

## **McKinley Center, Stevens Point Area School District**

McKinley Center incorporated nutrition and health education into the school day as part of their wellness policy implementation. Units on obesity, fat, health risk factors, fruits & vegetables, healthy heart, and cross lateral movements were included in the instruction. Each grade level (K – 12) completed 2 or 3 units. The kindergarten classes planted vegetable gardens, and the middle elementary students looked at fat content in fast food. Nutrition games were used in the elementary classes. Introducing the older students to the fat and muscle replica models really made them aware of good nutrition and the affects on the body. The models were also used by the teachers for classroom work. The students were amazed at the composition and weight of fat. The children learned and enjoyed the activities. Some classes even asked to play the nutrition games on “free days.”

The wellness committee built on the classroom education and developed a flyer with all the fitness/nutrition opportunities offered at school. Additional education opportunities were offered to students and parents through fruit and vegetable days, family wellness nights, and groups to initiate social awareness. McKinley Center wellness committee credits the Team Nutrition mini-grant as a stepping stone for the school district in achieving additional funding through the Wisconsin Sports Development Corporation Fit Cities grant. In addition, the wellness committee secured pedometers from the local hospital to use in the fourth grade.