

School Age Team Nutrition Education

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Team Nutrition Goal

- To improve children's lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines for Americans and *MyPlate*.



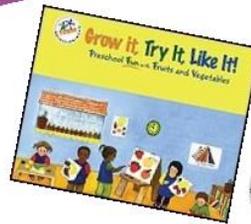
teamnutrition.usda.gov

USDA United States Department of Agriculture
Food and Nutrition Service



Team Nutrition Resources

- Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program
- Two-Bite Club
- Grow It! Try It! Like It!



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School – Age Team Nutrition Resources

Screenshot of the USDA Food and Nutrition Service website showing the 'Serving Up MyPlate: A Yummy Curriculum' page.

The page title is "Serving Up MyPlate: A Yummy Curriculum" and the date is Wednesday, October 3, 2012. The main heading is "What are healthy food choices? What is a balanced diet?"

The page describes the curriculum as a new collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. It introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy.

The curriculum components include:

- Teacher's Guides:** Each Teacher's Guide has three inquiry-driven lessons that help children discover nutrition, explain their understandings, and reflect upon their experiences - all of which encourage a lasting awareness of what it means to be healthy.
 - Level 1 (Grades 1 and 2), Level 2 (Grades 3 and 4), and Level 3 (Grades 5 and 6); linked below
 - Print Availability: Elementary schools participating in the National School Lunch Program or other Child Nutrition program may order a free print copy of the Teacher's Guide.
- Original Songs:** Each level includes activities using original songs that help students learn about healthy choices in an engaging and memorable way. Lyrics are included in each of the Teacher's Guides.
 - Alive with 5 Food Groups (for Levels 1 and 2), Do/Be (for all levels), Do Your Body Right (for Level 3)
 - CD Availability: A CD of the songs is included in each printed Teacher's Guide.
- Poster:** This two-sided poster (36"x24") shows the MyPlate icon and foods in the five food groups. A blank MyPlate on the reverse can be used as a tool to assess students' understanding.
 - Eat Smart to Play Hard with MyPlate Poster
 - Print Availability: Elementary schools participating in the National School Lunch Program or other Child Nutrition program may order a free print copy of the poster.
- Mini Poster:** This two-sided mini poster (8-1/2"x11") shows the MyPlate icon on one side and foods in the five food groups on the reverse.
 - Eat Smart to Play Hard with MyPlate Mini-Poster, and Alimentate bien para jugar con ganas (Spanish)
 - Print Availability: Elementary schools participating in the National School Lunch Program or

Gardening Curriculum

- **The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum for Grades 3 and 4**



- **Dig In! Standards-Based Nutrition Education from the Ground Up for Grades 5 and 6**

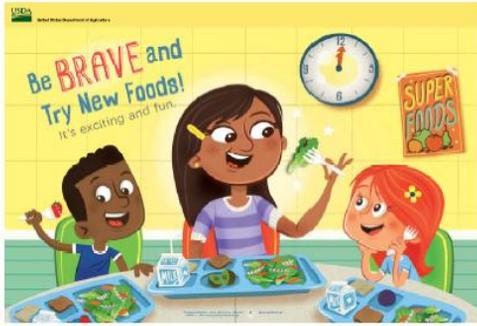


United States Department of Agriculture

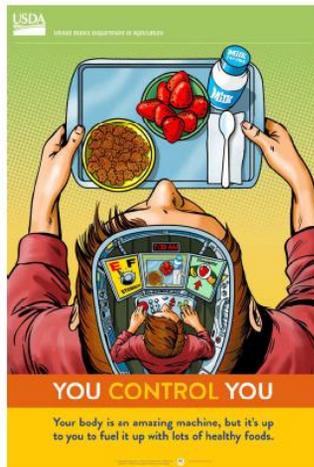
Team Nutrition Elementary School Posters



Team Nutrition Elementary School Posters



Team Nutrition Middle School Posters



usda.gov/team-nutrition

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Programs Data Newsroom Research Forms

Home » Child Nutrition Programs

How To Apply

- » Join the Team

Browse By Subject

- » HealthierUS Schools
- » Local Wellness Policy
- » Training Grants
- » **Resource Library**
- » Graphics Library
- » MyPlate

Other Useful Links

- » Resource Order Form
- » Healthy Meals Resource System
- » Healthy Access Locator
- » Best Practices Sharing Center
- » School Day Just Got Healthier

Team Nutrition

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Spotlights

Eat Smart to Play Hard With MyPlate Mini Poster (in Spanish):
Now available in print!

Crediting Handbook for CACFP

usda.gov/resource-library

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Team Nutrition Resource Library

The following is a comprehensive listing of all the resources available through Team Nutrition to schools and child care facilities that participate in the Federal Child Nutrition Programs.

Spotlights

Blast Off Game

Healthier Middle Schools: Everyone Can Help

Team Nutrition Resources

Title
Are You on the Team?
Building Blocks for Fun and Healthy Meals
Changing the Scene - Improving the School Nutrition Environment
Crediting Handbook for the Child and Adult Care Food Program
Dietary Guidelines for Americans, 2010
Dig In! At Home Parent Booklet
Dig In! Standards-Based Nutrition Education from the Ground Up
Eat Smart, Play Hard.™ Power Panther™



Blast Off

Students can reach Planet Power by fueling their rocket with food and physical activity. Fuel tanks for each food group help students keep track of how their choices will, ultimately, pay off!

Available for [online play](#)

THANK YOU!!

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