



Teachers in the Kitchen School Nutrition Promotion Series



Timing: November

Corresponding Events: American Education Week

Core Activity: Teachers in the Kitchen

Corresponding Healthy Eating Play: A Hero's Breakfast

Corresponding Physical Activity Play: NFL Play 60 Model Teachers



Background Information

American Education Week is an opportunity for all Americans to celebrate public education and honor individuals who make sure each child receives a quality education. This week long celebration spotlights a special education contributor each day including parents, education support professionals, educators and substitute educators.¹

In 1919, the National Education Association and the American Legion recognized that many of the country's World War I soldiers were illiterate and unfit. These two organizations created American Education Week as a way to generate public support for education, including nutrition education and physical education. The week of December 4-10, 1921 marked the first observance of American Education Week, a tradition that continues to this day.²

For more information on American Education Week, visit www.NEA.org.



Basic Concept

- X Celebrating American Education Week is a great way to: engage teachers in the school meals program, celebrate their efforts to educate today's youth and promote your programs.
- O Use the **Teacher Letter** to request teacher recipe ideas for your school meals program. Consider featuring some of these recipes on the menu for a particular day.
- X Name the featured item after the teacher and invite them to make a guest appearance on the serving line.
- O Use the **Mini-Posters & Announcements** to promote the event.
- X For an alternative promotion, ask teachers which existing item they would like to have named after them on the menu during the month.



1. <http://www.nea.org/grants/19823.htm>
 2. <http://www.nea.org/grants/47604.htm>



Expanding the Idea



For American Education Week, celebrate educators with the following ideas:

Milk is a Must Mustache Photo Bulletin Board

- X Create a bulletin board or wall display of milk mustache photos of teachers and their handwritten quote to finish the sentence "Milk is a Must...". Complete the display with paper Food Models available in the online catalog at www.NewEnglandDairyCouncil.org. Two different Milk is a Must photo caption masters are included with the promotion resources. Have teachers complete the sentence and post with their milk mustache picture.

Booth Photo Shoot- Directions can be found here:
<http://www.NewEnglandDairyCouncil.org/Page/Display-ideas>



Fuel Up to Play 60 Playbook:

- O **Hero Breakfast**– Celebrate American Education Week with a Hero Breakfast and invite teachers to join students for breakfast. Ask the teachers to share their healthy breakfast choices with the students and explain why breakfast is important for both teachers and students. Promote the breakfast event with students to encourage them to enjoy a healthy delicious meal with their teachers.
- X **NFL Play 60 Model Teachers**– Organize a one-week friendly teacher competition using the NFL Play 60 Challenge for teachers to track their daily progress meeting their chosen physical activity goals and post it on a school bulletin board for students to see. A bulletin board laid out like a football field can show teachers moving down the field toward their goal. Teachers can follow up by implementing the NFL Play 60 Challenge in their classroom.

Some Model Teacher Challenge ideas:

- Jump rope for one minute.
- Do three sets of 12 tricep dips using a chair or desk.
- Do 15 squats holding a ball or book; lift the object into the air while jumping up from the squat.
- Stand next to the wall and try to tap the highest point on the wall you can by jumping up — repeat 15 times.
- Do three sets of push-ups — 10 per set.
- Get on your hands and knees and keeping your back straight, raise your right leg and left arm at the same time, switching back and forth. Repeat 20 times. Do two sets.
- Walk up and down the hall doing lunges.
- Do 20 crunches — right elbow to left knee, left elbow to right knee. Do three sets.



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