

NUTRITION EDUCATION

The 'ĀINA In Schools Nutrition Education component empowers students to try new foods and make healthy choices that will last a lifetime. A series of 8 lessons focus on choosing foods that are good for both student and environmental health, by eating local, "close to the source," high quality whole foods. All lessons include a food sample that reinforces the key concepts covered in each session.

Grade Level Focus: Grades 2 and 6 lessons incorporate academic standards and can be easily adapted for use in other grades as well.



Educational Offerings

- KHF staff train teachers and volunteer docents to deliver a series of eight nutrition lessons for grades 2 and 6.
- Student workbooks, 'ĀINA Food Guide posters, and visual aids for each lesson are available through a supply bin lending program or can be downloaded from kokuahawaiiifoundation.org.
- **2nd Grade** lessons cover the following concepts: eating close to the source, protective foods, energy foods, body-building foods, brain foods, caution foods, and the environmental impacts of our food choices.



- **6th Grade** lessons cover the following concepts: eating foods close to the source, the importance of breakfast, reading food labels and finding "red flag" ingredients, environmental impacts of our food choices, understanding body cues of hunger/satiation, portion sizes, and food advertising.

Getting Involved & Learning More

- KHF offers 'ĀINA In Schools Nutrition Curricula Trainings for Educators twice per year on multiple islands. O'ahu course participants are eligible for PDE3 credits.
- Lessons and resources are available for download on the Kōkua Hawai'i Foundation website by registered users.
- Any Hawai'i school may apply for a Kōkua Hawai'i Foundation Project Grant to fund supplies used in 'ĀINA In Schools Nutrition Lessons.
- To support 'ĀINA In Schools, contact aina@kokuahawaiiifoundation.org.
- Subscribe to KHF and 'ĀINA In Schools e-newsletters for the latest information.
- Become a KHF Member at kokuahawaiiifoundation.org/membership.

