



# Integrating Nutrition into Pacing Guides

## How to get started...

- Assemble a core group of teachers (at least 2 per grade level).
- Training should focus on Health Standards so teachers have a common language to discuss integration.
- Professional development should move away from lecture to more hands-on work with integration.
- Give teachers time to discuss, plan, and present their ideas.
- Establish the understanding that this is an on-going process and Pacing Guides are a working document.
- Create an environment that encourages a cycle of continuous learning.
- Encourage higher-level thinking.
- *Network* staff does not need to be the experts, they just need to create the environment.
- Remember this takes time—it has been a 3 year process for us!

## Three-year Implementation Highlights

### Year One

- Start by focusing on consistent messaging in all lessons and making changes to the overall school culture.
- Focus professional development on the Health Standards, Nutrition Competencies, consistent messages, and modeling effective classroom lessons with Level 1 & 2 integration.
- Develop a climate of Professional Learning Communities during trainings.

### Year Two

- Use your districts instructional planning tool to help teachers match Core Standards to Health Standards and start integrating.
- Focus on integrating all 8 standards and the Nutrition Competencies.
- Model lessons to show how nutrition education can be the vehicle to teach core subjects (full integration).

### Year Three

- Full Integration is a continual process
- Start by adding the components your teacher's feel most comfortable integrating.
- Develop the PTR cycle (Plan, Teach, Reflect, and Apply) establishing a continual process of reflection and growth.