

Manager's Corner

Nutrition Education

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NUTRITION



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Institute of Child Nutrition

The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at the University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

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.

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

For additional information on Team Nutrition visit: <https://www.fns.usda.gov/tn/team-nutrition>

Introduction

Manager's Corner: Nutrition Education is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. *Manager's Corner: Nutrition Education* provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.

Lesson Overview—Questions

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

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.

Materials included in this document:

- **Nutrition Education Suggestion Activity**
- **Nutrition Education Suggestion Activity Answer Key**

Instruction:

Ask the staff to answer the questions included in this training. Facilitate the activity.

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. They can educate them about the effect that different foods can have on your health, and the different diseases that occur from malnutrition.

Activity instructions:

- Ask staff to complete the **Nutrition Education Suggestion Activity** 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 Suggestion Activity Answer Key**.

Nutrition Education Suggestion Activity

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

What are some topics to share with children about nutrition?

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

Nutrition Education Suggestion Activity- Answer Key

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

ANSWER:

What are some topics to share with children about nutrition?

- Nutrition fact labels
- Different fruits and vegetables are and facts about them
- The benefit of each food component.

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

- Use colorful pictures
- Fun videos
- Taste testing

References

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