III. Nutrition/Health Education

**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:**

1.1 Inform appropriate constituencies about this key element of the Wellness Policy.

1.2 Skills-based nutrition education, as a part of a dedicated, stand-alone, term-long comprehensive health education program, is provided to every

student at every grade level PreK-8.

1.3 Skills-based nutrition education, as a part of a dedicated program is provided to each student.

1.4 Planned instruction is aligned to the national and state health education standards.

1.5 Nutrition education is culturally relevant and teaches students about cross-cultural nutrition.

**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:**

2.1 Inform appropriate constituencies about this key element of the Wellness Policy.

2.2 All teachers who teach health education receive annual professional development on health education, current nutrition information, and best

educational practices.

**GOAL #3**

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

**Activities:**

3.1 Inform appropriate constituencies about this key element of the Wellness Policy.

3.2 Food and Nutrition Services and other community agencies collaborate with teachers to reinforce nutrition education lessons taught in classroom.

3.3 Healthy eating is promoted to families and the surrounding community.

3.4 The cafeteria is used as a “learning laboratory” and includes enjoyable, developmentally-appropriate, participatory activities such as taste tests,

promotions, and visits to farms

**GOAL # 4**

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

**Activities:**

4.1 Inform appropriate constituencies about this key element of the Wellness Policy.

4.2 The nutrition content of health education and physical education curricula is aligned.

4.3 Curricular connections for nutrition education are made in core subject areas; e.g., science, social studies, math, and language arts.