

WHAT YOU CAN DO TO SUPPORT NUTRITION Awareness Month!



⇒ Visit the SHPD website for programs, resources & news: www.healthiersf.org

Teach a Lesson: Contact your Health Advocate to locate curriculum resources.

Recommended Lessons for *Nutrition Education*

Curriculum	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
* <i>Actions for Health</i> (ETR) District Adopted Curricula	Lessons 7, 11, 18-22, 28	Lessons 8, 15-17	Lessons 15, 22	Lessons 13-15, 17	Lessons 14-17	Lessons 4-6
Lessons from www.mypyramid.gov	Level 1			Level 2		Level 3
Children's Power Play! ^{**1}					Fourth Grade School Idea & Resource Kit	Fifth Grade School Idea & Resource Kit
Reading Across MyPyramid ^{**2}	←←← Kindergarten to Grade 3 →→→					
Video: Body Talk 3 (The Body Positive)	←←← All Levels →→→					

*Nutrition lesson content is not based on 2005 Dietary Guidelines for Americans. Updated information is available at www.mypyramid.gov.

**Available to low income schools only. ¹Contact Tuline Baykal, Children's Power Play!, 510-639-1361, tnbaykal@ucdavis.edu;

²Contact Jennifer Gabet, UC Cooperative Extension, jgabet@ucdavis.edu, 650-871-7559

Attend a Professional Development Workshop:

Contact your Health Advocate for more information; also see the *Save the Date* for other Elementary health workshops and the WADs online.

Afternoon Workshops (stipend provided—per funding requirements, registration priority will be given to teachers at schools with at least 50% participation as free/reduced in the school lunch program)

Getting Ready for Nutrition Awareness Month: Plan a month of nutrition lessons & activities with hands-on & easy resources
Classroom Teachers, Grades K – 5 Thursday, February 19, 2009 4:00 pm– 6:00 pm SHPD

Nutrition in the Garden: Learn strategies to link nutrition education to garden based science concepts
Classroom Teachers, Grades K – 5 Wednesday, March 25, 2009 4:00 pm– 6:30 pm Location TBD

Collaborate to organize a classroom or school-wide activity:

Work with your students, parents, Parent Liaison, Health Advocate, PE specialist and School Health Program Department staff: Nurse, Learning Support Professional, After School Coordinator, Site Nutrition Coordinator.

- **Organize a school-wide nutrition education activity:** create a bulletin board, sponsor a poster contest, provide a parent workshop on healthier snacks or on the importance of eating a healthy breakfast
- **Contact a community based organization** to invite a speaker into your classroom or for curriculum resources: UC Cooperative Extension (650) 871-7559, California Dairy Council (www.dairycouncilofca.org) or visit <http://www.healthiersf.org/Resources/pubs/cbo/CBO%20Resource%20Guide.pdf> .
- **Promote the SDFUSD Wellness Policy** (www.sfusdfood.org) by role modeling healthy snacks at staff meetings; rewarding students with non-food items, including physical activities or field trips; and fundraising with a walkathon or sales of school supplies.
- **Visit the Nutrition Education Project website @ www.healthiersf.org/nutrition for additional resources, including:** Harvest of the Month, Nutrition Newsletters, wellness tips, best practices & more!