



# Kansas School Wellness Policy Model Guidelines

The Kansas State Board of Education has approved the School Wellness Policy Model Guidelines. Federal law requires that not later than the beginning of the 2006-2007 school year, local educational agencies participating in the school meal programs must establish a local "school wellness policy". The model guidelines are divided into three parts: Nutrition, Nutrition Education, and Physical Activity.

## **Kansas Pre-K-12 Wellness Policy Guidelines - Part 2. Nutrition Education in the Classroom**

- 2) The nutrition education curriculum is sequential and consistent with the current Kansas State Board of Education approved health education teaching standards for pre-kindergarten through grade 12.
- 3) Nutrition education is taught by a teacher licensed by the KDHE or under the direct supervision of such a teacher. The licensed teacher must approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction. Schools are encouraged to use qualified personnel to provide nutrition education from organizations such as the KSDE, K-State Research and Extension, health and agriculture organizations, universities and consulting registered dietitians.
- 4) Nutrition education is based on the most recent Dietary Guidelines for Americans. Active learning experiences are provided for students. Whenever feasible, the active learning involves the students in food preparation.
- 11) At least 25% of nutrition education instruction involves hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory activities.

### **Elementary**

- 19) Proper hand washing
- 20) Importance of drinking adequate water
- 21) Food Groups
- 22) Importance of eating a variety of food
- 23) Serving sizes
- 24) Relationship of food intake (energy intake) and physical activity (energy output)
- 25) Nutrition Facts Label reading
- 26) Choosing healthful foods using cafeteria meals, vended items and a la carte items as examples
- 27) Foods that help keep the body healthy and foods that may contribute to poor health, including oral health
- 29) Agricultural origins of common foods
- 30) Basic food preparation skills
- 31) Basic food safety (e.g. storing, cleaning)

### **Middle-High School**

- 33) Proper hand washing
- 34) Importance of drinking adequate water
- 38) Importance of meals and how meal time contributes to family life
- 45) Basic food preparation skills
- 46) Basic food safety (e.g. storing, cleaning, preparing, cooking, cooling, reheating)