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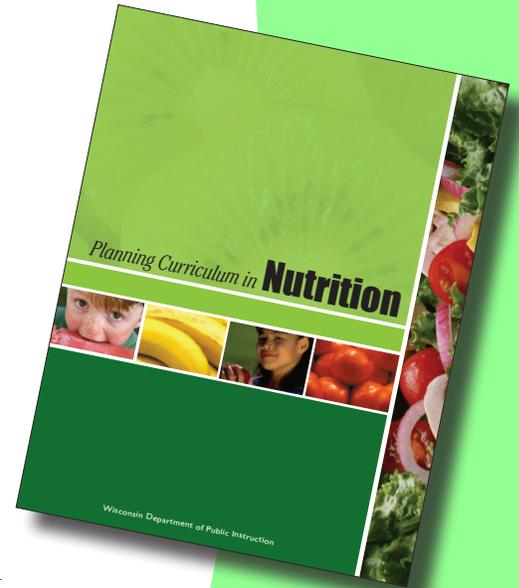
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The need for lifelong good nutrition and health has captured widespread attention that demands action – both personal and public, at home and at school. *Planning Curriculum in Nutrition* will help school districts develop meaningful nutrition education programs that appeal to students of all ages. The guide provides age-appropriate details and “real life” examples that build upon the framework established by the model academic standards for nutrition.

Nutrition is an important and complex topic. Opportunities to teach good nutrition touch all subject areas. When students study nutrition, they learn much more than food groups. They explore food and culture. They use science, technology, mathematics, and reading skills to investigate foods. They analyze information and make decisions about food and health. Teaching nutrition in the classroom allows students to practice 21st century skills while learning healthy behaviors.

Many Wisconsin educators contributed their lessons, thoughts, and ideas to this guide, furnishing a wide range of approaches for connecting core subjects to nutrition and healthy lifestyles. *Planning Curriculum in Nutrition* is an essential resource for teachers of all subject areas and levels who are interested in integrating nutrition into their curriculum.



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