

Nutrition & Physical Activity
Advisory Committee

1. Advisory Committee

The advisory committee for the 2015-2016 school year conversed by email. Committee members are:

Sarah Bradshaw—

Danyel Fitzpatrick—

Aaron Fitzpatrick—

Lisa Stobbe—

Donna Altiser—

Andrew Garber—

Jamie Tipton—

Kim Harlan—

The committee will meet to review guidelines, discuss current guidelines, and implement any changes necessary.

2. Student Nutrition:

The food service department will continue to follow USDA guidelines set by the Federal government in the planning and preparation of school meals.

- Food based menu planning.
- Protein component in 1 oz. eq. min. daily (8-10 oz. weekly) for K-5, 1 oz. eq. min. daily (9-10 oz. weekly) for 6-8, 2 oz. eq. min. daily (10-12 oz. weekly) for 9-12.
- Fruit component in ½ cup servings for grades K-8 and 1 cup for 9-12.
- Vegetable sub-groups offered in appropriate portions
 - Dark Green in ½ cup servings
 - Red/Orange in ¾ cup serving for K-8, and 1 ¼ cup serving for 9-12
 - Beans in ½ cup serving.
 - Starchy in ½ cup serving.
 - Other vegetables in ½ cup serving for K-8 and ¾ cup for 9-12.
 - Additional vegetables to reach weekly totals – 1 cup for K-8 and 1 ½ cup for 9-12.
- Whole-grain rich grains will be offered.
 - Grades K-5: 1 oz. eq. min. daily (8-9 oz. weekly)
 - Grades 6-8: 1 oz. eq. min. daily (8-10 oz. weekly)
 - Grades 9-12: 2 oz. eq. min. daily (10-12 oz. weekly)
- Milk servings of 1 cup in non-fat flavored or 1% unflavored.

- Calorie ranges for breakfast:
350-500 (grades K-5)
400-550 (grades 6-8)
450-600 (grades 9-12)
- Calorie ranges for lunch:
550-650 (grades K-5)
600-700 (grades 6-8)
750-850 (grades 9-12)

Food service employees are well trained in safety and sanitation.

A cafeteria environment will provide a relaxed climate, adequate space and time to eat, and will have convenient access to handwashing or hand sanitizing facilities before and after meals.

Fundraising sales or an organization selling a food or drink item will not be sold until 3:49 or 30 minutes after instruction.

3. Student Nutrition Education:

PreK-5 Nutrition:

Elementary nutrition, PreK-5 is supported by the University of Missouri Extension (FNEP). Informational newsletters are sent home to parents regarding activities and nutrition facts that the students have learned about in the classroom. This includes a healthy recipe on the back.

The University also offers "Kids in the Kitchen" to our summer school attendees. They also go to the after school program (SOAR) and partner with the Putnam County Health Department, where nutrition and health activities are done with the students.

3rd and 4th Grade Health/Nutrition:

At the end of the year, students in 3rd and 4th grades will be able to...

- Identify three parts of total health
- Identify the six traits for good character
- Tell the difference between a responsible decision and wrong decision
- Identify the steps to making responsible decisions
- Explain reasons to maintain self-control
- Use the Food Guide Pyramid and MyPlate to plan a healthy meal
- Demonstrate proper hand washing techniques
- Explain the importance of good hygiene
- Identify and demonstrate the five kinds of health-related fitness

- Understand the ways that drugs and alcohol harm physical, mental, and social health
- Demonstrate resistance skills if pressured to try drugs and/or alcohol
- Explain the purpose of advertisements
- Analyze messages in the media

6th Grade Health: Nutrition

- Explain the 5 main food group, including slogan and healthy choices in each
- Classify foods in various food groups using the MyPlate graphic and pictures
- Explain how portion affects the amount of calories, fat, and sugar in foods
- Read and identify components of a food label
- Calculate the amount of sugar and fat in foods using food labels
- Summarize nutrition appropriate for children ages: 1 - 4
- Research and prepare a healthful snack

7th Grade Health: Nutrition

- List factors that affect food intake choices
- Identify & classify the six classes of nutrients
- Illustrate appropriate portions with visuals
- Explore the MyPlate food guidance system using the MyPlate Website
- Journal food intake to evaluate level of healthy eating
- Create a poster explaining the importance of breakfast for the body
- Evaluate how to improve the health of recipes through ingredient changes

8th Grade Health: Nutrition & Exercise

- Classify and explain the six classes of nutrients
 - Analyze a meal that contains all six classes of nutrients
 - Create a persuasive video over a dietary guidelines using the MyPlate resources
 - Read, analyze, and create a food label
 - Classify common vitamin and mineral deficiencies
 - Discuss and demonstrate the energy equitation with an exercise lab
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- Explain and demonstrate the five components of physical fitness
 - List the social, emotional, mental, and physical benefits of exercise
 - Define body composition, RHR, recovery time, and target heart rate. How are they affected as a person physical fitness improves?
 - Explain the FIT Principal
 - Explain 3 ways to avoid injury
 - Demonstrate the RICE principal

High School Health Essential Standards

At the end of the semester high school students will be able to...

- Comprehend concepts related to health promotion and disease prevention to enhance human growth and development
- Access health-related information, products, and services
- Describe components to maintaining a high level of mental and emotional health
- Explain the effects of substance use and abuse on the individual, family, and community and evaluate how lifestyle choices impact health
- Demonstrate skills to promote and maintain good nutritional health
- Identify the functions, parts, and care for various body systems
- Distinguish between appropriate and inappropriate behavior in relationships, demonstrate refusal skill, and methods of avoiding threatening situations
- Identify various symptoms of and prevention strategies for STDs and HIV/AIDS

Parents are provided with student Nutrition Education by handouts sent home and through the district's website which show breakfast and lunch menus provided for students.

Staff nutrition and Physical activity education opportunities will be encouraged and provided to all staff. These may include but not limited to fitness activities such as aerobics, the fitness center, the walking trail and all-weather track. Staff members are offered an opportunity to participate in a weight loss program through the Putnam County Health Department. This includes weigh-ins and nutritional information.

4. District Nutrition Standards

The district encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods would include whole grains, fresh fruits, vegetables, and dairy products.

Vending sales will include smaller portions, fewer calories, lower fat, lower sodium, and less sugar.

5. Student Physical Activity

The district provides physical activity and physical education opportunities that provide students with the knowledge and skills to lead a physically active lifestyle. The physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice. The district will utilize the following implementation strategies:

K-2 Students will work on motor skills such as hopping, skipping, and jumping.

3-5 Students will work on manipulative skills such as striking, kicking, and punting.

In the spring of each year, a physical fitness test will be given to each student. A presidential fitness test will be given in the fall of each year. This includes activities such as push-ups, pull-ups, shuttle run and distance running which tests endurance.

In addition to these, physical activity opportunities will be offered daily before school, during school and after school.

6-8 Students will continue to work on developing fine motor skills, branching out into individualized activities as well as introducing them to team sports. Presidential fitness is offered in the fall of the year to students.

9-12 Students will work on perfecting individual sports and skills as well as mastering a team effort. Presidential fitness is offered in the fall of the year to students.

As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:

- Expose students to a wide variety of physical activities
- Teach physical skills to help maintain a lifetime of health and fitness
- Encourage self-monitoring so students can see how active they are and set their own goals
- Individualize intensity of activities
- Focus feedback on process of doing your best rather than product
- Be active role models