At-Home and Virtual Learning Activities and Resources

Food Literacy Policies, Systems, and Environment

NJHKI's definition of **food literacy** encompasses nutrition education and culinary literacy skills. It is our belief that teaching the skills needed to prepare healthy meals and snacks, along with nutrition education, is necessary to change people's eating habits. The following best practices indicators have been informed by literature and resources including the federal Nutrition Standards in the National School Lunch and Breakfast Programs (US Department of Agriculture, 2012), The School Health Index: A Self-Assessment and Planning Guide (Centers for Disease Control and Prevention, 2017), and the School Health Guidelines to Promote Healthy Eating and Physical Activity (Centers for Disease Control and Prevention, 2011), among others.

Food Literacy Policies

Food literacy policies provide guidance and regulations to schools to reinforce nutrition education and culinary literacy programs, practices, and environments. These policies cover best practices in nutrition education, dietary standards that meet or exceed federal nutrition guidelines for school nutrition programs and meals, as well as enduring safe, health-promoting food environments. An example of a food literacy policy would be to prohibit unhealthy foods in fundraising drives.

Food Literacy Systems: Programs & Practices

Food literacy systems refers to the nutrition education and culinary literacy practices and programs within a school. This includes infrastructures, processes, and procedures. Changes in policy are often helpful in reinforcing changes to a school's systems. An example of a food literacy program change would be to implement a Farm to School program to incorporate local produce and integrates this into classroom nutrition education.

Changing a school's system through practices often means changing its processes or procedures. This includes adjusting schedules, educational language, pedagogical approaches, and curricula. Again, changes in policy are often helpful in reinforcing changes to a school's practices. An example of a food literacy practice change would be encouraging cafeteria staff to prompt students to select a fruit or vegetable with their lunch.

Food Literacy Environment

The food literacy environment refers to the physical environment including the physical, social, and economic factors that influence people's behaviors. This includes structural changes, attitudes, and financial incentives/disincentives. An example of a change to the food literacy environment would be the addition of a school garden that produces produce for children to taste or include in meals and snacks.

All Ages

- Raddish Cooking: https://www.raddishkids.com/pages/suddenlyhomeschooling (recipes, cook along videos, Cooking Camp Challenge)
- Kids Cook Real Food: https://kidscookrealfood.com (14-day trial; full curriculum; all ages)
- What's Cooking Culinary Curriculum: https://www.culinaryschools.org/cooking-school-types/kids/curriculum.php (all ages)
- RU Cooperative Extension Family & Community Health Science (RCE FCHS) Increasing Vegetables & Fruits: https://getmovinggethealthynj.rutgers.edu/increase/vegetables-fruits/
- RU Cooperative Extension Family & Community Health Science (RCE FCHS) Family Meals: https://getmovinggethealthynj.rutgers.edu/increase/family-meals/
- 4-H Live At-Home Online Lessons (need to register): http://nj4h.rutgers.edu/4h-from-home/
- RU Cooperative Extension COVID19 Nutrition & Wellness resources: https://njaes.rutgers.edu/covid-19/
- Active Schools Virtual Learning Resources: https://www.activeschoolsus.org/wp-content/uploads/2020/04/Resources-for-Kids-to-Stay-Active-at-Home-4.1.20.pdf
- Rutgers Athletics Children's Activities: https://scarletknights.com/news/2020/4/8/general-rutgers-athletics-childrens-activities.aspx

Early Childhood

- Circletime: https://circletimefun.com; yoga, cooking videos

Elementary

- PBS Arthur Family Health (Nutrition): https://nj.pbslearningmedia.org/collection/nutrition/
- America's Test Kitchen Young Chef's Club: https://www.americastestkitchen.com/kids/home; Activities, recipes, quizzes

Middle School/High School

- In Defense of Food (Food Literacy) Full Curriculum (Grades 6-8): https://nj.pbslearningmedia.org/collection/in-defense-of-food/#.XoH6q5NKhE4

Physical Education Policies, Systems, and Environment

According to the Society of Health and Physical Educators (SHAPE), "the goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity" (Shape America, 2018). For elementary aged children, this requires an intentional, standards-based curriculum led by certified physical educators. Encouraging physical activity also means limiting sedentary time – specifically, screen time. The following best practices indicators have been informed by literature and resources including The New Jersey Core Curriculum Standards for Health and Physical Education (New Jersey Department of Education, 2014), The School Health Guidelines to Promote Healthy Eating and Physical Activity (Centers for Disease Control and Prevention, 2011), The School Health Index: A Self-Assessment and Planning Guide (Centers for Disease Control and Prevention, 2017), and SHAPE America's Instructional Practice Guidelines (2009), Healthy Schools Program: Framework of Best Practices (2010), and Opportunity to Learn Guidelines for Elementary, Middle and High School Physical Education (2010).

Physical Activity & Physical Education Policies
Physical Education policies provide guidance and regulations to schools to reinforce healthy programs, practices, and environments. These policies cover best practices in physical education including the required amount of physical activity, the use of standards-based curricula, developmentally appropriate practices and instruction, safety guidelines, recess, and screen time. An example of a physical activity policy would be to prohibit withholding physical activity for poor behavior.

Physical Education Systems: Programs
Physical education systems involve a school's practices and programs that encourage physical activity. Changes in policy are often helpful in reinforcing changes to a school's systems. Changing a school's programs often requires changing its infrastructures, processes, and procedures. An example of a physical education or physical education program change would be implementing a physical education curriculum that follows national and/or state standards. Changing a school's system through practices often means changing its processes or procedures. This includes adjusting schedules, educational language, and pedagogical approaches. Again, changes in policy are often helpful in reinforcing changes to a school's practices. An example of a physical activity practice change would be adapting lessons to ensure a variety of flexible groupings (pairs, groups, teams) are used throughout class to encourage increased participation and dignity.

Physical Education Environment
The physical education environment refers to the physical, social, and economic factors in the school environment that influence children's physical activity behaviors. This includes structural

changes, attitudes, and financial incentives/disincentives. A change to the physical activity environment would be to ensure that there is a variety and large enough quantity of sports and fitness equipment for many students to use at the same time without waiting.

All Ages

- Walkabouts: http://info.activedinc.com/covid (Temporarily free for teachers; all ages)
- RU Cooperative Extension Family & Community Health Science (RCE FCHS) Physical Activity https://getmovinggethealthynj.rutgers.edu/increase/physical-activity/
- OPEN Physical Education Home Education Resources: https://openphysed.org/activeschools/activehome

Early Childhood

- CATCH Health at Home: https://www.catch.org/pages/health-at-home
- Cosmic Kids Yoga: https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ
- Circletime: https://circletimefun.com; yoga, cooking videos

Elementary School

- CrossFit Stealth Kids Virtual Workouts (M/W, 3:00-3:30 pm): Zoom, Access code: 218-666-9051
- GoNoodle: https://www.gonoodle.com

Middle School/High School

- RU Rec YouTube Channel (guided workouts, meditation, mindfulness): http://recreation.rutgers.edu/fitness-wellness/personal-training/#tab-1494962823060-3-8

Combined/Comprehensive Health

All Ages

- Action for Healthy Kids Physical Activity, Nutrition, and More: https://www.actionforhealthykids.org/covid-19-resources-physical-activity-nutrition-more
- Action for Healthy Kids At-Home Activities: https://www.actionforhealthykids.org/game-on-activity-library/?locationfilter%5B%5D=Home