

## **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 (**C**oordinated **A**pproach **T**o **C**hildren's **H**ealth program and curriculum) with a nutrition services and health education component at the elementary and middle school levels. [See [EHAA](#)]

In accordance with [FFA\(LOCAL\)](#), the District has established the following goals for nutrition education.

**GOAL 1:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

**Objective 1:** The campus administration team will ensure healthy nutrition messages are communicated monthly in the cafeteria and to the school community through a variety of media.

Resources: [FBISD Child Nutrition Webpage](#); [MyPlate.org](#); [Alliance for a Healthier Generation](#); [Texas Department of Agriculture](#); [Academy of Nutrition and Dietetics](#)

**Objective 2:** The District will identify and evaluate the current Nutrition Curriculum resources at least every 2 to 3 years.

Resources: [CATCH Curriculum](#); [National Nutrition Standards](#); [FBISD - Health Curriculum in Schoology](#)

**GOAL 2:** Nutrition education shall be age-appropriate and reflect the diversity within the school environment.

**Objective 1:** The District will provide nutrition education resources to be integrated into all appropriate subject areas.

Resources: [Criminal Background Check](#); [FBISD - Health Curriculum in Schoology](#); [CATCH Curriculum](#); [FBISD Child Nutrition Webpage](#)

**Objective 2:** The campus will provide nutrition education that reflect the cultural diversity of students as defined by differences in socio-economic status, accessibility, religion, ethnicity and cultural norms.

Resources: [Criminal Background Check](#); [FBISD - Health Curriculum in Schoology](#); [CATCH Curriculum](#); [FBISD Child Nutrition Webpage](#)

**GOAL 3:** Nutrition education shall be a District-wide priority and shall be integrated into other areas of the curriculum, as appropriate.

**Objective 1:** The District will evaluate the use of nutrition education resources into other content areas.

Resources: [FBISD Child Nutrition Webpage](#); [FBISD Website](#); [FBISD - Health Curriculum in Schoology](#); [CATCH Curriculum](#)

**GOAL 4:** Educational nutrition information shall be shared with families and the public to positively influence the health of students and community members.

**Objective 1:** The District will communicate information about district-wide food and nutrition programs to families and the community.

Resources: [FBISD Child Nutrition Webpage](#); [USDA](#); [Lunch Restriction Awareness](#); [Breakfast and lunch menus that include Harvest of the Month facts and healthy recipes](#); [Breakfast and lunch menus that include student activities to engage in healthy eating habits](#)

**Objective 2:** The campus will communicate information about campus food and nutrition programs to families and the community.

Resources: [FBISD Child Nutrition Webpage](#); [Lunch Restriction Awareness](#); [Breakfast and lunch menus that include Harvest of the Month facts and healthy recipes](#); [Breakfast and lunch menus that include student activities to engage in healthy eating habits](#)

**Objective 3:** The District will research opportunities to offer additional food and nutrition programs to students, families and the community.

Resources: [FBISD Child Nutrition Webpage](#); [USDA](#); [National Nutrition Standards](#); [Alliance for a Healthier Generation Product Guide for Smart Snacks](#); [Smarter Lunchroom Movement](#); [Texas Association of School Nutrition](#); [School Nutrition Association](#); [School Nutrition Services](#); [School Meals That Rock](#)

**Objective 4:** Child Nutrition Department will regularly post on the District website the monthly elementary and middle school breakfast and lunch menus with nutritional information.

Resources: [FBISD Child Nutrition Webpage](#); [Breakfast and lunch menus that include Harvest of the Month facts and healthy recipes](#); [Breakfast and lunch menus that include student activities to engage in healthy eating habits](#)