

# Before You Start

## Engage Your School

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- Working with your fellow teachers and administrators, commit to school wellness measures that impact the students, staff and teachers.
- Schedule a day or week each month to focus on nutrition and physical activity school wide.
- Start a school community garden for exercise and to learn how food grows.
- Be creative in how you provide learning opportunities to the school community.

## Learn About Nutrition, Food and Physical Activity

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- Become a healthy role model to your students and peers by practicing healthier behaviors and making healthier choices.
- Discover how much better you feel when you eat well, get more physical activity and take care of your general health.
- Engage your colleagues in fun activities that support and encourage health and physical activity.

## Coordinate and Implement Across Grades and Subjects

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- Provide a copy of the Community Voices for Health curriculum to every teacher so they can decide how best to incorporate the ideas into their lessons.
- Discuss coordinating your approach in planning sessions by grade and by subject area. Lessons may vary throughout the school, but will overlap on the nutrient theme.
- Lessons can be simple or complex. For example, a math teacher can use the “Nutrition Facts” labels on food packaging to calculate percentages, or take this a step further and compare quantities of nutrients to total daily nutrient needs, and graph them on a bar chart. Use the “Did you know...” stimuli to warm up in language arts or to write a research paper/presentation.
- After each nutrient informational text sheet there is a lesson on food labels. As a supplement, look at the Chipotle website where you can demonstrate adding and subtracting ingredients and seeing real time changes in nutrient content. For example, add sour cream to your burrito and exchange chicken for beef and see the effect on fat content.
- In addition to the nutrition integration piece, teachers are asked to incorporate physical activity breaks throughout the day, and suggestions follow in this document.
- Use the “Lesson Tracking” form to record what was taught. Your school can put together a binder of ideas teachers generate to share with colleagues.  
Use the “Tracking Your Efforts” form to record when and how often you integrate nutrition and physical activity during the week. Tally the numbers for a school wide assessment of health instruction time.
- Keep in mind that food, physical activity and learning about nutrition can be really fun!

## ***Abbreviations Used in Lesson Ideas***

CDC – Center for Disease Control

DOE – Department of Energy

EPA – Environmental Protection Agency

FDA – The Food and Drug Administration

TN – Team Nutrition, USDA

USDA – United States Department of Agriculture

USGS – United States Geologic Survey

## ***Primary Resources***

Community Voices for Health

[www.american.edu/cas/seth/cvhealth/](http://www.american.edu/cas/seth/cvhealth/)

Team Nutrition, USDA

<http://teamnutrition.usda.gov/>

Food Information and Nutrition Center

<http://fnic.nal.usda.gov/>

Nutrition.gov

[www.nutrition.gov/](http://www.nutrition.gov/)

