

Healthy Eating Initiative for Children and Families



2006—2007

Michigan State University Extension programs empower students to make their own nutrition discoveries through experiential learning. Our goal is to provide an opportunity for children of Kent County to learn the value of health, good nutrition and fitness through hands - on education activities for healthy snacking, balanced meals, and exercise.



Series

Other

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| <ul style="list-style-type: none"> • Series of 5 lessons presented, each about 45 minutes in length. • Materials provided by the USDA's Team Nutrition • Targeted to 3rd and 6th graders. | <ul style="list-style-type: none"> • Pyramid Between the Pages Mini-Pack (Linking Nutrition Education with Literacy) for use with students K-2 • Free materials available for parent nights, PTA meetings, parent/teacher conferences, etc. • Staff development opportunities |
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Participating school must meet Federal Nutrition Program guidelines of 50% or more students enrolled for free or reduced lunch



Classroom Guidelines

Michigan State University Extension will provide:

- Activities to enhance each lesson and follow up activity suggestions for each lesson.
- Handouts and materials will be provided. Students may need to provide their own paper and pencils for writing notes when appropriate.
- Educator will supply supplementary materials when appropriate.

In return, we would ask that each classroom teacher provide:

- One classroom presentation with 30 pupil limit. (No combining of classes)
- Teachers will stay in the room and be an active part of the interaction.
- Students are encouraged to have a nametag or name card on their desk so the educator can interact more effectively with students.
- Students should be prepared to take notes when age appropriate.

The Michigan State University Extension Educators are trained in their field of nutrition but are not always trained classroom teachers. In order for this experience to benefit your students, general discipline and "crowd control" is the responsibility of the teachers. It is often a good idea to designate a student as an official "greeter" and having guest speakers is one more way to teach our children good manners when they have a "guest" in their classroom. Any suggestions for improvement are always welcome and we hope to make a difference in the thinking of children when it comes to nutrition, healthy choices and exercise. We look forward to coming to your classroom.

Contact Stephanie Marino
to schedule presentations.
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