Nutrition Newsletter for Elementary Teachers

National School Breakfast Week (NSBW) is a weeklong program designed to raise awareness of the National School Breakfast Program (SPB) in school communities across the country. The NSBW was launched in 1989 by the federal government as a means for all K-12 students in the United States to have access to a nutritious school breakfast. More than 14 million children participate each day! NSBW 2020 highlights how eating a nutritious breakfast helps students blast off to success in the classroom and beyond.

Eating school breakfast is associated with:

* Lower rates of absenteeism and tardiness
* Fewer behavioral problems
* Reduced number of nurse’s office visits
* Higher grades and increased standardized test scores
* Positive learning environments

“Recent research shows that many children who do not have enough to eat wind up with diminished capacity to understand and learn. Children don’t have to be starving for this to happen. Even mild undernutrition – the kind most common among poor people in America – can do it.”
Carl Sagan
March is National Nutrition Month®

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

The National Nutrition Month® 2020 theme — *Eat Right, Bite by Bite* — The theme’s rhyme and simple food treatment not only appeals to kids and kids-at-heart, but “bite by bite” also supports the philosophy that every little bit (or bite!) of nutrition is a step in the right direction. Small goals/changes can have a cumulative healthful effect. Nutrition doesn’t have to be overwhelming.

Most importantly, Eat Right, Bite by Bite is **fun, positive, kid-friendly, inclusive of and adaptable** for all eating patterns and cultures, and **accessible** and **easy to understand**.

Visit eatright.org to explore fun age-appropriate activities and explore helpful nutrition facts.

Nutrition Services invites you to invite us!

Each year we have an unique opportunity to reach out to our children and teach the importance of good nutrition. By teachers in the district inviting us to classrooms, we are able to provide a fun food-related activity to enforce our efforts to teach children to eat from all five of the food groups and incorporate physical activity into their daily routines.

Descriptions of classes offered and approximate time needed for each session are included in the final pages of this newsletter. Every effort will be made to accommodate documented food allergies and the goal is to have lots of fun!

Just fill out the form and send it in! Janie Garrett, RD, LD or Dana Van Cleave would love to visit your classroom!
Nutrition Education Classes Offered

Preschool

**Happy Face Snack Sandwiches:** A brief discussion and identification of healthy foods and the contribution to growing bodies. Students will prepare and sample their own happy face snack sandwich. Available to morning and afternoon preschool classes. (30 minutes)

**Hoot Owl Healthy Snack:** A brief discussion and identification of healthy foods for healthy bodies. Students will prepare a snack using a sandwich thin topped with ingredients in the shape of an owl sitting on a branch. (30 minutes)

Kindergarten

**Yummy Yogurt Sundaes:** A brief discussion on MyPlate highlighted by making a yogurt snack (30 minutes)

**Breakfast is Fun:** A discussion of the importance of breakfast and healthy breakfast choices from MyPlate. A healthy snack will be served. (20 minutes)

**Variety is F.U.N.!:** A discussion on why we need a variety of food each day and the impact on the body. Students prepare ants on a log. (30 minutes)

First Grade

**Pizza Party:** A discussion on MyPlate highlighted by a making a healthy pizza to eat as a snack in class. This coordinates with the Health Sciences curriculum focusing on practices to maintain a healthy body. (50 minutes)

**A+ Breakfast:** A discussion of the importance of breakfast and making breakfast choices that include foods that give us brainpower, strength, and energy. In accordance with DESE Nutrition Standard for "Recognizing that food provides the body with fuel". A delicious smoothie is made in class and served. (30 minutes)

Second Grade

**Pretzels:** A review of MyPlate, focusing on the importance of the “bread” group and discussing the difference between whole wheat and white flour. Making and eating pretzels is the highlight of the class. (45 minutes)

**Fruit and Vegetable Tasting:** A review of MyPlate with emphasis on the “fruit” and “vegetable” groups. Students will have fun trying new fruits and vegetables and evaluating these experiences. (30 minutes)

**Food Label Investigation:** In accordance with DESE Nutrition Standard for "Identify the basic parts of the Nutrition Facts label (e.g. serving size, fat, sugar, ingredients), students will conduct their own investigation of a food label of a new, yummy and healthy snack they will get to eat. (30 minutes)
Nutrition Education Classes Offered...Cont.

Third Grade

**Salad! Salad! Salad!:** A review of MyPlate and introduction to the six key nutrients. Students participate in preparing and eating salad in class that is composed of all the food groups. (45 minutes)

**Oh! Great Grains:** A review of MyPlate with emphasis on the “grain” group and serving sizes. Students will have fun determining appropriate serving sizes for various foods. This class also introduces the six key nutrients. (45 minutes)

Fourth Grade

**Heart Healthy Eating Tastes Great:** An introduction to the role of fat in the diet with special emphasis on how to determine what foods have too much fat in them and how to cut extra fat out of your diet. This is an important lesson in conjunction with studying the heart. (50-60 minutes)

**Media and Me:** In conjunction with the DESE Health Education standard ME3A4: “Collect and display examples of how the media can influence a consumer decision regarding health practices and products (e.g. magazine, newspaper, commercial)”. Students will examine the effect of the media on their food and drink choices and how that contradicts or complements healthy MyPlate choices. (45 minutes)

**NEW Bread-y for Food Science?:** New 4th grade “Science of Food” STEM lesson. A new class is being offered to all fourth grade students. Students explore the science (and even some math) behind favorite grain foods. In this interactive lesson, students discover the role leavening agents, especially yeast, have in making baked goods rise. Students will enjoy a grain snack at the conclusion of class. (45 minutes)

Fifth Grade

**Protein-More Important Than You Imagined:** A discussion of the role of protein, protein sources, and whether or not you can be healthy as a vegetarian. This lesson compliments the Health Sciences curriculum. (50-60 minutes)

**Carbohydrates—the Sugar Story:** A discussion of the role of carbohydrates with the special emphasis on the role of sugar in the diet. This lesson complements the Health Sciences curriculum (50-60 minutes)

**Energy Drinks and Physical Activity Don’t Mix:** Complementing DESE Health Education standard ME2E5: “Summarize the relationship between food intake and physical activity”, students will investigate the harm excessive use of energy drinks and caffeine can have on the bodies and their physical activity level. Instead, they will learn what kind of foods complement their physical activity. Students enjoy a pre-activity approved snack. (40 minutes)

Use the attached class request form to indicate your preference for date, time and class subject. Scheduling will be confirmed.
Nutrition Education Class Request
Return to Nutrition Services Department 1818 W Worley or via email to jagarrett@cpsk12.org

TEACHER_____________________________________________________ GRADE_______________________

TEACHER E-MAIL____________________________________________ CLASSROOM PHONE EXT._______________

SCHOOL______________________________________________________ # OF STUDENTS______________

CLASS REQUESTED_________________________________________________________________________

FIRST THREE CHOICES FOR DATE ____________________  ___________________  ____________________
TIME ____________________  ___________________  ____________________

WHERE WILL CLASS MEET? _______________________________________

PLEASE INDICATE IF YOU HAVE ANY STUDENTS WITH FOOD ALLERGIES.

WE ARE ABLE TO SCHEDULE ONLY ONE NUTRITION LESSON PER CLASS. WE WILL NOT BE ABLE TO TEACH ANY CLASSES AFTER MAY 4, 2020.

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* * * CONFIRMATION OF NUTRITION CLASS * * *

TEACHER___________________________________________ SCHOOL _______________________________
GRADE _______________________________

NUTRITION CLASS REQUESTED

DATE SCHEDULED ________________________________
TIME SCHEDULED ________________________________

WE WILL HAVE THE CLASS AT THE ABOVE TIME UNLESS YOU NOTIFY US DIFFERENTLY. PLEASE CALL 214-3480 or 214-3451 IF YOU HAVE ANY QUESTIONS.

Please have students wash hands prior to class.