

FBISD Wellness Handbook

Child Nutrition Department Guidelines

Nutrition Education:

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program (**Coordinated Approach To Children's Health** program and curriculum) with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

- The District will identify and evaluate the current Nutrition Curriculum resources at least every 2 to 3 years. Nutrition Education Goal 1, Objective 2
- The District will provide nutrition education resources to be integrated into all appropriate subject areas. Nutrition Education Goal 2, Objective 1
- All 7th Grade health classes will include an age-appropriate curriculum unit on nutrition. Nutrition Education Goal 2, Objective 1
- All High School Health classes will include an age-appropriate curriculum unit on nutrition. Nutrition Education Goal 2, Objective 1
- The district will evaluate the use of nutrition education resources into other content areas. Nutrition Education Goal 3, Objective 1
- The District will communicate information about district-wide food and nutrition programs to families and the community. Nutrition Education Goal 4, Objective 1
- The district will research opportunities to offer additional food and nutrition programs to students, families and the community. Nutrition Education Goal 4, Objective 3
- Child Nutrition Department will regularly post on the District website the monthly elementary and middle school breakfast and lunch menus with nutritional information. Nutrition Education Goal 4, Objective 4

[FBISD Child Nutrition Website](#)