

Milagros R. Fornell, Associate Superintendent
Curriculum and Instruction

**SUBJECT: UPDATE: NUTRITION EDUCATION OVERVIEW FOR ELEMENTARY
SCHOOL PHYSICAL EDUCATION TEACHERS**

COMMITTEE: INSTRUCTIONAL EXCELLENCE AND COMMUNITY ENGAGEMENT

LINK TO DISTRICT

STRATEGIC PLAN: IMPROVE STUDENT HEALTH

At the School Board Meeting of October 15, 2008, Ms. Perla Tabares Hantman, Member, proffered and The School Board approved Agenda Item H-7, to review, update, and strengthen the nutrition education curriculum at the elementary level, provide for resource materials for teachers in the area of nutrition, incorporate professional development on nutrition education requirements, as feasible, and submit a report and any recommendations to strengthen the nutrition education curriculum for elementary level students.

To meet this mandate, on November 4, 2008, staff from the Division of Physical Education and Health Literacy conducted a "Fitness and Nutrition Education" workshop for all physical education teachers to ensure that professional development was provided and that nutrition education curriculum materials were distributed. This training and curriculum update was implemented to supplement the annual nutrition education professional development that has been conducted for elementary school classroom teachers to support the Competency-Based Curriculum. A document entitled, *Nutrition Education Overview for Elementary School Physical Education Teachers*, was developed to provide physical education teachers with additional instructional resource materials, websites, and Internet links for the delivery of age-appropriate nutrition instruction, as well as specific instructions and support for elementary teachers to develop nutrition education daily lesson and unit plans.

In addition to meeting the requirements for elementary school students, staff also provided the "FUEL" and "HealthEdco" nutrition education materials to middle school and senior high school physical education teachers to ensure that nutrition education would be a continuous component of student's education leading to a healthy lifestyle.

C-14

The training and curriculum provided to physical education teachers further supports and aligns the District's physical education programs with the requirements of HB 967, 2007 legislation and State Statute 1003.01 requiring the delivery of nutrition education in physical education classes, K-12. A further review will be conducted at the end of the school year to determine the effectiveness of the District's nutrition education programs, especially the revised elementary curriculum.

Copies of the resource materials and curriculum are attached and will be available on the web at: <http://pe.dadeschools.net> and will be available for inspection by the public in the Office of Board Recording Secretary, Room 924, and in the Citizen Information Center, Room 158, 1450 N.E. Second Avenue, Miami, Florida 33132.

RECOMMENDED: That The School Board of Miami-Dade County, Florida receive the update, *Nutrition Education Overview for Elementary School Physical Education Teachers*.

AMC:MRF:MdeA/jdg