



Nutrition Education Program

The Nutrition Education Program (NEP) from the Alabama Cooperative Extension System is a valuable program being offered to your school system this year. NEP supports the federally-mandated *Local Wellness Policy* and Alabama Course of Study for specific subjects. This educational opportunity provides nutrition education and promotes physical activities to enhance student wellness. Students will be able to explore, analyze and synthesize information through flexible NEP instructional group practices.

A NEP educator will be able to provide regular visits (30-50 minutes per lesson, weekly if desired) to elementary grade students in classrooms. The educator's time is limited, but every effort will be made to reach as many students as possible. In general, a class can receive an unlimited number of nutrition classes, but 6-8 classes are the average number in a series format. During these educational opportunities, the NEP educator will:

- Provide developmentally-appropriate, interactive nutrition education,
- Promote physical activity when possible,
- Reinforce elementary grade Alabama Course of Study Content Standards and
- Integrate food tasting in appropriate lessons.

After each lesson, the NEP educator will leave supplemental materials, usually two activities, for teachers to use with their students before the next visit. Each supplemental activity will be teacher-ready, and will require about 15 minutes to be completed by students. Activities range from children's literature reinforcing salient nutrition messages, word finds incorporating central nutrition-oriented vocabulary words to math problems promoting understanding through food manipulatives.

Finally, the Nutrition Education Program has received acceptance and encouragement from the State Superintendent of Education, Dr. Joseph Morton, through a signed Memorandum of Understanding between the Nutrition Education Program and the Department of Education. The Alabama Cooperative Extension System looks forward to educating your students and improving their future health status.