

HEALTH EDUCATION BEST PRACTICES

Give students in health and science classes the opportunity to learn the role that various nutrients play in promoting good health and protection from disease.

Use practical applications of knowledge to show the effects of good health.

Schedule time to teach “healthy choice” nutrition.

Develop parent handouts to include nutrition information, facts, and healthy suggestions.

Teach proper hand washing.

Provide student wellness resource area with information about hand washing, sneezing, coughing, MRSA, germs, etc.

Schedule class assembly messages from pop music for smokeless tobacco, social norms awareness, and peer led motion activities.

