

Miami-Dade County Public Schools
Division of Physical Education and Health Literacy
Student Nutrition Education for
Physical Education Elementary School Teachers

Scope of Physical Education and Nutrition Education

Miami-Dade County Public Schools (M-DCPS) has taken steps to prevent childhood obesity by improving the healthy food options offered to our students, increasing physical education requirements, and incorporating family nutrition classes in the Parent Academy health and wellness subject strand.

The review of nutrition education requirements, particularly at the elementary school level, has been updated to incorporate current nutritional findings and new state requirements. House Bill 967 passage in 2007 stated that physical education means and should include “the development of knowledge and skills regarding nutrition and physical fitness as part of a healthy lifestyle; and the development of positive attitudes regarding sound nutrition and physical activity as a component of personal well-being”.

National statistics on obesity clearly define an epidemic that experts predict will result in perhaps the first generation of Americans that will have a shorter life expectancy than their parents. Experts point to the fact that our youth are inactive and do not eat well. Unhealthy food choices and lack of physical activity can lead to disease, learning problems in school and school-related problems that can continue into adulthood. Teaching students at an early age the importance of a healthy diet and exercise sets the foundation for a lifetime of good nutrition and a healthy lifestyle.