

Nutrition Ambition

Parental Involvement Program

Nutritional Units

The Human Body

Explores the different systems of the body; how these systems work together; and how nutrition is the key to keeping these systems in great shape.

Food Groups

Explores the interesting facts about foods and how these foods are grouped according to function.

Nutrients

Students learn what kind of vitamins and minerals the body needs, so they can make wise food choices.

Junk Food and Supersizing

Explores the oxymoron 'Junk Food' and helps students understand how foods low in nutrients, empty calories, and supersized portions can affect their bodies.

Water and Oxygen

Explores how water, oxygen, and nutrition all have to work together to produce energy and keep your body going.

Metabolism

Explores the process of how food gets turned into energy and the role that metabolism plays in healthy bodies.

Exercise

Explores how the body and body systems benefit from exercise and how exercise can be fun!

Sleep and Relaxation

Explores how the benefits of proper sleep and relaxation can affect your daily lives, including performance in school.

Feelings

Explores how emotions and feelings can affect your health and how good nutrition can help.

Parent Involvement - The Research: Decades of research has concluded that “the evidence is consistent, positive, and convincing: families have a major influence on their child’s achievement in school and throughout life. When schools, families, and communities actively work together to support learning – children tend to do better in school, stay in school longer, and like school more.” (SEDL 2002) The above referenced research, a compilation of parent involvement over a ten year period, also found that students with involved parents, no matter what their socio-economic level or background are more likely to:

- Earn higher grades and test scores
- Pass their classes
- Attend school regularly, with less disciplinary issues
- Graduate



An Innovative Approach

The **Nutrition Ambition: Reaching Your Wellness Goals** for grades 3 – 7 was specifically designed to address two critical education issues: 1) to provide a curriculum specifically designed to increase parental involvement and improve student achievement; and 2) to proactively address the national epidemic of childhood obesity and diabetes. With minority students being at even more at risk, this epidemic crosses all races, education levels and socio-economic groups. The overweight child typically does not perform as well at school. This generation of children is not expected, for the first time in history, to live longer than their parents. The WIC reauthorization Act of 2004, requests that schools that receive Federal dollars start addressing these issues. **Nutrition Ambition: Reaching Your Wellness Goals** is a researched based, standards aligned, cross-curricular, early intervention, health, anti-obesity, health & wellness program that addresses these issues. It is a non-punitive, fun and engaging Health and Wellness curriculum for students and families that aligns with the requirements of **NCLB and Title I, Part A Parental Involvement** mandates through the parent activities, cross-curricular content and activities, and the family ‘goal setting’ components contained in each unit.

The cross-curricular activities, the **Parent Connection™** activities, and the Family goal setting activities support Title 1, Part A by: *easily improving the school’s capacity for engaging parents in assisting their child’s learning both at home and at school; fostering improved family communication; improving the families Nutrition & Wellness knowledge and learning about the benefits of a healthy lifestyle – while at the same time reinforcing their basic Reading/Language Arts, Writing, Math, and Science skills.*

