

# The Rewards of Participation

**The *Network* offers several types of award funding. For all award funding, every eligible participant receives the Harvest of the Month produce and the newsletter.**

**Some schools may qualify for additional *Network* funding through an "Action Award."** At schools that receive an Action Award, each eligible participant who signs the Intent to Participate form generates funds for the school. This funding can be used to purchase nutrition education resources such as books, nutrition instructional materials, fruits and vegetables for recipes and sampling and tasting activities, and paper goods. The funding can also be used for additional programs such as farmers, chefs, muralists, and theatrical performances to support your school's nutrition education activities.

Visit the *Network* Web site for more information on *Network* programs and funding.

You will benefit from the knowledge that you have participated in the largest and most innovative nutrition education program in the nation, and served as a positive role model for your students.

Thank you for being part of our team!

# About the *Network*

The *Network for a Healthy California—LAUSD (Network)* is a program funded by the U.S. Department of Agriculture Supplemental Nutrition Assistance Program (formerly the Food Stamp Program) through the California Department of Public Health. It is a collaborative effort between teachers, food service professionals, school nurses, parents, administrators, community members and students.

The *Network* is committed to promoting healthier lifestyles for our children as we encourage students, and all community members, to "Find the Fun in Being Healthy!"

Remember: Eat healthy. Be active.



**For more information, contact  
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This material was produced by the California Department of Public Health *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance by Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit [www.championsforchange.net](http://www.championsforchange.net).

***Network for a Healthy California—LAUSD***

# GETTING STARTED GUIDE



Easy ways for participants to log time by incorporating nutrition education and physical activity into their daily classroom routines.

*Find the fun in being healthy!*

Eat healthy. Be active.

## Participant Roles & Responsibilities

It's easy to be part of the fun!

When you join the *Network for a Healthy California—LAUSD (Network)*, you're agreeing to:

- Act as a team-member to support your school's *Network* activities.
- Incorporate a total of 35 or more hours of nutrition education and physical activity promotion into your classroom activities during your regular paid time between October 1, 2009 and August 21, 2010.
- Record and submit time spent teaching nutrition education in your classroom.
- Participate in the school's *Network* activities

All *Network* participants must be Certificated staff members.

The complete set of [Roles and Responsibilities of Participants](#) is available on the *Network* Web site - [www.healthylaUSD.net](http://www.healthylaUSD.net).



## Easy Ways to Log Time

**HARVEST OF THE MONTH.** Participating in Harvest of the Month provides one of the easiest ways to log your 35 or more hours of nutrition education. Each month, from October to August (except December) those on the [Intent to Participate](#) who are on-track can sign up to receive the FREE featured monthly produce items and accompanying newsletters.

Use the Harvest of the Month produce for sampling and tasting activities with your students, and use the educational activities in the newsletter to enhance your standards-based lesson plans in language arts, mathematics, history, art and other areas. Even if you only use a few of the newsletter's activities, you can easily log an hour or two per month incorporating Harvest of the Month activities into lessons.

**MATHEMATICS.** Weigh, measure and classify fruits and vegetables; calculate ingredients for recipes; analyze percentages of nutrients using food labels; compare and contrast food preferences using Venn diagrams.

**HEALTH & SCIENCE.** Extract iron from fortified cereals; test fruits for vitamin C; study the elements and compounds that make up foods, nutrients and the metabolic processes; conduct buoyancy and gravity experiments using fruits and vegetables; use vegetable gardens as an outdoor discovery classroom to implement science and health standards, while making nutrition education and physical activity connections.

## More Easy Ways to Log Time

**LANGUAGE ARTS.** Read food labels; start daily food journals; research vocabulary words around a food theme; write descriptive sentences about fruits and vegetables; practice writing directions for a recipe; orally present/demonstrate recipes; do group research about a specific food; analyze the language of food industry advertising; explore foods common during time periods of assigned literature.

**THINKING MAPS.** Integrate nutrition into daily classroom activities using thinking maps.

**SOCIAL SCIENCE.** Research diets of various cultures, origins of foods and different agricultural practices, how the availability of food relates to migration and settlement patterns; explore socioeconomic factors of food systems; careers in produce industry.

**PERFORMING & VISUAL ARTS.** Use fruits and vegetables as models for drawing, painting, sculpture, paper maché, etc.; use vegetable-derived pigments for watercolors; develop plays, puppet shows, monologues, songs and dances with fruit and vegetable themes.

**TECHNOLOGY.** Use digital imaging to photograph foods; conduct Internet research on nutrition; develop PowerPoint presentations.