

# Integrating Nutrition Education into the School Curriculum



Here's what teachers have said about **Integrating Nutrition Education into the School Curriculum**:

"This course was outstanding! Just the right balance of lecture, hands-on-activities, and guest speakers."  
-Baltimore City Public School Teacher

"Be prepared to receive a wealth of information that is personally applicable, and not just for your classroom. This course receives my highest recommendation."  
-Battle Grove Elementary School teacher, Baltimore County

"You presented relevant information in a way that I could personalize and use in my classroom. Personally, I began to put more fruit and vegetables in my own lunch. Instead of salty snacks, I started to bring blueberries, apples, bananas and yogurt."  
-Hernwood Elementary School teacher, Baltimore County

*"Both inside and outside of the classroom, schools present opportunities for students to learn about healthful eating habits and regular physical activity; engage in physical education; and make food and physical activity choices during school meal times and through school-related activities."*

*-Institute of Medicine*

The MD Food Stamp Nutrition Education program can play an important role in helping guide students' food choices through the innovative teacher training program, **Integrating Nutrition Education into the School Curriculum**. The course provides elementary and middle school teachers basic nutrition information, focusing on current health issues relevant to both children and teachers. The emphasis is on practical ways to integrate nutrition education into the required curriculum.

The course includes:

- Nutrition information presented in an understandable format
- Guest speakers on topics such as school lunch, food safety, and childhood obesity
- Hands-on activities for teachers to use with students
- Nutrition education materials for use in the classroom including handouts that reinforce reading and math skills found on the MSA
- Healthy snacks incorporated into each class

**Integrating Nutrition Education into the School Curriculum** is a 30-hour course provided **free of charge** to teachers. Educators earn two MSDE credit hours upon completion of the course. Contact your Maryland Cooperative Extension Office for more information on how this innovative program can help teachers and students make healthy food choices and increase physical activity for a healthier future.



**EQUAL ACCESS PROGRAMS**

Funding for the Food Stamp Nutrition Education program provided by USDA in cooperation with the Maryland Department of Human Resources and the University of Maryland.