

Classroom Nutrition Education



Let the FWCS Dietitians lead nutrition education programs in your classroom to enhance your students' learning potential. Our dietitians have numerous programs that can be adapted to any grade level and at no charge to your school.

Standard **elementary school** program topics that includes food samples for all students include:

Fruits and Vegetables- A Rainbow of Colors
Healthy Whole Grains
Dairy Foods and Bone Health
Tingling Your Taste Buds
Healthy Snacks for Growing Minds
What's on Your Plate? - USDA *Choose My Plate*
Edible Plant Parts

Our nutrition professionals can also create presentations to meet curriculum topics or school functions such as cultural awareness themes and geographical area studies (continents & countries).

In the **secondary schools**, our dietitians are available to provide instructions on topics such as:

General Nutrition Education
Food Safety and Sanitation
Nutrition Career Options

To arrange a presentation or food demonstration with a dietitian, please call the Nutrition Services Department at **467-2055**.

