



Healthy and Wise K-6
Monthly



Healthy and Wise/SPARK 6-8



Healthy and Wise 9-12



Cafeteria Council (K-12)
With
Supervised Lunchtime Physical Activity Recommendations
(2009-2010)

Each month, Healthy and Wise focuses on food and nutrition topics that provide the opportunity for the school to examine the nutrition, safety, and hygiene practices in its cafeteria. The Healthy and Wise Middle and High School Programs also cover a variety of nutrition topics that should be emphasized as well. Schools are encouraged to develop a cafeteria council consisting of the principal, nurse, cafeteria manager, several parents, several teachers, and several students. This council should meet monthly to discuss current cafeteria issues and to develop a coordinated approach to using the food and nutrition lessons in the Healthy and Wise Programs as a method of informing students, staff, and parents of its healthful practices and enhancing the classroom nutrition objectives and lessons.

In addition, this annual plan includes suggestions for getting students more physically active during any extra time left in the lunch period after they have finished eating. Encourage students to eat a healthy lunch each day and to take all the time they need to eat their lunch. However, when students have finished eating, encourage them to get some physical activity. ***Review and utilize the “Lunchtime Physical Activity Rules and Procedures” supplement in the SPARK Middle School Binder (Promoting Physical Activity Outside of Physical Education, pgs. 19-22).**

SPARK PE Curriculum and Sportime Equipment – If you need more physical activity resources or equipment for the suggested supervised lunchtime activity sessions in this annual plan, visit SPARK at www.sparkpe.org or Sportime at www.sportime.com.

K-6/Monthly, Middle School, and High School

**Monthly Curriculum is available and might be used by students in K-12.
It is the primary curriculum in elementary.*

Topics and Activities for the Cafeteria Council:

**Back to School (Elementary) 2009-2010
Middle and High School – Unit 2**

MyPyramid.gov and the Dietary Guidelines for Americans (H&W K-6/Monthly, Middle School, High School)

Breakfast is Important – Water is Important, Too! (H&W K-6/Monthly)

- Post the MyPyramid symbol in several different locations in the cafeteria. You might want to laminate the MyPyramid from this month's Healthy and Wise publication. Make sure the MyPyramid graphic is visible in the serving line. Elementary students are drawing pictures or making posters that encourage people to utilize the MyPyramid Food Guidance System. They are also listing or drawing their favorite foods for each food group. Try to select good examples from each grade level to display in the cafeteria. Coordinate with teachers to obtain pictures or posters.
- Students will be learning the importance of eating breakfast each morning. Elementary students will be listing and drawing their favorite breakfast foods and will be working with their parents to create a five-day breakfast menu. Take this opportunity to visit with the classes about the school's breakfast program and make sure that parents can access the breakfast and lunch menu on the school's web site.
- Drinking water and/or water fountains should always be accessible to students and staff. Students in all grade levels are creating awareness materials that encourage students to drink plenty of water. Coordinate with teachers to obtain student awareness materials. Display good examples by water fountains and in the cafeteria.



Healthy Cafeteria Tips: Utilize the Healthy Cafeteria Checklist to evaluate your current menus, food handling practices, and cafeteria environment. Use the Action Plan to prioritize and implement changes that are needed. Create a cafeteria suggestion box if you don't have one, and place it on display for students, staff, and parents. Inform students about the suggestion box via morning announcements. Also, inform parents through the school newsletter, web site, or at PTA/PTO meetings.

Supervised Lunchtime Physical Activities: Let students walk around the blacktop after eating their lunch. Have a group of student leaders teach the school song or chant while marching in place. Hold a limbo contest. Encourage students to toss a football or pass a soccer ball among friends.

***Utilize SPARK Lunchtime Physical Activity Rules and Procedures**

September 2009

Middle and High School - Unit 2

Nutrition Facts Labels and Ingredient Lists (H&W Monthly)

What is Cholesterol? (H&W Monthly)

***Cooking for Health (H&W Middle and High School)**

***Breakfast is Important – Water is Important, Too! (H&W Middle and High School)**

- Students using the Healthy and Wise monthly program will have the opportunity to learn how to use Nutrition Facts labels to make healthy choices. Display several packaged or canned foods in your serving line with the Nutrition Facts Label visible. Consider placing a post-it note on the food with an arrow that points to the Nutrition Facts Label. Occasionally, ask students as they go through the serving line if they have learned to read a Nutrition Facts Label this month.
- Food manufacturers must now list potential allergens (tree nuts, milk, eggs, fish, crustacean shellfish, peanuts, soybeans, and wheat). Make sure that you make students and staff aware of any foods available in the school cafeteria that might contain these allergens. Consider developing a food labeling or notification system in the serving line.
- Students are learning about cholesterol this month and nutritional tips to keep their cholesterol at a healthy level. Take steps this month to highlight foods that are low in fat and cholesterol. Create informational messages on the steps you take to ensure that your menus follow the Dietary Guidelines for Americans. Have someone from food service or your principal incorporate these messages in the morning announcements.
- Middle and high school students are learning that they need to consider how foods are prepared and cooked when trying to make healthy choices. Once again, this would be a good opportunity to highlight some of the food preparation methods you use to ensure that you provide healthy meals to students. Create informational messages on the steps you take to ensure that your menus follow the Dietary Guidelines for Americans. Discuss the food preparation methods used in the district. Have someone from food services or your principal incorporate these messages in the morning announcements.

- Middle and high school students are also learning the importance of eating breakfast every day and drinking plenty of water. Make sure students and parents are aware of the breakfast options available at your school. Incorporate this information in your school's newsletter.



Healthy Cafeteria Tips: Review your school or district breakfast menu. Are healthy options always available? Are whole grains, fruit, and low-fat or fat-free dairy options offered? Discuss getting rid of any breakfast options that are high in fat or sugar, such as doughnuts, pastries, sausage, etc. Suggest changes to district food service representatives. Refer to your Healthy Cafeteria Action Plan and report on progress. What are your next steps to further your goals?

Supervised Lunchtime Physical Activities: Hold a cafeteria 50's day and encourage students to dance to the oldies. Let students shoot baskets or jump rope. Older students might want to walk with a friend. Simply encourage movement as much as possible.

***Utilize SPARK Lunchtime Physical Activity Rules and Procedures**

October 2009

Middle and High School – Unit 3

Healthy Snack Ideas (H&W Monthly)

Making Healthy Choices When Eating Out (H&W Monthly)

***Making Choices that Positively Affect Your Body Systems (H&W Middle and High School)**

- Students are learning to make healthy snack choices. Review your school's a la carte menu and make sure that any choices available to students are healthy. Consider eliminating choices that your committee feels are not so healthy. Students are making posters to encourage the students at your school to select and eat healthy snacks. Ask teachers to submit good examples for you to display in the cafeteria.
- Students are also learning to make healthy choices when eating out. You might consider making a poster of this lesson with the pdf file available online through the Healthy and Wise online school subscription and displaying it in your cafeteria. Students are also drawing pictures that illustrate some healthy tips for eating out, so you might want to utilize their artwork as well.
- Do something special for your food service personnel to acknowledge "National School Lunch Week" this month. Think about organizing a special "Thank You Reception" one afternoon or after school. A variety of

tools and resources are available at the School Nutrition Association's web site.

- Students in middle and high school are learning how to make choices and decisions that can positively affect their body systems. They learn that a healthy balanced diet with regular physical activity is the best path for maintaining a healthy weight. Ask students what kind of exercise or physical activity they did or are going to do today as they go through the serving line. List physical activity suggestions in a prominent place so students are reminded of the many things they can do to be physically active each day. Students are making posters that illustrate healthy choices for their body systems. You might want to ask teachers to submit good examples for you to display in the cafeteria.



Healthy Cafeteria Tips: Continue to analyze your menu offerings and strive to provide students access to healthy choices at breakfast and lunch. Refer to your Healthy Cafeteria Action Plan and report on progress. What are your next steps to further your goals?

Supervised Lunchtime Physical Activities: Make balls available outside during lunch so that students can play catch, kickball, or four square. Organize a lunchtime walk and encourage all students that finish lunch early to participate.

***Utilize SPARK Lunchtime Physical Activity Rules and Procedures**

November 2009

Middle and High School – Unit 3

Avoiding a Foodborne Illness (H&W Monthly)

Meat and Beans Group (H&W Monthly)

***Preventive Medicine (H&W Middle and High School)**

- Consider planning ahead and inviting students to tour the cafeteria to observe safe food handling practices. Students would benefit from hearing from cafeteria personnel on the steps taken to prevent foodborne illness in the school cafeteria.
- This month, highlight foods that offer students a good source of protein, such as meat and beans. Consider printing the “Meat and Beans Group” lesson/pdf as a poster and displaying it in your cafeteria or serving line.
- Students in middle and high school are learning about the importance of preventive medicine and utilizing community resources. Students learn that eating a healthy, balanced diet is an important preventive medicine

step. Students are creating “Preventive Medicine” Posters. Ask teachers for good student samples to display in the cafeteria.



Healthy Cafeteria Tips: Take the time this month to evaluate your cafeteria’s food handling practices. Take steps to improve any areas that are not acceptable. Don’t forget about the teacher’s lounge. It is not uncommon for food to be left out during the day. Consider posting some food handling policies in the lounge to prevent foodborne illness. Set a schedule to regularly clean out the refrigerator in the lounge as well. Refer to your Healthy Cafeteria Action Plan and report on progress. What are your next steps to further your goals?

Supervised Lunchtime Physical Activities: Encourage students to take jackets to lunch so they can go outside after they finish eating. Have students participate in turkey walks, turkey trots, turkey runs, or simply a nice brisk walk. Let students play tag or Frisbee with friends. Encourage everyone to keep moving.

***Utilize SPARK Lunchtime Physical Activity Rules and Procedures**

December 2009

Middle and High School – Unit 4

The Milk Group (H&W Monthly)

All About Sugar (H&W Monthly)

***Making Smart Choices (H&W Middle and High School)**

- Students are learning more about the Milk Group this month. Highlight the dairy/milk or calcium-rich foods served each day this month. Foods might include low fat or skim milk, low-fat or nonfat yogurt, low-fat cheese, broccoli, salmon with bones, and dried beans.
- Sugar consumption is much higher during the holiday season. Students are learning all about sugar in Healthy and Wise this month and how to keep their intake low. A holiday cookie recipe with sugar substitutions is also presented in the article. Identify low-sugar food options with signage in your serving line this month.
- Students in middle and high school are learning how to make smart choices now that can positively affect their lives in the future. This is a great month to ask teachers to display materials in the cafeteria that highlight the special programs or services available on your campus. Invite representatives from school clubs to set up informational tables in the cafeteria so they can visit with students during the lunch period.



Healthy Cafeteria Tips: Review your breakfast and lunch menus and make sure that you are serving a variety of foods each week. Avoid too many themes that offer the same types of foods each week, such as Italian, Mexican, or Hamburger day. Menus like this teach kids to eat thematically instead of selecting foods each day that meet the Dietary Guidelines for Americans and their personalized MyPyramid plan. Refer to your Healthy Cafeteria Action Plan and report on progress. What are your next steps to further your goals?

Supervised Lunchtime Physical Activities: Remind students to bring their coats to lunch so they can go outside. Encourage older students to walk with friends. Organize a game of freeze tag for younger students or have them choose an activity, such as passing a football or a soccer ball.

***Utilize SPARK Lunchtime Physical Activity Rules and Procedures**

January 2010

Middle and High School – Unit 5

Metabolism (H&W Monthly)

Nutrition Bars and Sports Drinks (Beware of Energy Drinks) (H&W Monthly)

***Dangerous Supplements and Substances (H&W Middle and High School)**

- Students in elementary are learning about their metabolism and what they can do to keep it working efficiently. They learn that plenty of exercise and eating small healthy, meals and snacks throughout the day will help support their metabolism. Students are writing or drawing daily menus that illustrate 5-6 small, healthy meals and snacks. Consider displaying some of these pictures in the cafeteria.
- Students in elementary, middle, and high school are learning the truths and myths of nutrition bars, sports drinks, and energy drinks. Start the year off by reinforcing the Dietary Guidelines and the use of MyPyramid.gov. Make sure that water is always available as a drink choice in the serving line or cafeteria. Students in middle and high school are making posters that convey some of the serious side effects of energy drinks. Ask teachers to submit good examples to display in the cafeteria.



Healthy Cafeteria Tips: Help students recognize the steps you take to provide a healthy cafeteria environment. Examples: Preparing healthy balanced meals, following safe food handling practices, etc. Create a large bulleted list that is visible to students and staff as they flow through the serving line or sit in the cafeteria area. Refer to your Healthy Cafeteria Action Plan and report on progress. What are your next steps to further your goals?

Supervised Lunchtime Physical Activities: It may be too cold on certain days this month for the students to go outside. Consider playing a variety of “Aerobic Simon Says” or “Aerobic Mother May I” games with younger kids. For older students, put on a good workout or line dancing video and encourage students to follow the routines. Choose students that are extroverts to be exercise leaders to encourage others to participate.

***Utilize SPARK Lunchtime Physical Activity Rules and Procedures**

February 2010

Middle and High School – Unit 6

Consider Fruit Before Sweets (H&W Monthly)

Dark Chocolate (H&W Monthly)

***Using Health Information to Improve Your Health (H&W Middle and High School)**

- This month, students are encouraged to choose fruit as a healthier alternative to sweets. Students are learning tips to help them consume more fruit. Highlight the fruit in your serving line with nutritional information or healthy facts about the fruit. Examples: Apples are fat-free and an excellent source of fiber. Oranges are valued for their vitamin C content. Students are drawing pictures of their favorite fruits. Display some of these pictures in the cafeteria this month.
- Students learn this month that dark chocolate contains antioxidants that can be beneficial to their health. However, they also learn that milk chocolate does not provide these beneficial nutrients. Consider offering a dark chocolate **small portion** dessert option this month for Valentine’s Day. Small dark chocolate candies (1 per student) would be a nice treat!
- If you don’t already have a display area in the cafeteria to highlight nutrition and health information, consider making one. Middle school and high school students are learning how to access important health information that can benefit their health. You can teach them that they can access valid nutrition information at the school cafeteria resource site. Create your own cafeteria web page to share important information with students, staff, and parents.



Healthy Cafeteria Tips: Do you list specific fruits on your menus each day? Are you serving fresh fruit or canned fruit most of the time? Does your menu need improvement? Promote fresh fruit as much as possible. Make your fruit items look appetizing. Make sure that students have opportunities to select healthy dessert alternatives. Consider adding some sugar-free items to your

menu. Ask for suggestions from students and teachers. Refer to your Healthy Cafeteria Action Plan and report on progress. What are your next steps to further your goals?

Supervised Lunchtime Physical Activities: Encourage partner and group relay activities to go along with the “Exercising with a Partner” article in Healthy and Wise. Let students walk, jog, and march in pairs outside after lunch. Play games that encourage partner work, such as two-on-two soccer, buddy freeze tag, or two-on-two basketball.

***Utilize SPARK Lunchtime Physical Activity Rules and Procedures**

March 2010

Middle and High School – Unit 8

Breaking Bad Food Habits (H&W Monthly)

Whole Grains (H&W Monthly)

***Adolescents and Accidents (H&W Middle and High School)**

- Bad food habits can sabotage a person’s health. Create awareness in the cafeteria of the need to break bad food habits. Students are identifying foods served in the cafeteria that should be avoided due to their limited nutritional value. Ask teachers to submit their students’ responses. Discuss the student comments at one of your meetings.
- Make an effort to identify the whole grains on your menus this month. Place signs by whole grain offerings. Try to incorporate more whole grain breads, cereals, and pastas.
- Middle and high school students are learning how to prevent accidents. Make sure that staff members are able to identify the signs of someone who is choking. Post the steps for aiding a choking victim in several prominent locations in the cafeteria.



Healthy Cafeteria Tips: Try to add as many whole grains to your menu as possible. If you can’t do it immediately, start planning now for a transition next school year. Take steps to offer healthier, whole grain cereals to students.

Take the opportunity this month to evaluate your overall food and nutrition plan. Is improvement still needed? Are unhealthy choices still being offered to students? Create a survey and distribute to students, parents, and staff to assess your performance. Use the data from the survey to develop a plan for the next school year. Refer to your Healthy Cafeteria Action Plan and report on progress. What are your next steps to further your goals?

Supervised Lunchtime Physical Activities: Make balls available outside during lunch so that students can play catch, kickball, or four square. Organize a lunchtime walk and encourage all students that finish lunch early to participate. Start organizing track and field events during this short physical activity period. Short distance runs, sprints, and jumping events will offer students a variety of physical activity opportunities.

***Utilize SPARK Lunchtime Physical Activity Rules and Procedures**

April 2010

Middle and High School – Unit 8

Some Foods Can Protect the Body from Disease (H&W Monthly)

Eat Vegetables for Good Health (H&W Monthly)

***Making Your School Environment Safe and Healthy (H&W Middle and High School)**

- Students are learning about foods that contain nutrients that help prevent certain diseases or have significant health benefits. Students are drawing posters that include these beneficial foods. Ask teachers to submit good examples and display them in your cafeteria.
- This month, Healthy and Wise emphasizes the importance of eating vegetables for good health. Students are encouraged to eat a variety of colorful vegetables. Do you offer a variety of vegetables on your menus daily? Visit with students about the importance of vegetables and how your school cafeteria tries to incorporate a variety of vegetables in their daily meals. Students will be drawing pictures of their favorite vegetables. Display good examples in the cafeteria.
- Middle and high school students are conducting an evaluation to determine if your school offers a safe and healthy school environment. Good nutrition and healthy choices offered at school are part of this lesson. Post nutrition information that will help students make an overall assessment. Examples might include noting items low in saturated and trans fat or alternative sugar-free and low-fat desserts available. Other items related to safety might include the steps you take to ensure safe food handling practices.



Healthy Cafeteria Tips: If you don't offer students more than one vegetable choice daily, you need to make efforts to improve. Evaluate the vegetables you are offering. Consider adding more vegetarian recipes to your menu offerings. Do you have a salad bar? If not, could this be a viable option to offer next year? Don't get stuck in the mixed peas & carrots rut. Be creative and

find unique ways to offer a variety of veggies. Refer to your Healthy Cafeteria Action Plan and report on progress. What are your next steps to further your goals?

Supervised Lunchtime Physical Activities: Continue offering a variety of track and field activities during the lunchtime break. Have balls available for small-sided soccer and basketball games. Consider setting up an outdoor volleyball net for students to play short games during their lunchtime period.

***Utilize SPARK Lunchtime Physical Activity Rules and Procedures**

May 2010

Middle and High School – Unit 9

Healthy Grilling (H&W Monthly)

***Staying Emotionally Healthy (H&W Middle and High School)**

- Students learn this month how grilled foods can be prepared in healthful ways. This issue includes several grilled vegetable recipes for families. If possible, create messages to hang in your serving line that encourage students to make healthy food choices during the summer.
- Eating a healthy, balanced diet, getting plenty of physical activity, and being an optimist can impact a person's mental health. Middle and high school students are creating posters that encourage students at your school to be optimists. Ask teachers for some good student examples to hang up in the cafeteria. Visual aids that encourage students to have positive attitudes should be displayed as often as possible, so you might want to leave these posters up for the beginning of the next school year.



- **Healthy Cafeteria Tips:** Review the Healthy Cafeteria Checklist and Action Plan that you completed last August. Did you improve and make substantial gains in your action plan? What do you need to work on next year? Write down several cafeteria and nutrition goals and discuss steps that you can take to accomplish these goals next year. **Have a Great Summer and stay Healthy and Wise!**

Supervised Lunchtime Physical Activities: Set up a variety of activities for students this month that are popular during picnics, such as potato sack races, three-legged or wheel barrow races, and obstacle courses. Encourage parents to come during lunchtime to visit with their children and participate in the fun. They can also help supervise kids during the lunchtime period.

***Utilize SPARK Lunchtime Physical Activity Rules and Procedures**

***There is a middle/high school lesson included in each month. However, these lessons are undated and can occur anytime throughout the year.**

Middle and high school wellness lessons in the Healthy and Wise Strength, Conditioning, and Wellness Guides utilize the monthly Healthy and Wise curriculum and follow the annual Cafeteria Council Participation Plan.