

# HEALTH EDUCATION BEST PRACTICES

- Give students in health and science classes the opportunity to learn the role that various nutrients play in promoting good health and protection from disease.
- Use practical applications of knowledge to show the effects of good health.
- Schedule time to teach “healthy choice” nutrition.
- Develop parent handouts to include nutrition information, facts, and healthy suggestions.
- Teach proper hand washing.
- Provide student wellness resource area with information about hand washing, sneezing, coughing, MRSA, germs, etc.
- Schedule class assembly messages from pop music for smokeless tobacco, social norms awareness, and peer led motion activities.

