

## 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](mailto:carol.marr@state.nm.us)
- **Eat Smart. Play Hard.** [www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard). Promotional kit and activity ideas from Team Nutrition
- **Nutrition Explorations.** [www.nutritionexplorations.org](http://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](http://www.dairymax.com), and select “Teachers”
- **MyPyramid.** [www.mypyramid.gov](http://www.mypyramid.gov). Elementary nutrition lessons and free materials on the new food pyramid
- **The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions.** [www.fns.usda.gov/tn/Resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/Resources/power_of_choice.html). Lessons and activity ideas intended for after-school programs, but can easily be used in the classroom.

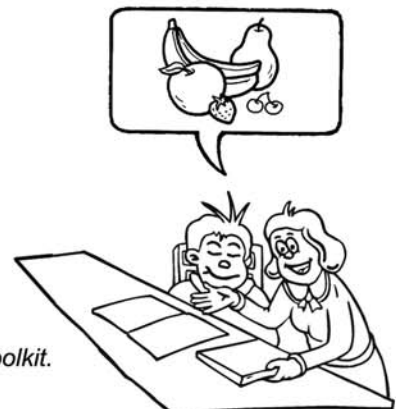
### Other nutrition education programs offered through the community:

- **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](http://www.cookingwithkids.net)
- **Kids Cook!** [www.aps.edu](http://www.aps.edu)
- **SNACK.** National Dance Institute of NM’s nutrition curriculum available for free download at [www.ndi-nm.org](http://www.ndi-nm.org)
- **Media & Wellness.** [www.nmmlp.org/store/media\\_wellness.html](http://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](http://www.fns.usda.gov/tn)