

Nutrition and Physical Activity

During the school year, 35 to 50 percent of a student's daily caloric intake occurs during the school day. Ensuring that the food students are consuming is nutritious helps them to maintain a balanced diet and keeps them properly fueled for learning. Therefore, teaching children about nutrition within the school setting is key. This includes providing opportunities for children to taste, smell and touch foods as well as educating students about nutrition related vocabulary. In conjunction with nutrition, physical activity impacts the health of students. Providing opportunities for physical activity throughout the school day and outside of school hours helps students create life-long healthy habits. Educators are in a unique position and are qualified to help students cultivate healthy eating and physical activity habits that can prevent childhood obesity.

- Model healthy eating and physical activity for your students.
- Utilize classroom physical activity breaks throughout the school day.
- Do not withhold physical activity or physical education class as a form of punishment.
- Identify healthier food and beverage choices with signs or symbols.
- Address how physical activity contributes to health in your school's health education curriculum.
- Address reading and using food labels in your school's health education curriculum.
- Incorporate non-food related fundraising events.
- Offer school-sponsored intramural sports or physical activity programs outside of school hours.
- Utilize Joint Use Agreements to allow community members the opportunity to use recreational equipment outside of school hours.

Webinars:

- [Water Access in Schools](#)
- [Food and Beverage Marketing in Schools](#)
- [Physical Activity and Recess in Schools](#)
- [Comprehensive School Physical Activity Programs: Building One Piece at a Time](#)
- [Move it Outside with CSPAP](#)
- [Shared Use Agreement](#)

The following websites provide information on nutrition and physical activity standards:

- [Alliance Product Calculator for Smart Snacks!](#)
- [Alliance for a Healthier Generation](#)
- [Competitive Foods in Schools](#)
- [Comprehensive School Physical Activity Program \(CSPAP\)](#)
- [Implementing Strong Nutrition Standards for Schools: Financial Implications](#)
- [Model Wellness Policy Language](#)
- [Smarter Lunchroom Movement](#)
- [Fuel Up to Play 60](#)
- [Healthy Hunger-Free Kids Act](#)
- [Healthier School Day Information](#)
- [Let's Move](#)
- [Nutrition Standards for School Meals](#)

