

PINE GROVE AREA SCHOOL DISTRICT

ADMINISTRATIVE REGULATION

246-AR-0. NUTRITION EDUCATION AND PROMOTION

Designated instructional staff will integrate nutrition education into the district's sequential, comprehensive health education program. The program will be reviewed and updated, as appropriate.

Nutrition education will be interactive and will provide students with the knowledge and skills needed to adopt healthy eating behaviors.

Nutrition education will be provided in school cafeterias, as well as in the classroom, with coordination between the food service personnel and teachers.

The district will provide to the staff responsible for providing nutrition education appropriate education and training that focuses on strategies for promoting healthy eating behaviors of students.

Consistent nutrition messages will be disseminated throughout the district, schools, classrooms, cafeterias, homes and community in the following manner:

1. Handouts.
2. Posters and bulletin boards.
3. Postings on the district's website.
4. Articles and information provided in district or school newsletters.
5. Presentations that focus on nutritional value and healthy lifestyles.
6. Special programs that highlight aspects of nutrition education.
7. News media.

Lessons and Activities

District staff will develop and implement nutrition education lessons and activities that are appropriate to the student's age and developmental levels. The Pennsylvania Department of Education (PDE) offers nutrition education curriculum resources to assist staff in implementing nutrition education lessons.

Instructional staff may integrate nutritional themes into daily lessons and activities to complement the academic standards based on nutrition education. Nutritional themes may include, but are not limited to:

1. Knowledge of USDA dietary guidelines.
2. Sources and variety of foods.
3. Guide to a healthy diet, including snacks and the importance of breakfast.
4. Concepts of control and prevention of disease and nutritional deficiencies.
5. Use and misuse of dietary supplements.
6. Understanding calories.
7. Understanding and using food labels.
8. Essential nutrients and their relationship to physical performance and body composition.
9. Appreciating cultural diversity related to food and eating.
10. Recognizing appropriate serving sizes.
11. Safe food preparation, handling and storage.
12. Identifying and limiting junk food.

Schools will be supportive in helping students to practice the nutritional themes used in lessons and activities.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the Superintendent or designee will be responsible for ensuring that:

1. Nutrition education materials and cafeteria menus are sent home with students, posted in school buildings, announced during morning broadcasts, and made available on the district's website.
2. Parents/Guardians are encouraged to send healthy snacks/meals to school.
3. Screening services are offered on campus for district students.
4. Links with nutrition service providers (e.g., qualified public health and nutrition professionals) are established to inform families about supplemental nutritional services available in the community.

5. Nutrition education curriculum may include homework that students can do with their families, such as:
 - a. Reading and interpreting food labels.
 - b. Reading nutrition-related articles.
 - c. Preparing healthy recipes.
6. School staff will be encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate.