Nutrition Education in the Classroom

Nutrition Education is an important part of a comprehensive school health education curriculum. Nutrition topics can be integrated into other subject areas, such as math, science, and language arts.

With limited resources, where can schools find teaching materials to use in the classroom setting?

- **CATCH.** Coordinated Approach to Child Health is an evidence-based coordinated school health program that teaches children to identify, practice and adopt healthy eating and physical activity practices. For more information, contact the NM Department of Health Carol Marr, carol.marr@state.nm.us
- **Eat Smart. Play Hard.** www.fns.usda.gov/eatsmartplayhard. Promotional kit and activity ideas from Team Nutrition
- **Nutrition Explorations.** www.nutritionexplorations.org. Curricula and lesson ideas from the National Dairy Council. The 2nd and 4th grade nutrition units are linked to NM Standards & Benchmarks. Check it out at www.dairymax.com, and select “Teachers”
- **MyPyramid.** www.mypyramid.gov. Elementary nutrition lessons and free materials on the new food pyramid

Other nutrition education programs offered through the community:

- **KIDS CAN!** Contact your local County Extension office or call 1-877-003-3637
- **Cooking with Kids™** may be available in your area www.cookingwithkids.net
- **Kids Cook!** www.aps.edu
- **SNACK.** National Dance Institute of NM’s nutrition curriculum available for free download at www.ndi-nm.org
- **Media & Wellness.** www.nmmlp.org/store/media_wellness.html. NM Media Literacy Project offers a K-12 curriculum that teaches students to challenge media messages shaping our attitudes, actions and lifestyles in our media-saturated society.

Practical Tips

- Send a list of healthy snack recommendations home to parents
- Offer nutrition education activities at family nights and other evening events
- Include nutrition education topics and articles in staff and parent newsletters
- Include nutrition education in home activities and assignments
- Invite parents to join your school’s wellness council
- Present nutrition education information to PTA or invite a local nutrition professional to discuss the topic related to child health

Examples of these are available in other AFHK fact sheets or in the NM Wellness Toolkit.

Where can I get more information?

- **www.ActionForHealthyKids.org**
  Select “Resources to Improve Schools/Nutrition Education” and while you’re there, select the NM Toolkit for Nutrition.
- **USDA Team Nutrition** – www.fns.usda.gov/tn