Integrating Nutrition Education into the School Curriculum

“Both inside and outside of the classroom, schools present opportunities for students to learn about healthful eating habits and regular physical activity; engage in physical education; and make food and physical activity choices during school meal times and through school-related activities.”

–Institute of Medicine

The MD Food Stamp Nutrition Education program can play an important role in helping guide students’ food choices through the innovative teacher training program, Integrating Nutrition Education into the School Curriculum. The course provides elementary and middle school teachers basic nutrition information, focusing on current health issues relevant to both children and teachers. The emphasis is on practical ways to integrate nutrition education into the required curriculum.

The course includes:

- Nutrition information presented in an understandable format
- Guest speakers on topics such as school lunch, food safety, and childhood obesity
- Hands-on activities for teachers to use with students
- Nutrition education materials for use in the classroom including handouts that reinforce reading and math skills found on the MSA
- Healthy snacks incorporated into each class

Integrating Nutrition Education into the School Curriculum is a 30-hour course provided free of charge to teachers. Educators earn two MSDE credit hours upon completion of the course. Contact your Maryland Cooperative Extension Office for more information on how this innovative program can help teachers and students make healthy food choices and increase physical activity for a healthier future.