



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

(2010-2011)

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) 2010-2011 Middle and High School – Unit 1

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

Water and Health (H&W K-6/Monthly)

Eating Right for Sports and Physical Activity (H&W Middle and High School)

- 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 that encourage students to eat a healthy, balanced diet. Try to select good examples from each grade level to display in the cafeteria. Coordinate with teachers to obtain pictures or posters.
- Drinking water and/or water fountains should always be accessible to students and staff. Elementary students 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.
- Middle and high school students are learning that healthy foods and plenty of water will help them excel during periods of physical activity or sports. Label fruits, vegetables, whole grains, low-fat or fat-free milk products, and lean meats as "High Performance Healthy Sports Foods". Encourage all students to choose these items. Students are locating pictures or drawing pictures of healthy foods that supply and sustain their energy during sports activities. Display some of these student examples or products 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 2010

Middle and High School - Unit 2

Nutrition Facts Labels (H&W Monthly)

Breakfasts and Its Benefits (H&W Monthly)

***The Dietary Guidelines (H&W Middle and High School)**

***Using MyPyramid.gov (H&W Middle and High School)**

***Balance, Variety, and Moderation (H&W Middle and High School)**

***Breaking Bad Food Habits (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. Students are also creating "Nutrition Facts Label" collages. Ask teachers to submit good examples that can be displayed in the cafeteria.
- 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 will learn the benefits of eating breakfast each morning. Elementary students will draw a healthy breakfast on a paper plate. Ask teachers for good examples to display in the cafeteria. 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.
- Make sure that the MyPyramid graphic is visible as students go through the serving line. Ask students to name the different food groups as they move through the line. Did they select something from all the food groups today? Ask them what they chose and praise healthy choices.

- Middle and high school students are learning the nutrition principles of balance, variety, and moderation. In the serving line, display examples of meals that are balanced, offer variety, and demonstrate moderate portion sizes.



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 2010

Middle and High School – Unit 3

Food Allergies (H&W Monthly)

The Milk Group and Calcium Rich Foods (H&W Monthly)

***The Importance of Diet and Exercise (H&W Middle and High School)**

- 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 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.
- Students are illustrating the options a person has to meet the calcium and vitamin D recommendations. Ask teachers to submit good examples to display in the cafeteria.
- Students are creating thank you cards for food service personnel in honor of "National School Lunch Week". Make sure that these cards are

delivered to the cafeteria staff. You might want to find other ways to acknowledge their contributions 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 the importance of diet and exercise on their health. They have learned that a healthy balanced diet with regular physical activity is the best path for maintaining a healthy weight. As students go through the serving line, ask them what kind of exercise or physical activity they did or are going to do today. 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.



Healthy Cafeteria Tips: Continue to analyze your menu offerings, and strive to provide students access to healthy choices at breakfast and lunch. Continue to evaluate the calcium rich foods you are offering. Don’t simply rely on your milk or dairy foods. Many students don’t like milk or are lactose intolerant. Offer calcium fortified orange juice or other fortified foods when possible. 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 2010

Middle and High School – Unit 4

What You Need to Know About Foodborne Illness (H&W Monthly)

Choosing Foods from the Meat and Beans Group (H&W Monthly)

Nutrition and Exercise During Adolescence (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 are drawing pictures of foods included in the Meat and Beans Group. Ask teachers to submit good examples that can be displayed in the cafeteria.
- Middle and high school students are drawing pictures that illustrate healthy foods and snacks that adolescents should include in their daily diets. Ask teachers to submit good examples to display in your school cafeteria and serving line.



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 2010

Middle and High School – Unit 4

Healthy Holiday Eating (H&W Monthly)

Healthy Holiday Recipes (H&W Monthly)

Nutrition and Exercise During Adolescence (H&W Middle and High School)

- Students are drawing pictures of a healthy holiday snack or illustrating a healthy holiday eating tip that they learned this month in the Healthy and Wise article. Ask teachers to submit good examples to display in the cafeteria.
- Students in middle and high school are learning the importance of maintaining a healthy weight. Highlight the importance of using MyPyramid.gov to obtain a personalized eating and physical activity plan. You might want to create a MyPyramid bulletin board display with several of the resources that MyPyramid offers. You could also print a number of personalized plans to show as examples.



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 2011

Middle and High School – Unit 5

Getting Back on a Healthy Nutritional Track After the Holidays (H&W Monthly)

Healthy Grocery Shopping Strategies (H&W Monthly)

Supplements and Scams (H&W Middle and High School)

- Students in elementary are learning how to get back on a healthy nutritional track after the holidays. Students are drawing examples of healthy meals and unhealthy meals and listing the differences between the two. Ask teachers for good examples and display in the cafeteria. This would be a good month for food service to highlight the healthy offerings on their menus. Kick off the first of the year by conveying healthy nutritional messages in your serving line.
- Elementary students learn healthy grocery shopping strategies this month in Healthy and Wise. Students are drawing self-portraits that illustrate them making healthy choices at the grocery store. Display good examples in the cafeteria.
- Students in middle and high school are learning about the dangers of some supplements and health scams. Students will be developing a list of criteria to evaluate nutrition and exercise products. Ask teachers to submit good examples and display in a collage format or bulletin board format 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 2011

Middle and High School – Unit 6

Do You Have a Sweet Tooth? (H&W Monthly)

The Fruit Group (H&W Monthly)

Accessing, Analyzing, and Using Health Information (H&W Middle and High School)

- This month, students are encouraged to choose fruit as a healthier alternative to sweets and are learning a variety of strategies to overcome their sweet tooth cravings. 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.
- 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, analyze, and use 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 2011

Middle and High School – Unit 8

The Health Scoop on Fiber (H&W Monthly)

Whole Grains for Good Health (H&W Monthly)

Preventing Accidents (H&W Middle and High School)

- Make an effort to identify fiber-rich and whole grain foods on your menus this month. Place signs by whole grain offerings. Try to incorporate more whole grain breads, cereals, and pastas. Students are creating posters that illustrate the importance and benefits of whole grains. Ask teachers to submit good examples to display in the cafeteria.
- 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, low sugar 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 2011
Middle and High School – Unit 8

The Vegetable Group (H&W Monthly)
Potato Facts and Fallacies (H&W Monthly)
A Safe and Healthy School Environment (H&W Middle and High School)

- 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 vegetables categorized by color. Display good examples in the cafeteria.
- Students learn that potatoes contain a variety of healthy nutrients and fiber. Students learn tips that help them make healthy choices when preparing and eating potatoes. Take a look at your menus and count how many times you serve potatoes each week. Do you ever offer sweet potatoes? Are your potatoes prepared in a healthful manner? Could food service offer healthier potato choices?
- Middle and high school students are completing a survey 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 2011

Middle and High School – Unit 9

Staying on a Healthy Nutritional Path During the Summer (H&W Monthly)

Healthy Summer Salads (H&W Monthly)

The Benefits of Healthy Lifestyle Choices (H&W Middle and High School)

- Encourage students to eat a variety of healthy foods during their summer break. Students will be making collages of healthy summer foods. Choose some good examples to display in the cafeteria.
- Do you offer salads frequently on your menus? If possible, offer salads that use Romaine lettuce. Romaine lettuce offers more nutrients than iceberg lettuce. Low-fat and fat-free salad dressings should always be available, but pure olive oil (a good fat with many other health benefits) is an additional healthy option. Students will be illustrating various salads on paper plates. Display some creative examples in the cafeteria.
- Eating a healthy, balanced diet and getting plenty of physical activity has many emotional and social benefits. Create signs, slogans, and awareness materials that will encourage students to continue these healthy lifestyle habits. Middle and high school students will be creating posters and murals that emphasize the importance of healthy lifestyle choices. Select good examples and display in the cafeteria.



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.