



Sodexo plays
an active role
in the **lives**
of the **students** we serve.

With the epidemic of child obesity increasing at an alarming rate, we are stepping up our efforts to ensure that students receive not only nutritious meals while in school, but also the proper resources necessary to build healthy eating habits for life. School Stars is a unique health and nutrition lesson plan developed specifically for Sodexo School Services that will help set young students on a path toward healthy lifestyles and a better tomorrow. School Stars approaches nutrition with excitement and fun, and shows students how to eat healthy while also enjoying food.

**Education Today
for a Brighter Tomorrow**

It is an important goal of Sodexo School Services to provide not only nutritious meals, but also nutrition education, to the students we serve. We believe that our job does not end with food service, but goes a step further into the education and well-being of our students. We also believe that it is imperative to begin nutrition education at an early age, to instill in young people a solid foundation of healthy eating habits, the rewards of exercise, and the fun that can come with eating and living right.

School Stars achieves our goal by introducing students to health and nutrition in an engaging



and creative format. The first phase of School Stars introduces students to Sodexo's first School Stars Champion, "Lift Off!," and takes them on an educational adventure through the food groups featured in MyPyramid-the perfect beginning to a healthy and long life.

Methods both Effective and Efficient

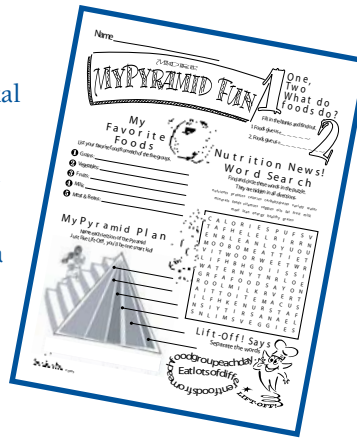
The introductory phase of the program provides students with vital information on the various food groups, including what foods go in which groups, the number of daily recommended servings, and what a serving size is. Other activities include fun ways to exercise and how students can help family members eat healthier. The lessons all feature cool illustrations that will entertain and engage students throughout the program.

Each lesson consists of an introductory page that features educational information in a fun, rhyming format. These rhymes will grab students' attention and draw them into the lesson as they learn about the featured foods. A fun, challenging activity sheet is also included for each lesson, to give students the opportunity to demonstrate and practice their newfound nutrition knowledge.



As America's premiere provider of food and facilities management for the public school market, Sodexo delivers innovative programs and tailored solutions for today's education leaders. To learn more, call or visit our web site.

800-354-7000
 SodexoUSA.com
 www.besmart-eatsmart-livesmart.com



Student Development

Not only does School Stars aim to increase students' awareness of nutrition and exercise, it also incorporates other necessary life skills to ensure that students are growing and learning at all times during the program. Students will have the chance to practice and improve their language, math, science, social studies, and art skills as they complete the School Stars lessons and activities.

Sodexo is committed to the present and future health of our students. Together, through School Stars, we can guarantee that they will Eat Right and Be Bright for life!

