



# Subject Specific Integration Strategies

**Huntington Beach Union  
High School District**

**Presented by:**

**Nancy Wikes, MS, RD**



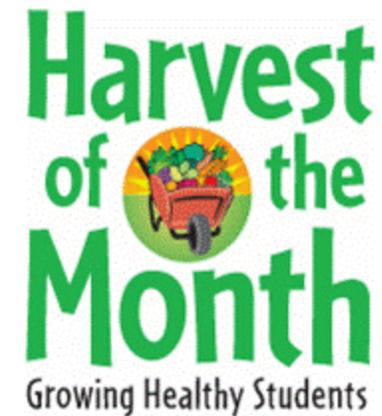
# Background

- HBUHSD started with the *Network 1999*
- 4 districts
  - 1 Preschool
  - 20 Elementary
  - 4 Middle
  - 4 High Schools



# Harvest of the Month

- 90 Home room classes
- Educator Newsletters
- HOTM pop up cards
  
- Student academic planner
- In the cafeteria
- Nutrition Advocate Club



# In the Classroom

- Health
- English
- Espanol
- Languages
- PE
- Foods classes
- Child Development / Singles Living
- Agriculture
- Science
- Math



# Health

- **Diet Related Diseases**
- **Macronutrients**
- **Micronutrients**
- **Jeopardy**



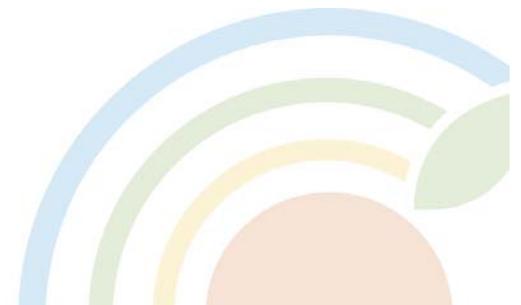
# Supplementing Health Curriculum

- **Presentations provide reinforcement**
  - Repetition, Visuals, Interaction, Critical thinking
- **Knowledge Base for Further instruction**
  - Used as a reference
    - Brochure Activity
  - Short Quizzes & Wrap-up



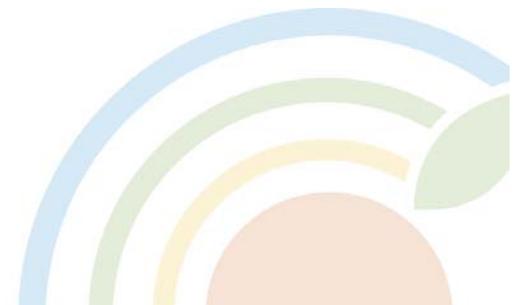
# English

- **English Research Project**
- **CAHSEE articles and questions**
- **Series**
- **Books**
  - **Esperanza Rising**
  - **Joy Luck Club**



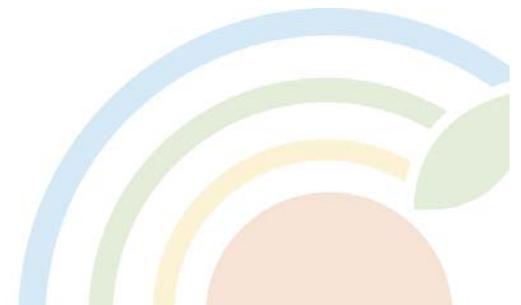
# Espanol

- **MyPyramid**
- **Food Labels**
- **Benefits of Physical Activity**
- **Fast Food**
- **Food Demo**



# Foreign Languages

- **French**
- **Vietnamese**
- **Spanish**



# Physical Education

- Hydration/Beverage Choices
- Sports Nutrition
- Benefits of physical activity



- PA Specialist – Dance





**PA Specialist  
Hiba Shublack**



# Foods Classes

- **MyPyramid**
- **HOTM incorporated into class activities**



# Child Development Singles Living

- **Nutrition during Pregnancy**
- **Nutrition Through the Lifecycle**
  - **Infant Nutrition**
  - **Child and Adolescent Nutrition**
  - **Adult and Elderly Nutrition**



# Agriculture

- Reading the Food Label
- Farmers Markets



# Science

- **Protein, Carbohydrate, and Vitamin C labs**
- **Concentration of sugar**
- **Mock Diabetes test**
- **Chip lab**
- **Catalyst**
- **Nutrition Analysis**
- **Surface area/ digestion**
- **Digestion and respiration**



# Nutrition 'Across the Curriculum'

- **Benefits:**
  - Supports Full Integration vs. Compartmental Thinking
- **Challenges For Teachers:**
  - Subject Specific Integration and State Standards
  - Lack of Nutrition Knowledge/Incorrect Information
- **Needs:**
  - Teacher Training/Personal Ownership of Nutrition Information... “Selling them on the importance.”
  - Providing Resources: Information & Materials



# Outside the Classroom

- **Sports Nutrition Workshop**
- **Cook Off**
- **Nutrition Advocate Club**
- **A-Z Salad**
- **Zumba**



# Sports Nutrition Workshop

- **THE NEED:**
  - **Food as Fuel For Student Athletes**
    - Hard work going to waste
    - Injury Prevention
    - Better Performance / Endurance
  - **Training For Coaches**
    - Missing Nutrition as a Key Component



# Sports Nutrition Workshop

- **Every February**
- **About 300 Athletes**

## 3 Components

- **Guest Speaker**
- **Workshop**
- **Food Vendors**





**2009**  
**Dr. Bill Beacham**

**2008**  
**Dr. Shawn Dolan**











Young athletes must drink  
and eat both before, during  
and after exercise to  
prevent dehydration that  
can lead to heat related  
injuries.

**Recognize the signs of  
dehydration:**  
dry mouth, fatigue,  
headache, confusion, lack  
of coordination, nausea,  
weakness, and faintness.

**Parents and Coaches  
should make a hydration  
plan, set a schedule, and  
supervise their active  
children and young  
athletes.**

**Recommendations for children ages  
6 to 10 include:**  
• Drink water before, during and after  
activity. Monitor for signs of  
dehydration.  
• Do not drink too much water.  
• Do not drink sports drinks unless  
recommended by a healthcare  
provider.

**Recommendations for young  
athletes ages 11 to 18 include:**  
• At all times, 1-2 hours before activity  
at 10 ounces. 15-20 ounces before activity  
at 10-20 ounces. 20-30 ounces during  
activity. Monitor for both  
dehydration and overhydration.  
• We can gauge the amount of fluid  
consumed by "guzzling"  
the fluid in moderate sips.

• Proper hydration is  
important for all activity, all  
sports and in all seasons.  
At times as little as 1% dehydration  
can have an effect.

Hydration made us  
DRINK WATER





2008





# Cook Off

- Family and Consumer Science Department
- Advanced Production class
- High School Newspaper
- Year Book
- Administrators
- Board member
- Teachers
- FNS





## Cook Off

HOTM

- Squash It!
- Vegetable Chili

## National Nutrition Month

- Vegetable Entrée



# Nutrition Advocate Club

- About 50 members
- Meet weekly
- Active in:
  - School events
  - Community events
- “Rethink Your Drink” campaign



## Westminster Chamber of Commerce Founders Day Parade



# National Nutrition Month

- A-Z Salad Bar



# Zumba

- ASB students
- NAC students
- Hip Hop Students



# New this Year

## Language

- Spanish

## English

- Chew on This

## Seniors

- Freshman 15

## Art Club

- Poster contest



# Teacher Training

- **Teacher Orientation**
  - **Communicate Goals for Nutrition Across the Curriculum**
  - **Present results from RYD surveys**
- **Individual Department Meetings**
  - **Brainstorm Methods for Implementation**
    - **Lesson Plans, Department Project etc.**
- **Small groups**
- **Summer Institute**



# Parent Education

- **Parent series - 6 weeks**
- **Freshman parent orientation**
- **Back to School Night**
- **Title 1 – Parent classes**



# Activity

- **Each table has an index card with a high school class subject**
- **As a group:**
  - **What ideas do you have to integrate nutrition education into your subject?**
  - **How would you approach the teachers in this subject area?**
- **One person from your table share with all**



# Thank you!

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**<http://www.hbuhsd.k12.ca.us/Food-Nutrition/NETWORK.htm>**

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).

