

# Help Students Put Classroom Nutrition Learning Into Practice

**Today's** emphasis on school wellness environments makes the need for teaching healthy nutrition more important than ever. As the school nutrition expert, you are in a unique position to help students put classroom learning into practice in the cafeteria and help teachers bring nutrition learning to life.

As part of National Dairy Council's (NDC) long-standing commitment to nutrition and in response to local school wellness policies, NDC has developed two new nutrition education programs for the classroom: *Little D's Nutrition Expedition*™ for 2nd grade and *Arianna's Nutrition Expedition*™ for 4th grade. These Five Food Group-based programs are available free of charge to teachers and school nutrition professionals, and can be found in the Educators' Section on the Web site [www.NutritionExplorations.org](http://www.NutritionExplorations.org).

Let teachers in your district know they are available and download a copy for yourself so you can link to what's happening in the classroom.

Turn over for ideas to help make nutrition classroom learning come to life.



# Nutrition Education Tie-Ins—Ideas For Connecting With Classroom Learning:



★ **Volunteer to do a short presentation about interesting food facts in the classroom.** Discuss which vegetables grow above ground and which grow below ground. Discuss whether the tomato fits in the vegetable or fruit group.



★ **Partner with teachers during parent conferences to showcase how classroom instruction is being applied at mealtime** and have children share what they have learned.



★ **Offer to supply sample food items for classroom activities.** The Five Food Groups provide opportunities for sampling new foods as well as everyday favorites. Start out with a taste test of flavored milks or yogurts. Then, sample an unusual fruit or vegetable in the classroom and reinforce the experience by offering it again for lunch in the cafeteria. Extend the sampling ideas by having students in the classroom plan menus using the new foods that could be used in the cafeteria.



★ **Invite students on a guided tour of the cafeteria.** Display a variety of foods from the Five Food Groups, and discuss the importance of getting foods from each group. Divide students into five teams, one representing each food group. Ask teams to list all of the foods they see from their food group.



★ **Encourage teachers to conduct poster contests** related to a specific nutrition concept taught in the programs, like: “Milk Group foods help build strong bones.” Hang the winning posters on the cafeteria walls.

## For more information:

- ★ Nutrition Expedition Programs, visit [www.NutritionExplorations.org](http://www.NutritionExplorations.org) > *Educators Section*, or contact your local Dairy Council.®
- ★ Classroom Connections, visit [www.NutritionExplorations.org](http://www.NutritionExplorations.org) > *School Foodservice > Classroom Connections*