

# SCHOOL LUNCH HERO DAY™

Lessons from the Lunch Room:  
Connecting Cafeteria Staff and the Classroom

Help dish up opportunities for kids to interact with their lunch ladies beyond daily smiles and sustenance. Your students will appreciate and respect them even more! And, they'll learn a thing or two.

Partner with your school nutrition staff to:

**Learn how school food works at your school.** Request a guided cafeteria tour for your students and have school nutrition staff talk with students about what goes into nutritious meal planning, preparing, storing and serving food.

**Organize tasting parties.** Help students learn that healthy foods taste good too. Coordinate with school nutrition staff to conduct taste tests that give kids the opportunity to try different foods and learn about their health benefits.

**Incorporate wellness and nutrition into lesson plans.** Ask school nutrition staff to the classroom for help with a math lesson using recipes, a science lesson on acids and bases with browning cut fruit, or a social studies lesson plan that maps where the food served in the lunch room comes from.

**Arrange special theme menus.** Share your planning calendars and work to coordinate theme menus that tie into classroom study of other cultures or the foods of favorite characters in literature.

**Build a community of readers.** School nutrition staff make great guest readers in your classroom! They can share a favorite title, read a book that supports a wellness goal or share a story with a message related to their work, such as:

- *Bring Me Some Apples and I'll Make You a Pie: A Story About Edna Lewis* by Robbin Gourley
- *Cook-A-Doodle-Do!* by Janet Stevens; illustrated by Susan Stevens Crummel
- *Eating the Alphabet* by Lois Ehlert
- *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell
- *How Did That Get Into My Lunchbox? The Story of Food* by Chris Butterworth, illustrated by Lucia Gaggiotti
- *I Will Never Not Ever Eat a Tomato* by Lauren Child

Whether your school nutrition staff brings a book buffet to the classroom or you support what's happening in the cafeteria with lessons and activities about the foods served, together you can extend students' learning, promote wellness and connect kids with the real people behind the lunch counter.



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