

The Rethink Your Drink High School Lesson emerged from a need to provide skill-based nutrition instruction and resources for teachers of adolescents, a group at high risk for inadequate nutritional intake. The following Rethink Your Drink instructional lessons are tailored to the high school population and address basic nutrition concepts and skill development activities, as well as suggested teaching strategies.

The nutrition concepts within each lesson are based on the Dietary Guidelines for Americans, 2010 and MyPlate. The lessons are further supported by adapted resources from the United States Department of Agriculture and other research-based instructional resources available for free loan at the California Healthy Kids Resource Center.

Additionally, many nutrition and education professionals generously shared their expertise to inform the content and messages of the Rethink Your Drink high school lesson set.

## **Project Leads:**

- Jackie Richardson, MBA, RD, Health Program Manager I California Department of Public Health, Network for a Healthy California
- Karaliese Brown, MEd, RD, Program Manager II Nutrition California After School and Healthy Kids Resource Center

A special thank you to the following individuals and organizations:

- Regional and local-funded Network for a Healthy California agencies that developed the initial Rethink Your Drink lessons for schools and communities:
  - o Alameda County Public Health Department
  - Bay Area Nutrition and Physical Activity Collaborative
  - Orange County Nutrition and Physical Activity Collaborative
  - Northcoast Nutrition and Fitness Collaborative
  - Gold Country Healthy Eating Active Living Collaborative

- Classroom teachers and nutrition educators who field-tested the Rethink Your Drink lessons:
  - Patti Rommel, Del Norte Unified School District
  - Joanie Lindenmeyer, Del Norte Unified School District
  - o Petra Schulte-Cruser, Fort Bragg Unified School District
  - Molly Jansen, Healthy Eating Lifestyle Principles (HELP), Rancho Cielo Youth Campus
  - Armando Gomez, Los Angeles Unified School District
  - Christine Fotis, Los Angeles Unified School District
  - Sheilah Conway, Los Angeles Unified School District
  - Chioma Enweasor, HealthCorps Sacramento City Unified School District
  - o Kellie Haynes, Fit For Girls Washington Unified School District
  - Fatima Malik, EAT From the Garden Twin Rivers Unified School District
- District coordinators and content experts who reviewed the Rethink Your Drink lessons:
  - Jodi Eyraud, Los Angeles Unified School District
  - Nancy Wikes, MS, RD, Huntington Beach Union High School District
- California After School and Healthy Kids Resource Center
  - Jacquelyn Russum, MPH, RD, Program Manager II Nutrition
- California Department of Public Health
  - Network for a Healthy California
    - Helen Magnuson, MPH, RD, Nutrition Education Consultant
    - Emma White, Administrative Support
    - Christina Pirruccello, Marketing Specialist
  - o California Women, Infants and Children Program
- California Department of Education, Nutrition Services Division
  - Heather Reed, MA, RD, Nutrition Education Consultant
  - Shannan Young, RD, SNS, Nutrition Education Consultant
  - Deborah Tamannaie, MS, RD, Nutrition Education Consultant
- United States Department of Agriculture, Supplemental Nutrition Assistance Program-Education
- Brown Miller Communications, Inc.

For more information, email RethinkYourDrink@cdph.ca.gov or call (916) 449-5400.