

# The Miseducation of Misnutrition

*The effects of nutrition in the classroom*



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# Intro:

Misnutrition and malnutrition are two separate topics. Malnutrition can be defined, in short, as the lack of food available. Misnutrition can be defined as not the lack of food but the lack of substance and a deficit of nutritious content in the food that is consumed.

# What is Mis-Nutrition?

- Under consumption of important nutrients and over consumption of calories and high fat foods
- 80% of schools do not meet USDA standards for fat composition.<sup>1</sup>

*Nutrition looks like...*

- Only 30% of caloric intake should come from total fat.<sup>2</sup>
- Only 10% should come from saturated fat.<sup>2</sup>

# LAUSD Menu Example<sup>3</sup>

MENU ITEM DESCRIPTION	SERVING SIZE	Calories (kcal)	TotalFat(g)	SaturatedFat (g)
100% Charbroiled Beef Burger Slider	1 Serving	222	7.6	2.5
Apple Cinnamon Bread	4 oz	330.69	15.32	2.51
BAGEL WHOLE WHEAT	Each Bagel	170	1	0
Banana Bread	4 oz Slice	315.01	11.27	1.99
BBQ Baked Chicken (10 cut)	1 Serving	262.45	12.82	3.21
BBQ Pulled Pork Sandwich	1 Servings	387	14	4.3
Beef & Bean Burrito	1 Each Burrito	499	16.5	5.3
Beef Soft Tacos (scratch)	2 Each	280.57	10.73	3.7
BLUEBERRY MUFFIN WG	Each Muffin	150	4.5	0
BLUEBERRY OATMEAL MUFFIN	Each Muffin (4 oz)	340	12	1.5
BREAD STICK WHOLE WHEAT	Each Bread Stick (1.5 oz)	105	0.5	0
Breakfast Burrito (Premade)	1 Each (3.95 oz)	291.11	8.29	3.62
Breakfast Burrito (scratch)	1 serving	184.53	5.03	0.76
BROWN RICE WITH SEASONED BLACK BEANS	1 Serving	170	14	3
Caesar Salad (1/2c)	1 Serving	42.29	1.76	5.47
Cafe LA Coffee Cake	1 #8 disher	457.84	19.95	2.62
CAFÉ LA COFFEE CAKE WG (IND. WRAPPED)	1 EACH	350	15.5	1.44
CARROT BABY (1 C)	2 Each Bag	49.62	0.18	0.04
CARROT BABY BAG (1/2 C)	Bag (2.5 oz)	24.81	0.09	0.02
CARROT BABY IND. BAG (3/4C)	Bag (3.75 oz)	43.59	0.26	0.04
Carved Turkey Sandwich	1 Each	228	2.8	0.4
Celery Sticks (1/2 c)	2.5 Ounce	11.34	0.12	0.03
CEREAL OATS TOASTED BOWL	Each Bowl	80	1.5	0
CEREAL TOASTED RICE BOWL	EACH BOWL	70	0	0
CHEDDAR CHEESE IND. WRAPPED	1 OZ	110	9	6
CHEESE OMELET (BREAFAST)	EACH OMELET	110	8	3
Cheese Sandwich	1 Each Sandwich	281.71	10.21	5.99
Cheese Sandwich (pre-made)	1 Each Sandwich	222.38	7.79	4.42
Chilled Applesauce	1 (#8 disher)	95.09	0	0
Chilled Peaches	1 Serving	68.91	0	0
Chilled Pears	1 Serving	71.55	0	0
Cinnamon Apple Bar	1 Each	297.6	9.5	2.9
Clementine	2 Each	56.88	0.16	0
CONDIMENT-CATSUP	Each (11 grams)	13.45	0.02	0
CONDIMENT-CREAM CHEESE	Each (1 oz)	70	6	3.5
CONDIMENT-MAYONNAISE, REDUCED CAL	Each (12 gm)	24.86	2.42	0.34
CONDIMENT-MUSTARD	Each (5.5 gm)	3.59	0.17	0.01
CONDIMENT-SYRUP TABLE	Each (1.5 oz)	120	0	0
Cooked Carrots (1 c)	6.8 Ounce	68.31	0	0
Cooked Carrots (1/2 c)	1 Each(#8 disher)	34.88	0	0
Cooked Carrots (3/4 c)	5.5 Ounce	56.54	0	0
Cooked Green Beans (1/2 c)	1 (#8 disher)	24.15	0	0

# Freedom of Choice

- Some schools make efforts to provide healthier options, but can not force the students to eat it.
- Vending machines are usually readily available and accessible with unhealthy options.
- A la carte options still offer unhealthy choice.

\*these items have not been updated since the 70' s!<sup>1</sup>

\*items such as chips, cookies, candy, etc.

# Outside Influences

- We can not control what food items are available at home for the students.
- Fast food consumption is a growing concern of our nation.
- Fast food and junk food companies target minorities and lower income groups.
- Nutella recently settled for \$3.05 million in a recent lawsuit against the company for advertising as a healthy breakfast food when the product contains 200 calories, 11 grams of fat, and 21 grams of sugar in only a few tablespoons.<sup>4</sup>

# The Affects of Poor Nutrition

- Poor nutrition can affect the energy level of the student. Lethargy, and tiredness are common from over eating. They can also come from a “sugar crash.”
- Energy levels can also spike due to sugar consumption.



# Obesity

- 16.7% of students in LAUSD were identified at “Needs Improvement” on their body composition (BMI).<sup>5</sup>
- 33.7% identified as “Needs Improvement- High Risk.”<sup>5</sup>
- The BMI graph is a general guide and does not necessarily indicate a student is unhealthy.
- Obesity is, however, an indicator that there may be room for improvement.





# Attitude

- Many students considered “at-risk” are also identified as deficit in across a variety of fields, ranging from physical to psychological to social.
- Poor nutrition can enhance the effects of depression, anxiety, and irritability, increasing the difficulty to rope in the attention of the class.



# Behavior

- Clearly, if students' energy levels and attitudes are affected, behavior is soon to follow.
- Poor nutrition also enhances students' who are identified w/ ADD, ADHD, and Autism.



# Life

- Poor eating habits can follow a student into adulthood.
- Obesity is a leading cause of heart disease, stroke, diabetes, and cancer.

# What can YOU do? Have Options.

- Teachers can have a supply of healthy snack foods that are inexpensive and packed with protein: mixed nuts, dried and fresh fruit are great starting points.
- Energy bites are healthy and easy to make.
- Of course, you can't feed the students every day or even significantly, but it provides them with alternatives.

# Do a grade-wide Nutrition Unit

- Gather other educators of your students grade-level, the English teacher, Science teacher, Math teacher, etc., and format a nutritional unit you all teach at the same time, reinforcing the ideas of nutrition for the students throughout the day.
- This can be anywhere from one-week to one month.
- Even if you feel neutral toward nutrition, it is still in the students best interest to equip them with the knowledge of nutrition so they can make their own choice.

# Go Above and Beyond

- Take a note from Dr. Sapp and agree to only eat healthy snacks in front of students.
- Find other teachers who share your commitment, be a support to them and hold each other accountable.

# Jamie Oliver and the Food Revolution

- [JamieOliver.com](http://JamieOliver.com)
- Australian on a mission to revolutionize the world's attitude toward food.
- School Campaigns
- ToolKits: Get the facts, get support, start a campaign
- Recipes
- A 2011 article indicate Jamie tried to enter LAUSD w/ his reality show, but dialogue is still ongoing.

# LAUSD Resources

- [HealthySchoolFoodCoalition.Org](#): Parents, teachers, students, and community members working to develop and implement comprehensive food and nutrition policies
- [GoodFoodLa.Org](#): The Los Angeles Food Policy Council is a collective impact initiative working to build a Good Food system for all Los Angeles residents – where food is healthy, affordable, fair and sustainable.
- [California Food Policy Advocates](#) and *Real Food Lunchroom Initiatives*: Stakeholders come together to work on strategies and policy opportunities in support of freshly prepared and minimally processed ingredients to improve appeal of school meals

\* <http://cfpa.net/real-school-food-initiative>



“Time and health are two precious assets that we don’ t recognize and appreciate until they have been depleted.”

# References

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