



As a community, we must educate our young people about healthy lifestyles in order to raise generations of children free from the burden of obesity.

## Integrating Concepts about Food, Nutrition and Physical Activity into Middle School Curriculum

Creatively Meeting Core Standards for Math, Science, Language Arts and Social Studies

Community Voices for Health  
SCHOOL OF EDUCATION, TEACHING & HEALTH  
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# Introduction

Teachers are already burdened with expectations beyond teaching their core curriculum, but the truth is that teachers are best positioned to impact students in a holistic way. Working with middle school students, especially in economically disadvantaged neighborhoods, nutrition and health can take a back seat to school achievement, but we can't escape the need to eat and the importance of good nutrition on a student's ability to concentrate and learn.

The Community Voices for Health curriculum "Integrating Concepts about Food, Nutrition and Physical Activity into Middle School" is intended to help you increase the amount of nutrition education and physical activity you are providing for your students. Educators agree that healthier students are better learners (Basch, C.), so empowering students to make healthy food choices and be physically active is very important to academic achievement. Healthy environments, good role-models, and learning opportunities all contribute to improving the health behaviors and academic outcomes of your students.

The following conceptual model will stimulate teachers' interest in topics about food, food production, gardening and nutrition, and help them seamlessly include them in their regular lesson plans. The curriculum is organized into six nutrient content areas - carbohydrates, protein, fat, vitamins, minerals and water. Each content area contains fundamental food, growing, nutrient and food labeling information, common core standards for math, language arts, science and history, provocative facts and questions, and lesson suggestions. The intent of the design is that teachers can easily coordinate with their colleagues across their grade, and the school, to focus the delivery to suit your school schedule and priorities.

## ***Program Goal:***

Schools will creatively incorporate food, nutrition and physical activity learning opportunities within classroom lessons and programs in order to teach information about nutrition, health and food systems, convey the value of healthy lifestyles and ultimately support the staff and students in developing healthy behaviors.

## ***Program Objectives:***

- School administrators will support a school wide emphasis on health by supporting teachers to integrate concepts about nutrition themes throughout their lessons.
- Teachers will adapt the nutrition theme to fit their current curriculum and learning standards.
- Teachers will focus on information delivery with an emphasis on practical application.
- Students will achieve a higher level of knowledge of nutrition, food and healthy behaviors.
- Students will be more empowered to make choices that promote health.