

Manager's Corner

Nutrition Education

PROJECT COORDINATOR
Theresa Stretch, MS, RDN, CP-FS

EXECUTIVE DIRECTOR
Aleshia Hall-Campbell, PhD, MPH



NUTRITION



OPERATIONS



ADMINISTRATION



COMMUNICATIONS/
MARKETING



Key Area: 1 Nutrition

**Code: 1220 Classroom and Cafeteria
Integration**

2019

Institute of Child Nutrition

The University of Mississippi

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PURPOSE

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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Institute of Child Nutrition. (2019). *Manager's corner: Nutrition education*. University, MS: Author.

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November 22, 2019

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Professional Standards

NUTRITION EDUCATION – 1200

Employee will be able to utilize resources to prepare and integrate age/grade appropriate nutrition education curriculum with school nutrition program.

1220 – Classroom and Cafeteria Integration

Integrate nutrition education curriculum with school nutrition program, utilizing the cafeteria as a learning environment. (Including Team Nutrition resources)

Note: For additional information on Team Nutrition visit their website (<https://team-nutrition.usda.gov>).

Introduction

Manager's Corner: Nutrition Education is designed to empower managers to use in training their staff. Each lesson is roughly 15 minutes. This lesson plan contains:

- Learning objective
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- An activity to strengthen or refresh the knowledge of the staff

Lesson Overview

Instructions for lesson:

- Review the lesson objective and background information.
- Review why it is important.
- Ask staff the questions.
- Facilitate the activity outlined.
- Provide time for staff to ask questions.

Objective: Identify ways to incorporate nutrition education messages into the school curriculum.

Background information: School nutrition staff can play an important role in nutrition education. Managers and staff can place short messages on food bars, be a classroom speaker, and display nutrition education posters.

Why it is important: Incorporating nutrition education into the school curriculum can help children learn about nutrition and wellness in order for them to make healthy choices on their own. Including nutrition into the school curriculum will help students understand that it is an important part of their life.

Questions for Staff

- **What can we do as a school nutrition team to help educate students on nutrition?**

Answer: Managers and school nutrition staff can place short messages on food bars, be a classroom speaker, and display nutrition education posters.

- **What topics could be covered when discussing nutrition education with students?**

Answer: Managers and school nutrition staff can educate students on fruits and vegetables, and show pictures and fun videos. They can educate students on the nutrition label and what all of it means, and teach them how to make healthy choices when comparing nutrition labels.

- **Where can we find nutrition education and promotion resources?**

Answer: USDA Team Nutrition has several good (and free!) resources that can be included in the nutrition education messages provided to students. Team Nutrition has available nutrition education curricula (including activities that connect the cafeteria with the classroom and home), family newsletters with messages to promote nutrition and the school meals programs, nutrition event planning guide, infographics to promote the school meals programs, nutrition education posters, offer versus serve posters to promote student food selection, "Try Day" stickers, removable decals for the serving line, kid-tasted recipe collections, and much more. These materials are available online, and free, printed copies can be ordered (<https://www.fns.usda.gov/tn/school>).

Activity: Nutrition Education Suggestions

Activity materials included in this document:

- **Nutrition Education Suggestions**
- **Nutrition Education Suggestions Answer Key**

Materials provided by the school nutrition operation:

- Copies of handouts
- Pens/Pencils

Activity Instructions:

- Prior to the training, the manager should go to the Team Nutrition website (<https://www.fns.usda.gov/tn/school>) and order or download some resources such as nutrition education posters, decals, Offer vs Serve posters, and infographics for Lunch and Breakfast to use in the training.
- Print the handouts and worksheets.
- Ask staff to complete the **Nutrition Education Suggestions** using the information discussed as a team.
- Ask staff to come up with topics that they can discuss regarding nutrition education, and how to get students interested in learning about nutrition.
- At the conclusion of the activity, review the **Nutrition Education Suggestions Answer Key**.

Nutrition Education Suggestions

Instructions: Write your response to the questions below in the space provided and have an open dialogue with your staff.

What are some messages to share with children about nutrition?

What are ways to get the students interested in learning more about healthy foods?

Consider the variety of resources available from Team Nutrition. Choose at least three and explain ways to use them in your program.

Nutrition Education Suggestions Answer Key

Instructions: Write your response to the questions below in the space provided and have an open dialogue with your staff.

What are some messages to share with children about nutrition?

Example responses (from *Discover MyPlate* handouts):

- “Beans belong to both the Vegetable and Protein Food Groups.”
- “Children of every age need the calcium, protein, and vitamin D found in milk.”
- “Children need at least 60 minutes of physical activity each day.”

What are ways to get the students engaged in learning more about healthy foods?

Example responses:

- Contests
- Colorful pictures
- Fun videos
- Taste testing
- Bulletin board
- District's website
- Team Nutrition activities

Consider the variety of resources available from Team Nutrition. Choose at least three and explain ways to use them in your program.

NOTE: These answers are subjective and will vary by program.

Please note: The answers provided are only examples and are not an inclusive list of possible responses.

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