

## Students

### Welfare

#### Nutrition Education - Recommendations

Nutrition education is an important part of the Watertown Unified School District curriculum and will be integrated into the health education program of the school district, along with other appropriate content disciplines.

The United States Department of Agriculture (USDA) maintains an updated food pyramid for Americans that should be used as a foundation for instruction. In addition, the Department of Public Instruction's standards for Nutrition Education and related materials should be used as the basis for instruction and lesson design in grades K – 12.

Performance standards, key concepts, and sample lesson designs will be made available to all staff responsible for teaching nutrition education curriculum.

In addition, the Watertown Unified School District will provide training and resources to all staff that are responsible for the delivery of nutrition education.

The following are the categories and content standards applicable to nutrition education curriculum.

#### A. Appreciation and Classification of Foods

Content Standard: Students in the Watertown Unified School District will understand the sensory characteristics, origins, and classification of foods.

#### B. Nutrition for Growth, Health, Energy Needs, and Food Safety

Content Standard: Students in the Watertown Unified School District will understand nutrition concepts related to growth, health, energy needs, and food safety.

#### C. Critical Thinking

Content Standard: Students in the Watertown Unified School District will demonstrate critical thinking skills related to healthy eating and activity behavior.

#### D. Diversity

Content Standard: Students in the Watertown Unified School District will demonstrate sensitivity and respect for diverse cultures, food preferences, and food appearances.

#### E. Promotion of Healthy Behaviors

Content Standard: Students in the Watertown Unified School District will demonstrate ability to promote healthy eating and activity behaviors for self, peers, families, and the community.

**Policy Approved:                    June 26, 2008**

**Policy Revised:                    March 24, 2014**