

# How National Dairy Council's Nutrition Expedition Programs Support a School Wellness Policy

## Little D's Nutrition Expedition™



## Arianna's Nutrition Expedition™



### Local Wellness Policy Component 1: Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. The following should be considered when establishing nutrition education policy language:

- Students in grades pre-K -12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

**2<sup>nd</sup> grade – Little D's Nutrition Expedition and 4<sup>th</sup> grade – Arianna's Nutrition Expedition is a Five Food Group based, classroom nutrition education program that teaches the importance of healthy eating.**

- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.

**Opportunity for SFSD to know about the programs and coordinate with classroom teachers on how to bring programs alive into the cafeteria. (Classroom program will provide a Teacher CD-Rom with colorful characters available for printing that could be posted in the cafeteria with a nutrition message.)**

- Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.

**Nutrition Expedition programs provide tips on "Mealtime Connections" (list of ideas on how to extend nutrition message from classroom to cafeteria [and home]) as well as a separate section called "Home Connections" (template letters to extend nutrition message and learning to home).**

- State and district health education curriculum standards and guidelines include both nutrition and physical education.

**Nutrition Expedition programs support National Health standards as well as those states that currently have local state standards.**

- Nutrition is integrated into the health education curricula or core curriculum (e.g., math, science, language arts).

**Nutrition Expedition programs support the National Language Arts curricula with additional cross-curricular connections.**

- Schools link nutrition education activities with the coordinated school health program.

**Nutrition Expedition programs support the coordinated school health program in promoting healthy eating, promoting the importance of physical activity, and promoting learning outside of classroom.**

- Staff who provide nutrition education have appropriate training.

**Nutrition Expedition programs provides an easy to read Nutrition Backgrounder on up-to-date general nutrition information, easy to read charts and blackline masters for extending the message home. Learner Verification results showed teachers felt the programs had sufficient information to**

**be able to teach program without extra training.**