

HEALTH EDUCATION

Students in grade levels kindergarten through twelve shall receive, as part of their health education, instruction about personal health, food and nutrition, environmental health, safety and survival skills, consumer health, family life, substance use and non-use, including the effects of alcohol, tobacco, drugs and poisons on the human body, human growth and development, self-esteem, stress management, and interpersonal relationships, emotional and social health, health resources, prevention and control of disease, and the characteristics of communicable diseases, including acquired immune deficiency syndrome.

While the areas stated above shall be included in health education, the instruction shall be adapted at each grade level to aid understanding by the students. Beginning no later than in grade seven, characteristics of communicable disease shall include information about sexually transmitted diseases.

Parents who object to health education instruction in human growth and development may file a written request that the pupil be excused from the instruction. The superintendent shall have the final authority to determine the alternate activity or study.

Nutrition Education

- Every child K – 9th grade will receive age appropriate nutrition education during the school year.
- High School students 10 – 12th grades will have course options available that address areas of nutrition education.
- Nutrition education will include one or more of the following:

Elementary	Intermediate	High School
Accepting body size difference	Dietary Guidelines for Americans	Dietary Guidelines for Americans
Balancing food intake and activity	Eating disorders	Eating disorders
Benefits of healthy eating	Healthy weight control	Healthy weight control
Eating more fruits, vegetables, whole grains and calcium rich dairy foods	Understanding influences on food choices	Understanding influences on food choices
Following food safety practices		
Food guide pyramid		
Making healthy food choices for meals and snacks		
Using food labels		

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- Students in 9th grade will be assessed regarding the items such as:
 - Nutritional knowledge, including the benefits of healthy eating, essential nutrients, the benefits of healthy weight management, the use and misuse of dietary supplements and safe food preparation;
 - Nutrition related skills, including planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation and commercial food advertising; and
 - How to assess one's personal eating habits, set goals for improvement and achieve those goals.
- The food service program shall model the Dietary Guidelines for Americans and coincide with nutrition instruction.

Food service staff shall also work closely with those responsible for the other components of the school health program to achieve common goals.

Legal Reference: Iowa Code §§256.11, 279.8, 280.3-.14 (2013).
281 Iowa Admin. Code 11.
281 Iowa Admin. Code 12.5(3)(e), .5(4)(e), .5(5)(e).
Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq. (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.

Cross Reference: 502 Student Rights and Responsibilities
503 Student Discipline
507.10 Wellness Policy
603 Instructional Curriculum

Approved: January 28, 1991
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