

FCHS...Promoting Healthy Families, Schools & Communities

FCHS works with schools, agencies, organizations and businesses. We offer programs, workshops, publications, professional development trainings, on-line learning, and conduct applied social research on a variety of topics:

- **Grow Healthy:** A Garden-Enhanced School Wellness Initiative for early care through high school
- **Get Moving, Get Healthy Workforce:** Online worksite wellness initiative
- **Revolution Wellness:** Food, movement and mindfulness programs for adults
- **Classroom Movement:** Trains teachers to incorporate movement into the classroom to support focus, attention and academic achievement
- **Functional Foods for Life:** Learning & tasting food education program for adults
- **FCHS Teacher Institutes:** Professional development workshops for childcare providers, teachers & school nutrition professionals
- **From Our Farms & Storytime Foods:** Food and nutrition education programs for early care and preschool
- **Seeds to Success:** The Youth Farmstand Project
- **Like us on Facebook, too -- FCHS in Gloucester County** 



The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856) 384-6903 or through the County's ADA Coordinator at (856) 384-6842/New Jersey Relay Service 711.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

FCHS
Family & Community
Health Sciences

Healthy Choices School Enrichment

Health & Wellness Programs for Elementary & Middle Schools from FCHS (Family & Community Health Sciences)

Grades 3 ~ 8



Call us today to schedule *your* program!

FCHS Rutgers Cooperative Extension
1200 N. Delsea Dr., Building A, Suite 5
Clayton, NJ 08312
856/307-6450, extension 2
njaes.rutgers.edu/fchs



Robert M. Damming, Freeholder Director
Giuseppe (Joe) Chila, Deputy Freeholder Director
Frank J. DiMarco, Freeholder Liaison

RUTGERS

New Jersey Agricultural
Experiment Station

■ Cooperative Extension

Healthy Choices Enrichment Makes the Common Core Achievable (And Fun!)

FCHS' *Healthy Choices School Enrichment* series features 4-6 interactive lessons, presented by FCHS professionals, that support classroom education. *Healthy Choices* is also an economical way to support your school's efforts to achieve the health/wellness goals outlined in the ESSA (Every Student Succeeds Act). Our lessons teach critical thinking skills, conceptual understanding, and offer opportunities for real-world applications of math, science, literature, social studies, health and art.

Our Program

Healthy Choices School Enrichment is available to all Gloucester County elementary schools. Most lessons are free; some require a supply fee. Supplemental activities are available for lesson expansion by teachers. We ask schools to choose **4-6 programs** to build a series of lessons, which supports sustained learning and impacts. Choose from any of our popular lessons:



MyPlate for Kids: This introduction to basic nutrition focuses on the MyPlate guidelines created by the USDA. It's hands-on, interactive, and incorporates Health/PE, Mathematics and ELA standards.

Guess with Gusto: One of our most popular programs! Students use touch and smell to explore, identify and describe food. *Gusto* incorporates Health/PE, Science, and ELA standards while showing how MyPlate can be used to plan meals and snacks.

Pick a Food: *Pick a Food* shows students the importance of making healthy choices for food and its impacts on the body. Students learn through a variety of activities, which utilize the Health/PE, ELA, and Science standards.

Germ's! Germ's! Germ's!: *Germ's!* teaches students proper hand washing techniques to prevent the spread of foodborne illness. It's also a great program to teach students how to reduce the spread of cold and flu. Through interactive experiences, *Germ's!* highlights the effectiveness of hygiene techniques to meet Health/PE and Science standards.



Build a Better Smoothie: Getting the daily recommended 5+ servings of fruits and vegetables is easy, with the assistance of quick and tasty recipes. Using smoothies as a tool, this program meets standards for Health/PE, ELA, and Mathematics.



Build a Better Beverage: A healthy lifestyle isn't just about healthy eating and physical activity. It also includes making smarter beverage choices. *Beverage* teaches the students the skills they need to make smarter beverage choices to reduce sugar, fat, and empty calories. Meets standards for Health/PE and Mathematics.

"Fruishi": What better way to learn about healthy snacking than to make sushi made from fruit — "frushi"! This hands-on lesson teaches students how to apply the principles of "Go, Slow & Whoa" to meet MyPlate guidelines for healthy snacking. *Fruishi* is a hands-on lesson that includes a tasting. It meets standards for Health/PE.

Build a Better Salad: This is another great "make & taste" program! *Salad* teaches students to "pump up the volume" of their salads, incorporating new and unique toppings to create salads that are nutritious, creative and delicious, too. Meets standards for Health/PE, ELA, and Mathematics.

Soup's On: Yup...soup! Students learn to apply the principles of MyPlate to create a healthy, tasty soup. *Soup* is an easy lesson that gets kids thinking about basic healthy cooking techniques. Meets standards for Mathematics and Health/PE.

MyPlate Garden Pizza Party : Who doesn't love pizza? Students create and cook healthy pizza with plenty of vegetables and whole wheat crust. A coordinating nutrition lesson and physical activity break make this a popular program. The lesson integrates Health/PE and Mathematics standards.

