

# Goal 3

Nutrition Education in Gooding PE Classes



# Nutrition Education

## Challenge Requirements

Nutrition Education must be provided to students in multiple grades of your school.

## Description

Nutrition Education must meet or exceed the criteria listed below:

- Nutrition education is provided to at least half of the grade levels in your school
  - If your school consists of less than three grades, nutrition education must be provided to all students in the school.
- Nutrition education is part of a structured unit of instruction
- Nutrition education involves multiple channels of communication including:
  - Classroom
  - School Cafeteria
  - Home/Parents



## Goldie's Tips

Look at what is being taught in PE, Health, and Science classes already and build from that. It didn't happen overnight, we began by using power panther in physical education classes. The following year our nutrition panel taught monthly nutrition education. More recently we have begun to incorporate large celebrations throughout the school year in addition to monthly classes. Signage is displayed throughout our school and cafeteria to promote healthy eating. Taking advantage of grants has allowed our district to fund various celebrations and currently we are creating a wellness page on our district website.



Complete the Nutrition Education Worksheet on page 9 of the application.

## Gooding Gold Award Example



### HealthierUS School Challenge Nutrition Education Worksheet *Silver or Gold* Criteria



School Name: Gooding Elementary School

Grades in your school: (circle all that apply) (K) (1) (2) (3) (4) (5) 6 7 8

Grades in which nutrition education is offered (circle all that apply) (K) (1) (2) (3) (4) (5) 6 7 8

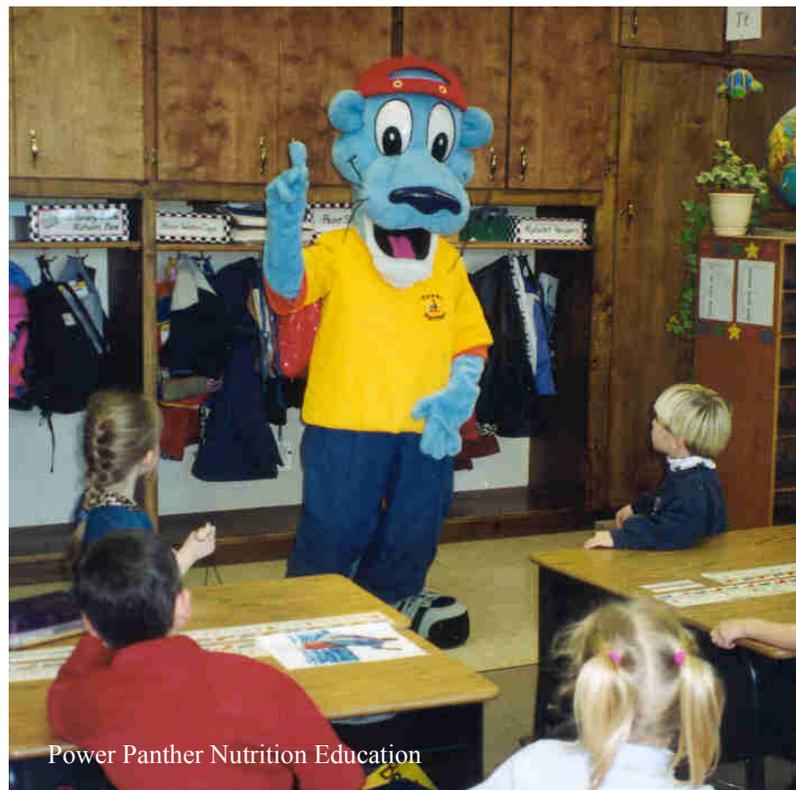
Provide a brief description of nutrition education efforts for each grade in the following chart or submit a written description.

Grades	Describe nutrition education efforts in your school, including how nutrition education involves the classroom, school cafeteria, and home/parents. Include in your description how nutrition education is delivered as part of a structured systematic unit of instruction.
K	Kindergarten teachers talk with students on the benefits of leading healthy lifestyles. They discuss the food pyramid and choose only white milk with their breakfast, instead of chocolate.
K-5	Signage is displayed throughout the hallways, cafeteria and gym at our elementary school. Signage includes dairy, power panther and dole 5-a-day.
K-5	Power Panther visits are scheduled yearly. Power Panther visits classrooms and participates in gym class. We discuss Power Panther's motto "Eat Smart, Play Hard.". Power Panther is on all monthly menus.
K-5	Power Panther information handouts are available to parents. Health tips are printed in school/district newsletters and on monthly menus. Nutrition and health tips are sent to local newspapers weekly.
K-5	Nutrient of the Month is featured on monthly menus or a Healthy Choice Riddle is featured. A fresh fruit or vegetable is showcased each month. Example: pluots, yams.
K-5	Taste tests and fruit or veggie facts are given during gym classes twice a month. Nutrition websites are available for students to surf once a month in computer class.
K-5	Nutrition Education is offered to all children monthly using Dole 5-a-day materials, Dairy Council materials and Team Nutrition "Food Works" program.
1-5	Nutrition and Health Education is taught in all elementary classrooms as part of their science curriculum. Curriculum is from Harcourt. Lessons include nutrition, parts of the body systems and the importance of leading an active lifestyle.

## Common Questions Answered

### Why was there no *quantity* of nutrition education and/or physical activity specified?

At this time USDA has decided to not quantify the amount of nutrition education and physical activity required for certification to avoid placing a burden on schools and State agencies in determining how to actually count minutes of nutrition education and/or physical activities. For example, is nutrition education classroom instruction only, nutrition posters in the cafeteria, nutrition messages sent home to parents, or all of the above? The main requirements of the nutrition education criteria are that nutrition education be 1) provided to at least half, but no fewer than two, of the grade levels in the school; 2) delivered as part of a structured and systematic unit of instruction; and 3) involve multiple channels of communication. In addition, although we do not dictate that the school must offer physical education as part of the school curriculum, that would be ideal. The opportunity for physical activity criterion specifies that physical education classes *or the equivalent* must be provided on a regularly scheduled basis.



Power Panther Nutrition Education