



Code No. 507.9R1

NUTRITION EDUCATION AND PROMOTION

The school district will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health/physical education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities;
- promotes fruits, vegetables, whole-grain products, low-fat and fat free dairy products, healthy food preparation methods and health-enhancing nutrition practices; and
- includes training for teachers and other staff.