

# Nutrition News for Teachers

February 2002

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## In the News

### March is National Nutrition Month

It's never too late - or too early - to begin building healthy eating habits and physical activity into our lives. Why not "Start Today for a Healthy Tomorrow"? That's the theme for March 2002, National Nutrition Month ®.

Americans of all ages will benefit from making healthful nutrition and physical activity choices. As a teacher, you have chances every day to teach students skills that will benefit them for a lifetime. You also have an opportunity to be an important role model.

This newsletter is full of ideas and teaching resources. It is brought to you by the ND Dietetic Association and the ND Department of Public Instruction. Check out how the food service program in your school will be promoting National Nutrition Month ®. Together you can make a difference!

### Surgeon General's Call to Action

The United States' Surgeon General, David Satcher, has called all citizens to take action against the nation's fastest-growing epidemic - obesity. Currently, 13% of our children and adolescents are overweight. This number has TRIPLED since 1980 (61% of US adults are overweight). Strategies the Surgeon General has recommended include ensuring daily physical education for students in all grades and promoting healthier food choices in schools, including those foods offered in vending machines. Read more about it at [www.surgeongeneral.gov/topics/obesity/](http://www.surgeongeneral.gov/topics/obesity/)

## School Food is Cool Food

This year, Lunchbuddy will promote National Nutrition Month ® in schools across North Dakota. The lead food service professional at all elementary schools will receive a cool new poster for the cafeteria. The poster features cleverly hidden foods. Students may count the foods and enter a contest at [lunchbuddy.com](http://lunchbuddy.com). Go to this website and click on "Games and Contests."

Teachers may request a poster for the classroom. To request, simply log onto [lunchbuddy.com](http://lunchbuddy.com) and click "contact us" at the bottom of the screen. Or, call the North Dakota Department of Public Instruction toll free at (888) 338-FOOD.

While visiting [lunchbuddy.com](http://lunchbuddy.com), check out the teacher resources and online discussions. Please help spread the message that "School Food is Cool Food"!

Brought to you by your  
partners in education,  
nutrition, and good  
health:

ND Dept. of Public  
Instruction  
Child Nutrition Programs  
and

North Dakota  
Dietetic Association



# Better Breakfast - Better Learning

Breakfast readies students for learning. School breakfasts are economical compared to home or eating out. They are cost effective for schools, too, because they are supported by federal funds.

In North Dakota, about 12,000 students receive one-fourth or more of their daily nutrient needs through the School Breakfast Program (SBP).

The offered meals include: milk, a fruit or vegetable (which can be juice); and 2 servings of bread or cereal,

"The students are more calm after a good breakfast. "

- Karen Tanous, 1st grade teacher  
Ft. Lincoln Elementary  
Mandan, ND

or a serving of bread/cereal and a serving of protein rich food, which can be eggs or peanut butter.

The number of ND schools participating in the program is growing each year, but our state is still far below average in the number of students who have access to both lunch and breakfast at school. Check out the School Breakfast Scorecard: 2001, a publication of the Food Research and Action Center [www.frac.org](http://www.frac.org).

The Fort Lincoln Elementary school in Mandan began the breakfast program in January, 2002. The program had a successful beginning. The number of students served is now well over 100. According to Karen Tanous, 1st grade teacher, the program has been very beneficial. "The students are more calm after a good breakfast. They are more ready to learn, and I'm very happy that they have this opportunity.

" As a teacher, you are a role model who influences students. Check the actions you will take:

- be positive in your attitude toward school meals.
- read the menu to students regularly.
- have a breakfast meeting with your class.
- visit with students in the cafeteria, and eat breakfast with students often.
- plan a breakfast menu around a geography or social studies lesson
- read to students while they eat a classroom breakfast.
- support the efforts of the food service staff to provide healthful meals.

- link nutrition education in the classroom to the meals planned and served in the cafeteria.\*
- advocate for scheduling of meals and breaks that provide a pleasant and relaxed dining experience for students.\*

*\*Fit, Healthy, and Ready To Learn, A School Health Policy Guide, National Association of State Boards of Education, 2000.*



School Breakfast Week  
March 4-8, 2002

## Changing The Scene

A healthy school nutrition environment is one where nutrition and physical activity are taught and supported in the classroom, the cafeteria and throughout the school. This environment provides positive messages that help students develop healthy eating and physical activity habits.

The United States Department of Agriculture (USDA) has developed a tool kit, "Changing the Scene –

Improving the School Nutrition Environment" that is receiving rave reviews from around the county. It is a guide to local action. Available at no charge, it includes several resources for school staff, community members and teachers.

North Dakota teachers were trained on the use of the tool kit at the 2001 Roughrider Health Promotion Conference in Medora. Mike Anderson, a teacher at the Nedrose

School, has found the kit to be very useful. According to Mr. Anderson, "It is a great reference. We reviewed it before we set up our Nutrition Advisory Committee. Also, it was a good resource for a

"It was a good resource for a schoolwide survey on our food service program."

- Mike Anderson, Teacher  
Nedrose School - Minot, ND

schoolwide survey on our food service program." A follow-up session will be provided by North Dakota Department of Public Instruction staff at the 2002 Roughrider Conference, May 28-31, 2002.

To order, go to:  
<http://www.fns.usda.gov/tn/Resources/changing.html>.  
Questions about this resource can be directed to the Child Nutrition office at (888) 338-FOOD.

# Start Teaching Nutrition Today for a Healthy Tomorrow (for you and your students)

As a teacher, you have recognized that healthy students do better in school. You know that good nutrition and physical activity are integral to good health. In fact, research has shown that an appropriate diet can:

- improve problem-solving skills
- improve test scores
- improve attendance\*

Physically active students

- are more alert and
- concentrate better in the classroom\*\*

You have the unique opportunity to help your students become healthier today and teach skills that will benefit their health for the rest of their lives. This opportunity can be fulfilled through teaching children about good nutrition and physical activity.

Factors in society are making it more difficult for families to make healthy choices. Some of these are the increased availability of sweetened beverages and high calorie snack foods, busy schedules and eating "on the run", and

promoting skills at home, in the community and at school, both in the cafeteria and the classroom. Here's your chance to provide that classroom link. Ideas and resources for teaching students about good nutrition

Active links will take you right to the resources described.

*\*\* Energizing the Classroom: A Summary of the Three Year Study of the Universal Breakfast Pilot Program in Minnesota Elementary Schools, Minnesota Department of Children, Families and Learning. 1998.*

*\*\* Troccoli, KB. "Eat to Learn, Learn to Eat: the Link Between Nutrition and Learning in Children," Washington, DC: National Health/Education Consortium. 1993.*

Recipe for Success in Teaching Nutrition Education
As you start teaching about nutrition,
1) focus on teaching skills, not just facts
2) give students the opportunity to practice
3) make the lessons fun
4) involve students' families*
*Changing the Scene, USDA Team Nutrition

the high number of hours spent in front of the television, computer and video games. To overcome these forces, children need to observe, learn and practice health-

and physical activity follow. Read about them on the following pages or on the web at: [www.newsletters.com](http://www.newsletters.com).

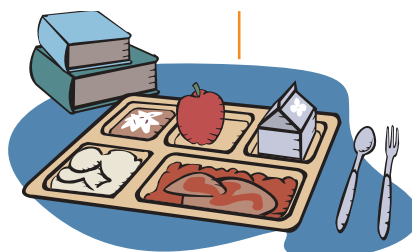


## School Food is Healthy Food

Have you noticed? School meals are becoming healthier and offering more choices than ever before. Students who eat school meals take in more calcium, vitamins and other minerals than those who don't. In North Dakota, school meals are getting better every year.

Child Nutrition Specialists at DPI who measure the nutrient content of foods find that schools are making continual improvements in the menu offerings. The training and

support provided by DPI staff and others has really paid healthy dividends.



School foodservice professionals are doing many things to lower fat in menus and provide healthy options to kids. The combinations of healthful foods that can be chosen from some school cafeterias is amazing!

According to the Surgeon General, other health professionals and the National Association of

State Boards of Education\*\*, food choices offered outside of school meals programs need more attention to ensure that a healthy environment is formed.

*\*Children's Diets in the Mid-1990's: Dietary Intake and Its Relationship*

*with School Meal Participation, USDA, 2001.*

*\*\* Fit, Healthy, and Ready To Learn, A School Health Policy Guide, National Association of State Boards of Education, 2000.*

# Nutrition News for Teachers

## Resource Page

### Websites of Interest

Lunchbuddy.com	<a href="http://www.lunchbuddy.com">www.lunchbuddy.com</a>
NDSU Extension Service	<a href="http://www.ag.ndsu.nodak.edu/food.htm">www.ag.ndsu.nodak.edu/food.htm</a>
ND Dietetic Association	<a href="http://www.ndsu.nodak.edu/ndda/index.html">www.ndsu.nodak.edu/ndda/index.html</a>
Food Guide Pyramid	<a href="http://www.nal.usda.gov/fnic/Fpyr/pyramid.html">www.nal.usda.gov/fnic/Fpyr/pyramid.html</a>
Dietary Guidelines for Americans	<a href="http://www.usda.gov/cnpp/Pubs/DG2000/Index.htm">www.usda.gov/cnpp/Pubs/DG2000/Index.htm</a>

### Lesson Plans and Activity Links

Louisiana Department of Education	<a href="http://www.doe.state.la.us/DOE/dna/jazzy.asp">www.doe.state.la.us/DOE/dna/jazzy.asp</a>
Canada's Open Learning Agency	<a href="http://www.cln.org/subjects/nutrition_inst.html">www.cln.org/subjects/nutrition_inst.html</a>
Young People's Healthy Heart Program	<a href="http://www.healthyheartprogram.com/main.htm">www.healthyheartprogram.com/main.htm</a>
Teaching fruits and vegetables unit	<a href="http://www.libsci.sc.edu/miller/fruitveg.htm">www.libsci.sc.edu/miller/fruitveg.htm</a>
Teaching science and health	<a href="http://www.sciencespiders.com">www.sciencespiders.com</a>
How to Teach Nutrition to Kids	<a href="http://www.nutritionforkids.com">www.nutritionforkids.com</a>
National Cattlemen's Beef Association	<a href="http://www.teachfree.com">www.teachfree.com</a>
National Dairy Council	<a href="http://www.nutritionexplorations.com/teacher_central.html">www.nutritionexplorations.com/teacher_central.html</a>

### Publications

#### Children's Books About Food, Eating and Health

The North Dakota Nutrition Council and the North Dakota State University Extension Service have published a listing of books for children about being active, cooking, foods and eating. It also includes a list of websites about food and nutrition. Contact your local NDSU Extension Service office to request a copy.

### Visual Resource

#### It's Up To You! Poster

This new poster delivers healthy eating and physical activity messages together in one place. Side-by-side Food Guide Pyramid and physical activity pyramid grace the front of the poster. The reverse side contains information you can use to deliver messages about linking good food choices and daily physical activity to your students. To order this poster (USDA 131), send your name, school name and address to:

USDA's Team Nutrition  
3101 Park Center Drive, #632  
Alexandria, VA 22302  
Or Fax request to: 703.305.2549

# Nutrition News for Teachers

## Resource Page

### People

#### Extension Agents

Extension Agents can provide resources to assist teachers in presenting sound nutrition education programs. Agents are also available for guest speaking engagements. Contact information is available at this website: [www.ag.ndsu.nodak.edu/ctyweb.htm](http://www.ag.ndsu.nodak.edu/ctyweb.htm)

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#### LRD

Licensed Registered Dietitians (LRD's) work in hospitals, clinics, community and government programs, the food industry, or in universities. Their services may be provided on a volunteer basis or fee per service, depending on the scope of services provided. LRD's can answer your questions about nutrition and health, suggest nutrition resources and materials to teachers and curriculum supervisors, and conduct in-service training for school administrators, teachers, and foodservice personnel.

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#### LN

Licensed Nutritionists (LN's) in North Dakota work mainly in community and government programs. LN's can answer your questions about nutrition and health, teach nutrition, and/or suggest nutrition resources and materials to teachers and curriculum supervisors.

*To locate a LRD or an LN in your area, send an e-mail to: [sandy\\_walen@mail.und.nodak.edu](mailto:sandy_walen@mail.und.nodak.edu)*

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### Curricula for Teaching Nutrition Education

The following may be ordered from the National Food Service Management Institute, via their website at [www.nfsmi.org/index.html](http://www.nfsmi.org/index.html); click on Resource Guide, or for a catalog, call toll-free, 1-800-321-3061 or via e-mail: [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)


**Food Time** Grades 1-2 Activity-based program to build skills and motivate healthy eating choices. Audio and video materials. 1995, Scholastic.

**Food Works** Grades 3-5 Activity-based program to build skills and motivate children to make healthy eating choices. 1995, Scholastic.

**Nifty Nutrition** Comprehensive nutrition education curriculum includes notebooks for each grade and videos. Includes skill integration activities. Modules can be purchased as a set or separately. 1998, Arkansas Department of Education.

**Pyramid Builders** Grades K-6 developed by the. Includes resources for teachers and school food service personnel and ideas for after-school programs. 1993, Kansas State Board of Education.

**Pyramid Pursuit** Grades 1-3 and 4-6. Presents child-centered interpretation of the Dietary Guidelines for Americans. Includes resources for school food service personnel. 1995, Mississippi Department of Education.





# Nutrition News for Teachers

A newsletter from:



ND Department of  
Public Instruction  
Child Nutrition Programs  
600 E. Boulevard Ave., Dept. 201  
Bismarck, ND 58505-0440



ND Dietetic Association  
PO Box 8237  
Grand Forks, ND 58202-8237

## Check Out the 2002 Lunchbuddy Poster!

To order at no charge, call the Department of Public Instruction at (888) 338-FOOD, or log onto [lunchbuddy.com](http://lunchbuddy.com) and click on "contact us". Consider displaying the poster in the classroom and encouraging students to enter the contest between March 1-15, 2002

