

education program that addresses the following:

Curriculum:

Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior. Has a curriculum that promotes Christian standards and values as written in Holy Scripture.

Instruction and Assessment:

Aligns curriculum, instruction and assessment.

Builds students' confidence and competence in making healthy nutrition choices.

Engages students in learning that prepares them to choose a healthy diet.

Includes students of all abilities.

Is taught by highly qualified teachers and other health professionals.

Opportunity to Learn:

Includes students of all ages and abilities.

Provides adequate instructional time to build students' confidence and competence in health-enhancing skills

Nutrition education shall also be made available to parents and the community. This nutrition education may be provided in the form of handouts, posters, banners, postings on Bethlehem's website, community and students oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards:

Bethlehem Lutheran School shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The school shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the school's policy of promoting a healthy school environment shall be discouraged.

Bethlehem shall offer and promote the following food and beverages:

Whole and enriched grain products that are high in fiber, low in added fats and sugars, served in appropriate portion sizes consistent with USDA standards.

Fresh, frozen, canned, or dried fruits and vegetables

100% fruit or vegetable juice in 12 ounce servings or less

Non-fat, low-fat, plain or flavored milk and yogurt; cheese in 1.5 ounce servings

Nuts, nut-butters, seeds, trail mix, and/or soybean snacks, as well as other healthy snacks in one ounce portions.

Accompaniments in one ounce servings.

Bethlehem shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with