



Twelve Tips for Nutrition Education

Learning to make healthy food choices contributes to student success. Child Nutrition staff can play a role in serving nutritious meals and teaching students about healthy eating.

- 1. Talk to students as they go through the line.**
Take the opportunity to talk to students about why certain foods are good for us – like milk provides calcium for strong bones and muscles.
- 2. Offer taste tests or 'show and tell'.**
Give students the opportunity to try new foods and learn about where their food comes from. You can do a 'show and tell'. A cooking demo can be a fun learning activity. You may be surprised by what foods students are not familiar with.
- 3. Display nutrition information at the point-of-choice.**
Display interesting nutrition facts where students can see them. The information may help students choose between items served for school meals.
- 4. Create a nutrition bulletin board.**
Be creative with bulletin boards. Students, teachers and families can learn about nutrition while going through the serving line or eating in the cafeteria. You may also find other places in the school to post a nutrition display.
- 5. Take students on a kitchen tour.**
Take the opportunity to teach students about food safety and organization in the kitchen. Students will be amazed to learn what all goes on behind the scenes with school meals.
- 6. Visit the classroom.**
Use Food for Thought, Choose MyPlate or other Team Nutrition resources to teach in the classroom.
- 7. Connect the cafeteria to the classroom.**
Work with teachers to connect classroom lessons with the cafeteria. Share nutrition education resources.
- 8. Host a display at a school event.**
Host a display at a health fair, PTA meeting or other school event. For example, at an open house or festival, offer tips for a healthy breakfast for back to school or test days.
- 9. Present at a school staff meeting.**
Teach school staff about the importance of school breakfast or the myths of flavored milk.
- 10. Insert nutrition tidbits into school announcements.**
Offer interesting nutrition facts to include in the school announcements each day.
- 11. Add nutrition facts to the school newsletter.**
Give newsletter editors nutrition facts or an article to include in the next issue.
- 12. Post nutrition information online.**
Ask to post nutrition information on the school system or individual school website.

