

Nutrition Education

Overview

Why do I have to eat my broccoli? Why do I have to take milk with my lunch? You've probably heard these questions before. Kids are curious, and teaching them about nutrition can explain why we serve healthy meals at school and encourage them to choose healthy snacks.



Take Action

1. Have your school join [Team Nutrition](#) for free resources from the USDA.
2. Provide nutrition education during ancillary periods such as art, music and library to ensure all students receive similar messages.
3. Connect your nutrition lesson to what is being served in the cafeteria that day as a way to encourage kids to try new, healthy foods.
4. Designate a school-level nutrition education champion to help each grade level create a nutrition education scope and sequence.