

NUTRITION EDUCATION AND PROMOTION

The school district will provide nutrition education and nutrition promotion that:

- Is offered as part of the health education classes, and throughout the K-12 instructional program. Programming will be designated to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also classroom instruction in subjects such as science, family consumer science, and other select elective subjects;
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, and farm visits.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and physical activity;
- Links with meal programs, other foods and nutrition-related community services; and,
- Includes training for teachers and other staff.

Adopted: 07/10/2006
Reviewed: 06/19/2006; 03/12/2007; 05/09/2011; 09/28/2015
Revised: 04/09/2007; 06/13/2011; 09/28/2015