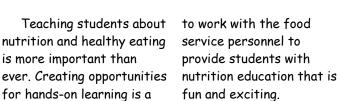
Making the Cafeteria Connection

Expanding the School Wellness Environment

There are many ways to

incorporate nutrition



classroom.

Making nutrition

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

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



great way to expand upon

the lessons taught in the

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!