INCORPORATING NUTRITION EDUCATION INTO THE ELEMENTARY CURRICULUM TO HELP STUDENTS MAKE HEALTHIER FOOD CHOICES

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MANHATTAN-OGDEN USD 383
SUCCESS STORIES FROM KANSAS
BEYOND THE BASICS

• Fresh Fruit Programs
• Taste Test/Food Panelist Events
• Creative Menus
• Decorations and Displays
• Summer Feeding
• Integration into the Classroom
## DISTRICT GOALS AND TEAM

<table>
<thead>
<tr>
<th>Sphere/Area</th>
<th>Nutrition</th>
<th>Physical Activity</th>
<th>Education, Curriculum, Professional Development</th>
<th>Healthy Environments, Sustainability, Safety</th>
</tr>
</thead>
</table>
| Students    | • Comply with KSDE and USDA regulations and policies  
• Allow adequate time for meals with best practices modeled in cafeterias  
• Educate and engage students with nutrition in curriculum and standards-based lessons  
• Establish consistent boundaries to help encourage nutritious choices  
• Create alternatives to food/candy as rewards  

• Incorporate at least two 'brain breaks' per day in the classroom  
• Promote full PE sessions with robust curriculum units  
• Allow recess breaks for all students; not withheld  
• Implement KFIT to systematically track growth of personal fitness goals  

• Incorporate educational components into annual school fitness challenge  
• Support standards-based lesson with curriculum focused on fitness and nutrition  
• Promote school gardens, especially in summer school sites, for hands-on connections  

• Promote conservation of resources to “use less”  
• Allow technology to be fully utilized with features like less copies and smart thermostats  
• Recycle everything possible from paper, cardboard, plastics and metals in comingle bins  
• Empower students with active citizenship and positive changes relating to current initiatives integrated into STEM fields |
|             |           |                   |                                                |                                               |
STATE GOALS AND MODELS

• Kansas School Model Wellness Policy Guidelines adopted in June 2014

Kansas School Wellness Policy Model Guidelines

Child Nutrition & Wellness
Kansas State Department of Education

SY 2014-15
CURRICULUM

• Strong standards-based resources used for K-6 students in a variety of settings

• Serving Up MyPlate and Discover MyPlate
PARTNERSHIPS - ALLIANCE FOR A HEALTHIER GENERATION

WE’RE ON A MISSION TO BRING RECESS BACK
PARTNERSHIPS – FLINT HILLS WELLNESS COALITION

VISION
To create a healthier community for our residents through policy, system, environmental, and personal change.

Flint Hills Wellness Coalition
Community Organization
GRANTS

Improving Nutrition and Increasing Classroom Physical Activity of USD 383 Second Graders

– Monthly education sessions in all 2nd Grade Rooms with Food Service Staff and K-State Partners
– Teacher involvement and curriculum resources
– Administrative/Leadership Team Support
– Family events
EVENTS - BODY VENTURE
LEARNING GARDENS – FARM2FORK
COMMUNITY EVENT - BODYFIRST SCHOOL FITNESS CHALLENGE
OVERVIEW

• Set Ambitious Goals/Partnerships
• Strong, FREE Content/Resources
• Student-Centered Events
• Sustainability with Stellar Teams
THANK YOU

QUESTIONS?