

SCHOOL FOODSERVICE & NUTRITION

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A Lesson Worth Digesting



CHIP/BANANA STOCK

Need another tool to teach kids about making healthy food choices? Here is a lesson plan kids will eat up. Horizon Software International, a provider of software, services and technologies for foodservice operations, recently introduced HealthSmart, a nutrition and activity curriculum to help students learn skills they need to fight obesity.

“Horizon has recognized that in addition to helping school districts provide effective school feeding programs for students with their software solutions, we also have the ability and obligation to be a partner in educating students about healthy nutrition choices,” says Linda Stoll, MPH, SFNS, Horizon Software’s director of child obesity prevention.

Designed to be student-driven, HealthSmart requires minimum classroom time from teachers. The curriculum provides background information, lesson plans, student activities and worksheets on CDs. Students can learn during free time, in computer labs, or at home.

The CDs focus on “Good Food & Play Make a Balanced Day” (for students ages 7-12) and “Good Food & Play, Junior” (for students ages 4-7). Both versions also include a Spanish alternative. HealthSmart provides a separate program for each grade, K-12.

Horizon worked with schools to conduct pilot tests that began by assessing students’ nutrition comprehension. After participating in the three-week curriculum, students showed an average increase of 30% in their scores.

SNA’s Nutrition Committee has reviewed HealthSmart, and SNA’s Child Nutrition Foundation is partnering with Horizon Software to promote HealthSmart. (The Foundation will receive a portion of the proceeds from the sales of this resource.) “We are very excited about the new HealthSmart program,” says Barbara Belmont, SNA executive director. “Classroom-based nutrition education plays a critical role in developing healthy eating habits for our children.” For more information, visit www.horizon-boss.com/healthsmart or call (800) 741.7100.

<http://emporium.schoolnutrition.org/index.cfm/MenuItemID/169.htm>