

Making the Cafeteria Connection



Expanding the School Wellness Environment



Teaching students about nutrition and healthy eating is more important than ever. Creating opportunities for hands-on learning is a great way to expand upon the lessons taught in the classroom.

Making nutrition programs come to life can be as simple as involving the cafeteria setting! The school staff is encouraged

to work with the food service personnel to provide students with nutrition education that is fun and exciting.

There are many ways to incorporate nutrition education throughout the school. By discussing health and physical activity topics in a variety of ways, schools can go beyond classroom learning to create a wellness environment.

Making the cafeteria connection is a helpful tool for reinforcing the importance of the nutrition education the students are receiving. Making the lessons a hands-on

experience helps students to better and more fully understand what they are being taught. When students are able to apply what they learn, they are more likely to use the information on their own. This is of particular importance when it comes to students receiving information about their health.

Nutrition education is an essential component of teaching kids about wellness. Turn your school into a wellness environment by making the cafeteria connection!

Resources:

- **MyPyramid for Kids**
www.mypyramid.gov
- **National Dairy Council**
www.nutritionexplorations.org/sfs/cafeteria.asp
- **Learning Cafe Year 3**
<http://www.doe.state.la.us/lde/uploads/1084.pdf>



Cafeteria Learning Experiences: *Nutrition Education Come to Life!*



There are many different ways that the members of a school community can work together to provide students with effective, hands-on lessons that teach and encourage healthy habits!

Giving the students

guided tours of the cafeteria, offering healthy foods and drinks for a taste test, and teaching cooking and food safety are just a few ways to take nutrition education to a new level. Encouraging student involvement by asking for volunteers

during lunch preparation or allowing students to promote healthy eating by decorating bulletin boards and posters are great ways to teach children about making healthy choices through fun, hands-on activities!