

Module 4: Nutrition Environment and Services

Title: Chapter 3; School Health Index Modules. Module 4: Nutrition Environment and Services. Image of Active Child icon.

Video Summary

- Schools are in a unique position to promote healthy eating.
- Schools provide students with opportunities to consume an array of foods and beverages throughout the school day.
- Schools enable students to learn about and practice healthy eating behaviors.

Audio Script

Module 4: Nutrition Environment and Services. Schools are in a unique position to promote healthy eating and help ensure appropriate food and nutrient intake among students.

The school nutrition environment provides students with opportunities to learn about and practice healthy eating through available foods and beverages, nutrition education, and messages about food in the cafeteria and throughout the school campus.

Schools provide students with opportunities to consume an array of foods and beverages throughout the school day. Schools also enable students to learn about and practice healthy eating behaviors by providing an array of foods and adequate eating time.

Schools should ensure that only nutritious and appealing food and beverages are provided in school cafeterias, vending machines, snack bars, school stores, and other venues that offer food and beverages to students. School staff should complete the U.S. Department of Agriculture's Professional Standards requirements training annually. The Professional Standards include menu planning, food safety, food sensitivities and allergies, portion sizes, and more.