

Introduction to Integrated Nutrition Lessons and Online Trainings

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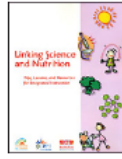
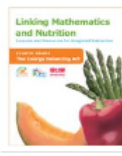
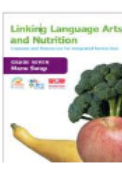



Free Downloadable Integrated Lessons - CHKRC

- Developed and Field Tested with *Network for a Healthy California*
- More than 30 lessons that link Nutrition with Science, Mathematics, Language Arts
- Standards-based

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Resources for Integrated Nutrition Instruction

	<p>Linking Science and Nutrition – Tips, Lessons, and Resources for Integrated Instruction</p> <p>The Network for a Healthy California of the California Department of Public Health (Network) and the California Healthy Kids Resource Center (CHKRC) developed this resource to support Network-funded, school-based programs to provide effective, standards-based science and nutrition instruction.</p> <p>Download the entire document (PDF) or review and download sections of the resource</p>
	<p>Linking Mathematics and Nutrition</p> <p>The Network for a Healthy California of the California Department of Public Health (Network) and the California Healthy Kids Resource Center (CHKRC) developed this resource to support Network-funded, student-based programs to provide effective, standards-based mathematics and nutrition instruction.</p> <p>Review or download the free kindergarten to grade eight lessons from an at-a-glance chart that shows the health education content standards addressed in each of the 12 lessons.</p>
	<p>Linking Language Arts and Nutrition</p> <p>The Network for a Healthy California of the California Department of Public Health (Network) and the California Healthy Kids Resource Center (CHKRC) developed this resource to support Network-funded, student-based programs to provide effective, standards-based language arts and nutrition instruction. The ten lessons are aligned with the California Common Core Standards.</p> <p>Review or download the free kindergarten to grade eight lessons from an at-a-glance-chart that shows the health education content standards addressed in each of the 10 lessons.</p>
	<p>More... Linking Science and Nutrition</p> <p>The Network for a Healthy California of the California Department of Public Health (Network) and the California Healthy Kids Resource Center (CHKRC) developed this resource to support Network-funded, student-based programs to provide effective, standards-based science and nutrition instruction.</p> <p>Review or download the free kindergarten to grade eight lessons from an at-a-glance chart that shows the health education content standards addressed in four additional lessons and the original 12 science and nutrition lessons.</p>

Welcome!

Linking Science and Nutrition... Steps for Integration



Moving To The Middle

Make this
Training a Terrific Success!



Our Objectives for Today -

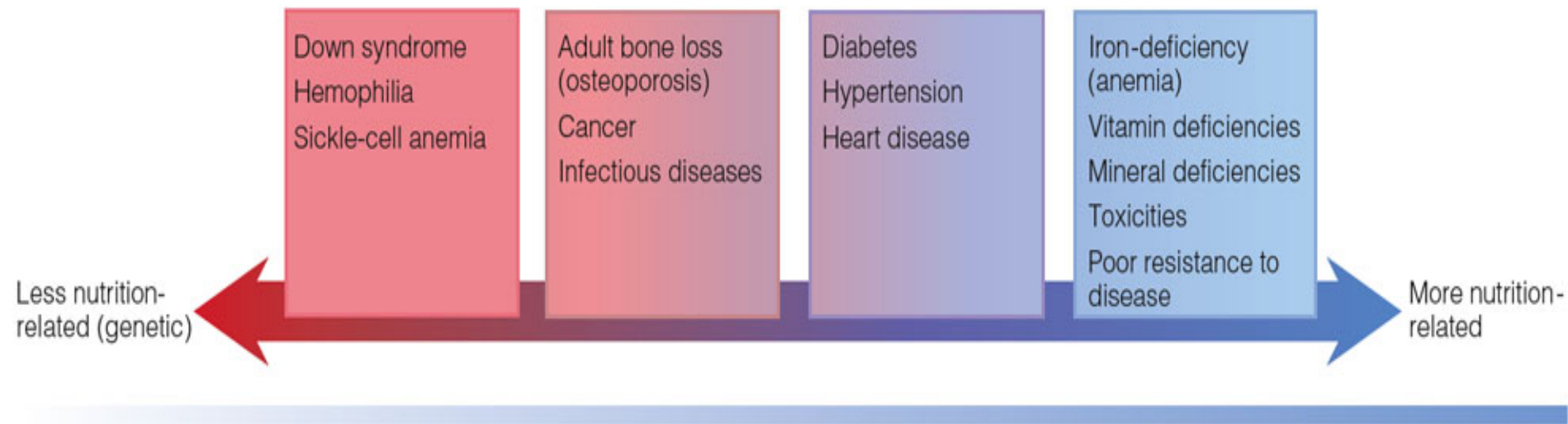
- Review Benefits of Integrated Instruction
- Improve Ability to Provide Inquiry-Based Science and Nutrition Investigation
- Experience a High-Quality Science and Nutrition Integrated Lesson
- Access Lessons for Integrating Science and Nutrition
- Learn about Accessing Resources for Science and Nutrition Integrated Instruction

Why Integrate Science and Nutrition?



Health: it all goes back to science...

Genes vs. Lifestyle



Crisis in America

- **2/3 of US adults are overweight or obese**
- **Childhood obesity has tripled since 1980**
 - Affecting > 9 million children
- **Children as young as 7 years old have chronic diseases formerly associated with advanced age**
 - High blood pressure, heart disease, type-2 diabetes
- **1/3 children born in 2000 will develop diabetes**
 - double the current rate

California USD

- 58% Eligible for free and reduced meals
- Not eaten breakfast (46 – 51%)
- Above recommended Body Composition levels (42 – 48%)

Millennium's vs. Baby Boomers

According to a study by the American Academy of Pediatrics and the New England Journal of Medicine, this generation of children will be the first to have a lower life expectancy rate than their parents.



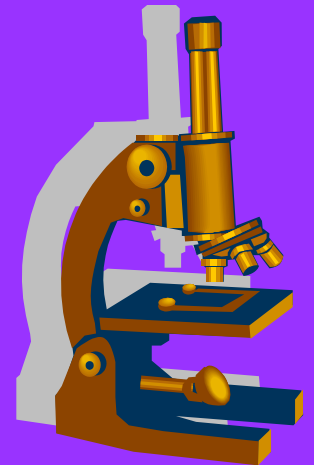
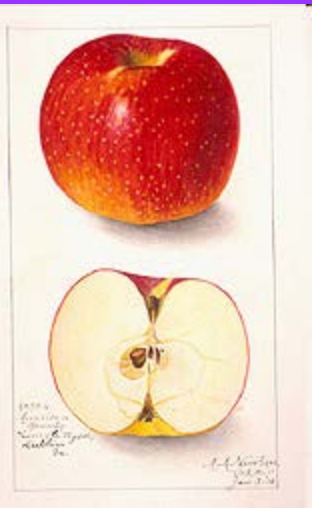
Don't you wish we could...



But we can...

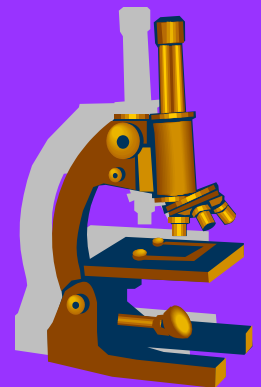
PREVENT

REVERSE



Why Integrate?

- **Health and nutrition education are essential to change trends.**
 - **New CA Health Education Std. adopted March 2008**
- **Classroom's today are too busy to add more class work.**



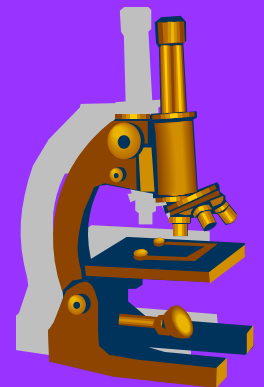
What do the expert's say?

Studies show that healthy eating and daily physical activity have a profound impact on the body and mind by improving the ability to learn and comprehend, boosting energy, improving school attendance and changing attitudes and behavior.



Need for Science Majors

- **Increase pipeline of future science and math majors to meet national need**
- **Maintain economic competitiveness**
 - Shortage of nurses and health professionals
 - Increase pipeline of future science and math majors to meet national need
- **Develop inquiry and critical-thinking skills**
 - Changing emphasis in science education from ‘adding more content’ toward:
 - understanding scientific processes
 - improving inquiry and critical-thinking skills



Increases Relevance and Meaningful Connections

THE MONTILLATION OF TRAXOLINE

It is very important to learn about traxoline. Traxoline is a new form of zionter. It is montilled in Ceristanna. The Ceristannians gristerlate large amounts of fervon and then bracter it to quasel traxoline. Our zionter lescelidge may make traxoline one of our most lukizes snezlaus.

QUIZ:

1. What is traxoline?
2. Where is it montilled?
3. How is traxoline quaseled?
4. Why is traxoline important?

Why Integrate?

An integrated approach ...

- Helps students apply skills
- Leads to faster retrieval of information
- Leads to more integrated knowledge base
- Encourages depth and understanding
- Promotes positive attitudes

Lake, K. (2001) School Improvement Series, Northwest Regional Educational Laboratory.



High-Quality Integrated Instruction - achieves meaningful standards-based learning objectives in two or more academic areas.



Selected as High-Quality ...

Each Linking Lesson

1. Includes objectives that target both standards.
2. Focuses on question or problem that connects science and nutrition concepts and skills.
3. Includes real-life context, application.

