***VISTA UNIFIED SCHOOL DISTRICT***

***ADMINISTRATIVE REGULATION NO. 5030***

***STUDENT WELLNESS***

***Nutrition Education Goals and Promotion***

*The primary goal of nutrition education is to influence students’ eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices.*

*The Vista Unified School District shall provide nutrition education that is developmentally appropriate; reflects students’ culture; is integrated into core curricular subjects such as language arts, math, science, social studies and elective subjects; and provides opportunities for students to practice skills and have fun. The District shall choose nutrition education curricula that are easy to teach, foster lifelong healthy eating habits and aligns with State Frameworks.*

*The District’s nutrition education and physical education programs shall be based on current research, consistent with the expectations established in the State’s curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. The nutrition education and physical education programs shall emphasize the importance of caloric balance between food intake and energy expenditure (physical activity/exercise).*

1. *Students in grades pre-K-12 shall receive sequential nutrition education that is age appropriate, interactive and teaches the skills they need to adopt healthy eating behaviors.*
2. *Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and teachers.*
3. *Schools shall conduct nutrition education activities and promotions that involve students, parents and the community which includes but are not limited to Wellness Week, Taste Testings, Cooking Carts, classroom presentations by Nutrition Staff, Poster Contests and other promotional activities.*
4. *Staff is encouraged to integrate hands-on experiences with school gardens to include but not limited to composting, planting and harvesting.*
5. *Students shall receive consistent and positive nutrition messages throughout all district schools. Nutrition messages shall be provided indiscriminately to promote health and wellbeing.*
6. *Schools shall link nutrition education activities with a coordinated school health program as applicable.*
7. *Instructional leaders and school wellness Site Representatives at each school will monitor the implementation and compliance of how nutrition education is being conducted.*
8. *Teachers and staff will receive training.*