

For more information about our nutrition education programs, please contact:

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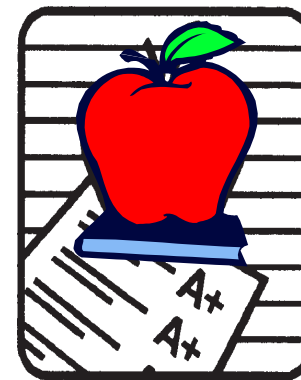
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U.S. Department of Agriculture, University of California, and San Mateo & San Francisco Counties Cooperating



University of California Cooperative Extension  
Agriculture & Natural Resources  
San Francisco/San Mateo Counties

# NUTRITION EDUCATION IN THE CLASSROOM



Sponsored by the  
Youth Food Stamp Nutrition Education Program

# WHY IS NUTRITION EDUCATION IMPORTANT?



Research shows a strong link between nutrition and learning. Well nourished and healthy children are ready to learn and achieve their fullest potential. When children can learn about, prepare, and sample healthy foods they are more likely to develop appropriate eating habits.

The goal of our program is to help children acquire knowledge, attitudes, and skills necessary to make healthy food choices that will ultimately affect their academic performance. This goal is accomplished through collaboration with educators who extend nutrition education to their students for a minimum of six hours during the school year.



## Our Services:

- Free nutrition education curricula and supporting materials
- Interactive 1.5 hour in-service on curriculum and ongoing support throughout the school year
- "Eating Right is Basic" Newsletter
- In-class nutrition/cooking lessons
- Coordination of special events such as Family Nutrition Nights, and multilingual parent nutrition classes and workshops

## Educator Requirements:

- Attend a group or individual in-service
- Complete an enrollment form each year
- Deliver a minimum of six hours of instruction per school year
- Complete a year-end program evaluation

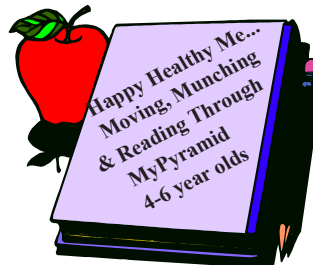


# NUTRITION CURRICULA

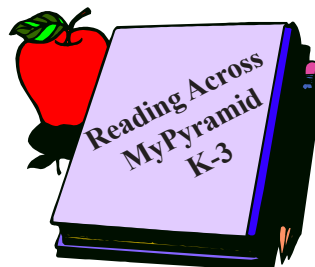
We offer a variety of innovative curricula correlated to California State Content Standards, plus in-service training and support, at no cost to schools with 50% or more children receiving free or reduced price school lunch.



Activity-based program to build skills and motivate young children to make food choices for a healthy diet, be more physically active, and explore new foods.



Young children are introduced to a variety of nutrition and food concepts through high quality children's storybooks. Hands-on, interactive nutrition and physical activities support the story and nutrition themes. Lessons focus on MyPyramid food groups, healthy snacks, exercise, and handwashing.



Children learn about food and nutrition through delightful children's storybooks with food-related themes, while improving their literacy skills.



English/Spanish nutrition education materials help 4th and 5th grade teachers and youth leaders integrate nutrition and physical activity messages across the curriculum. The School Idea & Resource Kits include a leader's guide, individual student workbooks, and parent brochures. The Community Youth Organization Idea & Resource Kit targets 5 to 11 year olds, including 20 activities and physically active games.



Children learn about healthy food choices through the development and harvesting of a vegetable garden.