

VISTA UNIFIED SCHOOL DISTRICT

Administrative Regulations for Board Policy No. 5040: STUDENT WELLNESS

Nutrition Education Goals

- I. The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices.
- II. The Vista Unified School District shall provide nutrition education that is developmentally appropriate; reflects students' cultures; is integrated into core curricular subjects such as language arts, math, science, social studies, and elective subjects; and provides opportunities for students to practice skills and have fun. The District shall choose nutrition education curricula that are easy to teach and foster lifelong healthy eating.
- III. The District's nutrition education and physical education programs shall be based on current research, consistent with the expectations established in the State's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. The nutrition education and physical education programs shall emphasize the importance of caloric balance between food intake and energy expenditure (physical activity/exercise).
 - a. Students in grades pre-K-12 shall receive sequential nutrition education that is age appropriate, interactive and teaches the skills they need to adopt healthy eating behaviors.
 - b. Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and teachers.
 - c. Schools shall conduct nutrition education activities and promotions that involve students, parents and the community.
 - d. Students shall receive consistent nutrition messages throughout all district schools.
 - e. Nutrition shall be integrated into curricula such as physical education, health education, or core curricula (e.g., math, science, language arts, and social studies) as appropriate.
 - f. Schools shall link nutrition education activities with a coordinated school health program.
 - g. Instructional leaders at each site will monitor the implementation and compliance of how nutrition education is being conducted.
 - h. Teachers and staff will receive training.