

## **APPENDIX B**

Suggestions for school's individual goals in the three required categories.

### **1. Nutrition Promotion Goals**

- Taste tests of different types of fresh produce
- Guest speakers: farms, health promotion agencies, dietitians
- School Gardens
- Healthy edibles used as teaching items, and then consumed (check for student allergies first!)
- Use non-food rewards for accomplishments
- Check out the Team Nutrition website: [www.fns.usda.gov/tn/team-nutrition](http://www.fns.usda.gov/tn/team-nutrition)
- Food into Fuel: Students learn how foods are good for them (X-ray vision carrots!)
- Food Diary: Tally who eats 5 servings of fruits and vegetables every day for 5 days
- Learn about food from other cultures and countries – find the countries on the world map
- Analyze commercials – is the food advertised good for you?
- Put a coin into a glass of soda pop and watch it disintegrate over the next few days

### **2. Physical Activity Goals**

- Organize class schedules to allow for physical activity during the school day
- Bike Clubs
- Walking Clubs (accumulate miles to “walk across California”)
- Check out the US School Challenge at Team Nutrition (website above)
- Play games that encourage physical activity at recess
- Incorporate activity into classroom activities such as scavenger hunts, races
- Have a “stretch break” in between subjects
- Promote before and after school physical activities
- Integrate physical activity into academic lessons
- “Secret Password” – Every day establish a secret password activity such as 5 jumping jacks, hop three times, or stand on one foot for 5 seconds.

### **3. Social and Emotional Goals**

- Create quiet areas for students to spend time alone, or with friends, avoiding overstimulation
- Encourage student problem solving
- Establish peer support groups for anti-bullying or other issues
- Improve communication to students and parents of support programs and support available (CRPD counselors, VCBH drug counselor, psychology interns)
- Use multi-cultural activities to increase tolerance and understanding of others
- Coordinate mental health and health services
- Encourage team work and collaboration in the classroom
- Include exercises in disability awareness