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# NUTRITION CURRICULUM

## 2014-2015 REPORT



GET ACTIVE!

CHANGE THE GAME!

**UCONN**  
NEAG SCHOOL OF EDUCATION

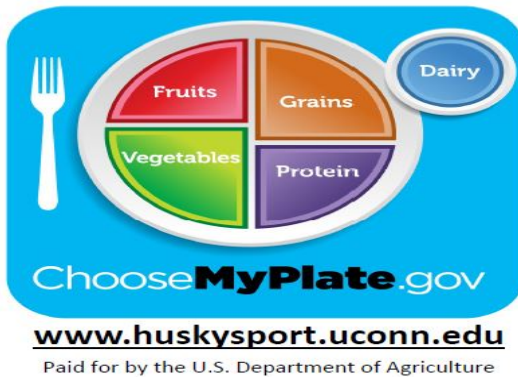
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# NUTRITION CURRICULUM



*How much of your plate is **FRUITS** and **VEGETABLES**?*



## 2014-2015 REPORT

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*Get Active!  
Change the Game!*

## Program Overview

The Husky Sport nutrition curriculum continues to be one of the main pillars throughout all of our campus-community partnerships. Supplemental Nutrition Assistance Program-Education (SNAP-Ed) functions not only as a primary funder for the Husky Sport program but also provides My Plate guidelines and the conceptual framework that aides in the creation of all planned lessons and activities throughout the program. This year, strong nutrition-based lesson plans were implemented throughout three different programs: In- School, Ready, Set, Read!, and all after school and weekend partnerships.

## Direct Engagement

Throughout the school year, Husky Sport staff and student leaders visited Clark School students in several different capacities. The In-school program, Husky Sport worked alongside K- 6 and ABA students for a total of 16 classes each week. For the Ready, Set, Read! program Husky Sport worked with K-3<sup>rd</sup> grade for a total of 6 classes per week. Additionally, Husky Sport collaborated with 5 Clark School community partners to run after school and weekend programs 6 days each week.

Weekly engagement with students was lead by a team of program leaders who strategically selected interactive learning activities geared towards the Husky Sport pillar of nutrition education; the activities were crafted to fit the following **Cycle Themes & Memorable Mottos:**

Cycle 1 My Plate	• My Plate, Be Aware!
Cycle 2 Healthy Choices	• Red Light, Green Light, Eat Right!
Cycle 3 Fruits & Vegetables	• Eat the Fruit & Veggie Rainbow!
Cycle 4 Grains	• Make Half Your Grains, Whole Grains!
Cycle 5 Protein	• Protein Makes Us Strong!
Cycle 6 Dairy	• Get Your Daily Dairy!
Cycle 7 My Plate	• I Choose My Plate!

## Partnerships

One strength of the Husky Sport nutrition curriculum is the creativity and application of fun, engaging, age-and-lifestyle-appropriate lesson plans that are tailored to students at Clark School and each of the four after school partners:

- The Hartford Catholic Worker
- The North End Salvation Army
- Community Renewal Team
- Parker Memorial Community Center
- The Village for Families and Children

Husky Sport program leaders, at each partner organization, work to create weekly nutrition lessons that are built right into the structure of the existing after-school program. Husky Sport nutrition education is truly implemented in every aspect of the program!



## Health In-School

### Tastings

Each cycle of the Husky Sport nutrition curriculum includes a healthy tasting aligned with the cycle theme. Program leaders and Husky Sport staff work together to prepare fun and easy-to-make tastings for every student to enjoy during the program.

### Budget

This year, 350 students were provided 7 healthy tastings. The target cost for each tasting was under \$1.00 per child.

### Application

Every SNAP-Ed tasting is created with ingredients that can be found in the Hartford North End community. Each tasting is accompanied with a Husky Sport recipe card for students and their families to prepare at home allowing the deliverable to reach beyond the classroom!



**Husky Sport**  
**Yogurt Parfait**

*Ingredients*

- ½ cup of plain yogurt
- 1 handful of cereal or granola
- 1 handful of fresh fruit

*Directions*

- Top yogurt with cereal or granola and fresh fruit. Serve and enjoy!

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\*Makes 1 serving

**Husky Sport Fruit Pizza**



*Ingredients*

- 1 cinnamon rice cake
- 1 spoonful of low-fat yogurt
- 3-4 pieces of fruit

*Directions*

Apply a thin layer of yogurt to the rice cake, add fruit as a topping and enjoy!

**UCONN**  
HUSKY SPORT

\*Makes 1 serving

**Husky Sport “Power Munch”**  
(Whole Grain Snack Mix)



*Ingredients*

- 1/2 cup of Cheerios Cereal
- 1/2 cup of Wheat Chex Cereal
- 1/2 cup of Whole Grain Goldfish
- 1 cup of Whole Wheat Pretzels
- 1 cup of Popped Popcorn

*Directions*

Pour the ingredients into a large bowl, mix well, serve and enjoy!

**UCONN**  
HUSKY SPORT

\*Makes 3 servings

## Teacher Survey

At the heart of the Husky Sport program is the importance of relationships; without continuous communication and feedback from the Clark School staff and partner organizations, our programs could not run as efficiently and effectively as it does. With hopes to continuously improve all of our programs, the Assistant Directors conducted focus groups with Clark School elementary teachers to allow them to voice their opinions of the Husky Sport programs.

“For my class, the lesson that they liked the most was looking at how much sugar was in things. I find them at breakfast saying how much sugar is that? How much sugar do you have in that? They like looking at the nutrition labels on stuff.”

- 1<sup>st</sup> Grade Clark



“The information that they learned definitely crossed over into different areas of our learning” ....“We read an article, *Are you a fit kid?* and they had so much prior knowledge that they really didn’t even need to read the article; they knew which ones were proteins so I think the integrated learning is fantastic....and they don’t get it elsewhere. You know we don’t have health class, it’s not taught in gym...they knew all the information from Husky Sport!”

- 3<sup>rd</sup> Grade Clark Teacher

## 2014-2015 Take Aways

This academic year has proven to be one of the strongest in nutrition curriculum. With the introduction of grade-level partnerships, lessons were created with additional focus on age-appropriateness, creativity, and relevancy. In the year to come, we will continue to invest in the relationships with the staff and students at both Clark School and our after-school partner organizations to continue to encourage strong and healthy lifestyle choices.



In the coming year, we hope to create valuable nutrition education lessons for the students in our programs by continuing to implement the following curriculum strengths:

- Weekly lessons that connect to SNAP- Ed cycle themes
- Hands-on learning through indoor and outdoor activities
- Healthy SNAP-Ed focused tasting at the end of each cycle
- A variety of materials, fresh ideas, and use of technology to keep students engaged
- Advanced preparation of whole cycle lessons according to theme

## Looking Ahead

Next year, Husky Sport hopes to create a series of nutrition cycles that have the same positive, creative, and fun impact as this past year. In the hopes to build on our successes, Husky Sport staff would like to include the following in our plans for the upcoming nutrition curriculum:

- Adding lessons that incorporate field trips to local community gardens such as, “Where does our food come from?”
- Teaching the importance and skills required to read food labels
- Addressing real-life snack choices with focus on sugar content
- Maintaining nutrition cycles that follow the same weekly structure although adding variety to the curriculum themes:
  - Week 1 -Identify and Sort Foods
  - Week 2 - Food Label Search
  - Week 3 - Red Light, Green Light (Positive choices)
  - Week 4 - Tasting and Nutrition Themed Game

