**Lesson plans will include out come from professional development. Staff will share professional development ideas. Materials will be provided to enhance professional development.**

**GOAL #3**

**Schools will collaborate with community agencies to enhance nutrition education efforts**

**Activities**

1. **Organizations such as the Food Bank of SJ and My Daughters Kitchen will give cooking lessons to students after school.**
2. **The 5th grade will participate in the Garden Project with the Center for Environmental Transformation.**
3. **Parents will be invited to work shops on nutrition and how to shop economically**
4. **Parents and students are made aware of fresh fruit and vegetable markets in the neighborhood via flyers.**

**Steps Expected Outcome Monitoring**

**Students will work with agencies to prepare healthy recipes and share these with parents. Cooking classes will take place in the cafeteria through out the year. Trips to farms and the Food Bank will give student a better idea of where their food comes from.**

**GOAL # 4**

**Nutrition education is integrated into other subject areas besides health education.**

**Activities**

1. **The study of where food comes from and the way the body uses food will be studied in science**
2. **In the study of other cultures the natural resources of an area and the cultural relationships to various foods will be explored**
3. **Students will be encouraged to analyze the nu**tritional

**values of food. Calculation calories, protein, carbs, etc.**

**Steps Expected Outcome Monitoring**

**Lesson plans will be monitored to assure that these areas are being taught. Students will be assessed for understanding. Project and long term journals will provide further understanding.**