

**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

Sphere/Area	Nutrition	Physical Activity	Education, Curriculum, Professional Development	Healthy Environments, Sustainability, Safety
<p>Students</p>	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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



 RESOURCES

 SEARCH

 LOG IN/REGISTER

[DONATE](#)

[About Childhood Obesity](#)

[Live Healthier](#)

[Take Action](#)

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**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
FHW C

"CULTIVATING
Community Health

Flint Hills Wellness Coalition
Community Organization

Liked Message

The image is a Facebook cover photo for the Flint Hills Wellness Coalition. It features a collage of images: a young plant growing in soil, a person on a bicycle, a variety of fresh vegetables (corn, tomatoes, peppers, strawberries), and a family of four walking in a park. The text includes a vision statement, the organization's name and logo, and social media interaction buttons.

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



FIT 6 2015!



MHS Class of 2021!



OVERVIEW

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

THANK YOU



QUESTIONS?