

Nutritionally Enhanced Curriculum

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Background/Introduction:

Healthy eating and sound dietary choices in childhood and adolescence are critical for proper growth and prevention of disease (Centers for Disease Control and Prevention, 2023). Schools are uniquely positioned to provide nutrition education that can empower students to make healthy choices. According to the Centers for Disease Control and Prevention (2023), students require 40 to 50 hours of nutrition education to influence behavior. U.S. students receive less than eight hours of required nutrition education annually (Centers for Disease Control and Prevention, 2023). Teachers often feel nutrition education is essential but face barriers to providing this education, such as meeting academic expectations, lack of time, and lack of supportive curriculum (Perera et al., 2015). To improve nutrition education in the school /system, teachers can incorporate nutritional learning into other subjects such as math, science, and art (Centers for Disease Control and Prevention, 2023). This helps expose children to consistent messages about healthy food choices.

Goal:

To develop a nutrition-enhanced curriculum for Adam's Elementary's elementary-aged students. The teachers will use this curriculum to improve students' exposure to and understanding of nutritional food choices.

Product:

Nutritionally Enhanced Curriculum via Google Classroom

Objectives

- Complete a literature review to provide evidence-based information regarding nutrition education, nutrition education in the school setting, and developmentally appropriate teaching styles for elementary-aged students.
- Develop Nutritionally Enhanced Curriculum.
- Submit the curriculum to Adam's Elementary curriculum administrator and/or teachers for approval for use in the school.
- Submit all documents to Faculty Mentor (& Project Mentor) for comments and to ICON for grading.

Reflection

The most valuable skill that I have acquired during this project is the confidence to oversee a project. Also, planning the project, including GAANT charts and listing objectives and tasks, helped me refine my organizational skills and relate them to a project on a larger scale. I believe this skill set will be very beneficial as I continue my education and obtain my Doctor of Nursing Practice degree.

