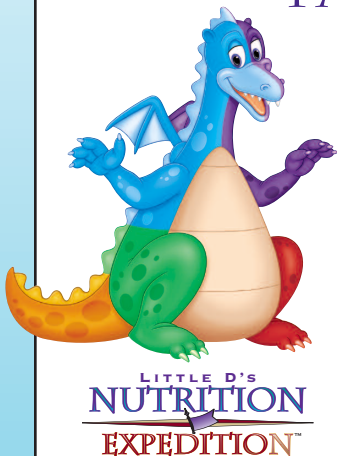


CAFETERIA AND CLASSROOM: PARTNERS IN STUDENT WELLNESS



Little D, the Five-Food-Group dragon and Arianna Bones are the stars of *Little D's Nutrition Expedition*[™] and *Arianna's Nutrition Expedition*[™], National Dairy Council®'s new nutrition education programs.

Now that they have made their classroom debut, they're ready to make the leap into your cafeteria. Team up with 2nd and 4th grade teachers using these cafeteria connection ideas, all based on the Nutrition Expedition program activities.



WHY THE CAFETERIA?

Learning about nutrition happens best when classroom concepts like the Five Food Groups come to life and children put what they learn into action! School Nutrition professionals' involvement is crucial to making the classroom-cafeteria connection.

Here are some tips for getting started.

- Get to know the programs. Both *Little D's Nutrition Expedition* and *Arianna's Nutrition Expedition* are available online at www.NutritionExplorations.org. Just click on "Enroll Now" on the Home page and follow the instructions. It's free and it's easy!
- Find out if your 2nd and 4th grade teachers know about *Little D's Nutrition Expedition* and *Arianna's Nutrition Expedition*. If not, introduce them to the programs.
- Let teachers know that you can support them when they teach the programs' activities.

BRIGHTEN UP YOUR CAFETERIA WITH NUTRITION EXPEDITION CHARACTERS

Both *Little D's Nutrition Expedition* for 2nd grade and *Arianna's Nutrition Expedition* for 4th grade feature colorful, engaging characters who can easily "take a field trip" to the cafeteria and help children make healthy decisions.

Find downloadable characters, as well as mini posters at www.NutritionExplorations.org > Educators > Nutrition Lessons. Click on "Downloadable Materials" in the upper-right corner of each program's home page.

- The Royal Food Family in *Little D's Nutrition Expedition* includes whimsical characters that represent each of the Five Good Groups. And, Arianna Bones and Marcus Muscleman are two adventurous 4th graders who travel the world seeking new, nutritious foods in *Arianna's Nutrition Expedition*. Use the characters on the serving line.
 - Dress up the milk cooler with Lady Holly the Cow and Sir Milkford
 - Let Queen Anna Banana be a lively hostess for your fresh-fruit area
 - Get plenty of giggles with Princess Peapod on the hot-meal line
 - Print out and post Arianna and Marcus when you introduce new menu items.
- Build food group awareness using Five Food Group mini posters included with *Little D's Nutrition Expedition* and *Arianna's Nutrition Expedition* in the cafeteria. Or, order a full-size poster through your local Dairy Council.



SEND LITTLE D AND HIS FRIENDS HOME WITH STUDENTS!

Use menus and other communications to promote *Little D's Nutrition Expedition* and *Arianna's Nutrition Expedition* concepts.

- The Menu Marketing tool on NutritionExplorations.org includes illustrations of Little D and Arianna that you can add to your menus. Add personal notes from these characters to encourage healthy eating at home as well as in school.
- Name food offerings after program characters. Feature "Princess Peapod's Salad Cup" or "King Henry's Turkey Sandwich," for example.



OFFER HEALTHY REWARDS FOR ONLINE FUN

Encourage students to play interactive computer games, like *Little D's Picnic Adventure*[™] and *Arianna's Food Force One*[™]. These games reinforce nutrition concepts taught in the Nutrition Expedition Programs. And, fun, printable take-aways for each game provide a summary of the student's score. These games are available through the classroom teacher or the Internet.

- Use a bulletin board or wall space for a "*Little D's Picnic Adventure Challenge*." Invite students to bring their score printouts to the cafeteria for a special healthy snack or lunch item.
- Find the games online at www.NutritionExplorations.org > Kids > Activities.

TEAM UP WITH THE TEACHER

Find out when teachers will teach the Nutrition Expedition programs and offer to help reinforce classroom learning.

- Host a program kick off. The first lesson in each program introduces characters that help teach key concepts. Offer to be a guest reader for this lesson and talk about the foods in the story and school lunch. Host the kick-off in the classroom or cafeteria and invite the principal, school nurse or other surprise guests.
- Convert your cafeteria into an art gallery. Work with classroom or art teachers and conduct a poster contest featuring the Five Food Groups and their health benefits. Showcase winning posters in the cafeteria. Or, *Arianna's Nutrition Expedition* Activity 7 includes an optional Going Further idea – students create paper mobiles of Combination Food like spaghetti and meatballs or pizza. Invite classes to create and hang their mobiles in the cafeteria.
- Support lessons with food tasting. Let teachers know what foods you can offer and provide suggestions for food tasting to go along with some of the lessons. For example, Activity 2 in *Little D's Nutrition Expedition* includes a simple cheese preference check list. Offer two or three cheeses for students to taste and rate using their check lists.
- Promote smart snacking. Both *Little D's Nutrition Expedition* and *Arianna's Nutrition Expedition* teach students about smart snacking, and teachers send home healthy snack suggestions for parents. Reinforce learning by serving some of these healthy snacks at snack time. Look for Smart Snacking Ideas in the Home Connections section of each program.



Look for more cafeteria-classroom connections online. *Little D's Nutrition Expedition* for 2nd grade and *Arianna's Nutrition Expedition* for 4th grade are available in the Educators section at www.NutritionExplorations.org.