sodexo
Making every day a better day

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Dear Instructor:

Sodexo School Services applauds your efforts to help students learn more about making healthy eating and lifestyle choices. That's why we developed Sodexo School Stars, an exciting nutrition-education program that introduces young students to the fun and benefits of eating nutritious meals and snacks.

School Stars features a series of lessons that require 30 to 45 minutes of classroom instruction. They can be delivered as consecutive daily units or implemented over several weeks. Activity sheets are designed for group or individual study and may be used as homework assignments. The package includes an end-of-unit quiz and a certificate to reward your students for becoming School Stars!

Lesson topics focus on the food groups in the USDA MyPyramid program, plus information on the importance of drinking plenty of water each day. There are also food-related lessons and activities which relate to geography, math, art and science.

Sodexo School Services is committed to playing an active role in the health and well-being of the students we serve. We're enthusiastic about the School Stars program and the positive effect nutrition education will have on your students.

For your convenience we're making the School Stars program available for easy download on our Web site at www.sodexoeducation.com. Additional copies of the enclosed CD are also available through your Sodexo management team.

Sincerely,

Pamela Watson, RD/LD
Manager, Nutrition and Wellness Education
Sodexo School Services