



Nutrition Education Basics

Nutrition Education

- At CPS, nutrition education is a planned, sequential, PK-12 curriculum or supplemental education program that addresses physical, mental, emotional, environmental, and social dimensions of health related to nutrition.
 - *All schools and campuses serving grades PK-8 are required to integrate evidence-based nutrition education into the curriculum in all grade levels included therein. ([CPS Local School Wellness Policy](#))*
 - *High Schools serving grades 9-12 are required to integrate evidence-based nutrition education into the curriculum of at least two high school courses required for graduation. ([CPS Local School Wellness Policy](#))*
- Schools can incorporate Nutrition Education into core subjects and into lessons outside of the classroom, such as the dining center, the school garden, and through family outreach.

Why is nutrition education important? Nutrition Education is a scientifically recognized method of improving dietary knowledge, attitudes, behaviors and health outcomes.

Nutrition Education should align with the following Standards and Guidance:

- [CPS Local School Wellness Policy](#) - last updated 6/2022
- [2020-2025 Dietary Guidelines for Americans](#)
- [CPS Health Education Standards](#) - adopted from SHAPE America's National Health Education Standards
- [CPS Health Education Scope and Sequence](#) - Grades Pre-K - 12

Emphasize Skill-Based Learning in Nutrition Education such as:

- Accessing valid and reliable information
- Analyzing influences
- Interpersonal communication
- Decision making
- Goal setting
- Self-management
- Advocacy with the inclusion of the previously-taught functional information

Nutrition Education Resources:

- [CPS Health Education Curriculum](#)
- Healthy CPS Garden and Nutrition Partners - Contact oshw@cps.edu to obtain information on our list of partners who provide nutrition education resources.
- [Nutrition Education Resource List](#) - Educators, use this document to find a curriculum or supplemental education resource related to nutrition. All materials have not been vetted. Document is routinely updated.
- CLOCC's [Healthy at Home Resources for Chicago Public Schools](#)

Nutrition Education Dos:

Please note that this list is not exhaustive.

- **Do** - Inform students of actions, attitudes, and behaviors that promote health, such as choosing water as a primary beverage of choice and keeping water accessible for convenience and visual reinforcement.
- **Do** - Share strategies for making decisions that promote healthy behaviors such as identifying how to use the Nutrition Facts Label as a tool that shares information about nutrients, calories, added sugar, added sodium, and fat.
- **Do** - Connect healthy lifestyle choices such as eating fruits and vegetables daily and being physically active, in a way that is fun to each student, with potential longevity.
- **Do** - Inform students of how to constructively advocate for access to nutritious foods through various food outlets such as grocery stores, restaurants, educational institutions, health-care institutions and at home.
- **Do** - Encourage students to critically evaluate how their dietary choices are influenced, for example, by examining how family, friends, television, social media, and their environment may play a role in their dietary choices.
- **Do** - Engage with the skills-based [CPS Health Education Curriculum](#). Contact healtheducation@cps.edu for support.
- **Do** - Offer opportunities to learn about the food system and how food is grown. For

For more information visit www.CPS.edu/HealthyCPS

Questions? Email OSHW@cps.edu or call the **Healthy CPS Hotline 773-553-KIDS (5437)**.

example, become “Eat What You Grow” certified, if applicable. Contact gardenteam@cps.edu for support.

- Do - [Consider Characteristics of Effective Health Education Curriculum.](#)
- Do - Ensure that materials and information shared with students, parents/guardians, and community members are aligned to the District’s commitment to a whole child, healing-centered approach, and do not promote weight stigma, dieting, or weight loss.
 - [Guidance for Schools-Based Discussions of Weight, Exercise, and Nutrition](#)

Other useful resources related to student health and wellness:

- [Healthy Celebrations, Rewards, and Fundraising](#)
- [Healthy non-food rewards](#) - Action for Health Kids
- [Competitive Food Nutrition Standards](#)
- [Smart Snack List Guidance - USDA](#)
- [Smart Snack Calculator](#) - Alliance for a Healthier Generation

****Please note that this is a living document. Guidance within may be updated.****