



# Nutrition Education & Physical Activity

*Smart Snack Approved*

THE NUTRITION AND WELLNESS POLICY 5.13 ADDRESSES NUTRITION EDUCATION AND PHYSICAL ACTIVITY:

## Why?

- Nutrition education and physical education are part of a well rounded education. Both help to establish and reinforce healthy lifestyle behaviors
- Physical activity is important for students to be ready to learn and have a place to release stress

## What are requirements for nutrition education?

- Elementary - A minimum equivalent of one hour of classroom nutrition education is to be provided each month for all students as part of a comprehensive health education curriculum which promotes the relationship between personal behavior and health. Promote the integration of nutrition education into other areas of curriculum such as math, science, health, physical education, language arts, and social studies. Utilize the Florida Department of Education Health Education Benchmarks for each grade level
- Middle School - A minimum equivalent of one hour of classroom nutrition education is to be provided each month for all students as part of a comprehensive health education curriculum which promotes the relationship between personal behavior and health. Nutrition education will be incorporated into Physical Education classes to reinforce the importance healthy nutrition
- High School - Nutrition education will be provided through the Health Education through Physical Education class

## What are requirements for physical activity?

- Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question
- Staff members shall not require the participation in physical activity, such as walking laps, as a form of discipline or punishment during the school day
- Elementary - provide 30 consecutive minutes of physical education daily for students in kindergarten through grade 5
- Middle School - must offer the equivalent of one class period per day of physical education for one semester of each year for students enrolled in grades 6 through 8
- High School - a student may meet the graduation requirement in the following ways: (i) One half credit in physical education and ½ credit in personal fitness or (ii) One credit HOPE core course or (iii) One credit HOPE physical education variation course
- All school classrooms' health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle
- Opportunities for physical activity will be incorporated into other subject areas
- Classrooms shall incorporate, where possible and appropriate, short physical activity breaks between lessons and classes
- Intramurals, walkers/runners clubs, and other physical activities events will be utilized, where possible and appropriate, as additional opportunities for physical activity