



Jennifer Munoz
Leaders in Health
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PROJECT F.U.N

Improving Nutritional Awareness through Physical Activity (at Mother Caroline Academy)

▶ Mother Caroline Academy (MCA):

Background:

- ❖ Private
- ❖ Grades 4 -8th grades
- ❖ All-girls
- ❖ From limited financial means
- ❖ Girls of all faiths, race and cultures from Boston neighborhoods

Mission:

- ❖ To provide a high quality education that develops the individual gifts of each student.

▶ My role:

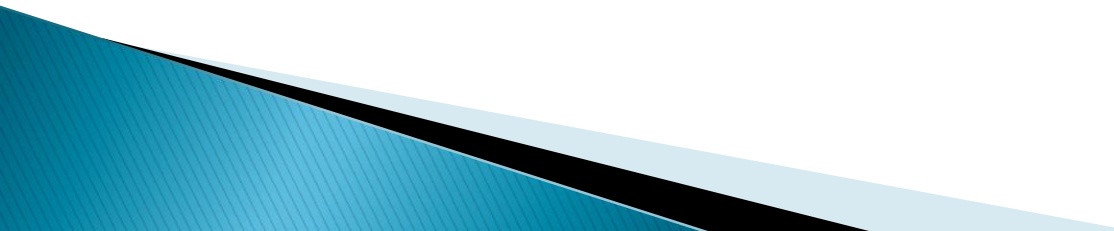
Co-Curricular Program Manager, Girls Soccer Coach, Girls Basketball Coach, Running Coach and 4th grade P.E. teacher.

Aims & target population

▶ Aims:

- ❖ To increase overall health within my target population: What does “being healthy” mean? How do I make healthy decisions?
- ❖ To increase physical fitness participation: How can I live a more healthy active lifestyle? Why is what I chose to eat so important to my overall health?
- ❖ To influence parents and families. How can I get Mom or Dad involved with the fun things I do at school? How can I show them what I learned today in school?

▶ Target Population:

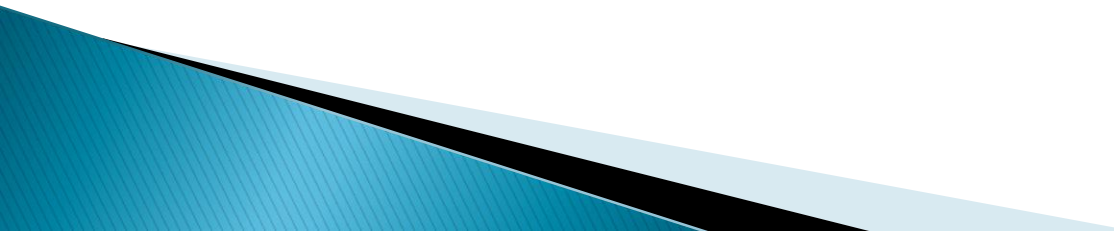
- ❖ 4th grade Physical Education students currently attending Mother Caroline Academy
 - ❖ 9-10 year old girls
 - ❖ Low-income neighborhoods in the surrounding areas of Dorchester
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Key activities & outcomes

Key Activities:

1. Nutritional and fitness based curriculum
2. Continue to encourage fitness participation
3. “Healthy” homework

Outcomes:

1. Girls will become more aware of nutrition physically fit
 2. Girls will become more physically active
 3. Girls will be more confident, positive, increase classroom participation
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Initiative 1:

Day 1: Fruit & Veggie Relay

- ▶ Improve gym class by adding nutrition component
- ▶ Educate the girls in nutrition awareness through fun by integrating fitness, fun and nutrition!
- ▶ Key strategies: Get the 4th grade teachers onboard and girls excited!
- ▶ Short term action steps– Create fun-filled games to implement during gym class
- ▶ Long term action steps – Create a permanent nutrition element to gym class



Day 2: Veggie & Fruit Relay

Lunch room following day



Day 2: Veggie & Fruit Relay

Gym Class



4th Grade List of Fruits & Veggies

- ▶ Pear
 - ▶ Honeydew
 - ▶ Eggplant
 - ▶ Passionfruit
 - ▶ Mango
 - ▶ Kale
 - ▶ Cantaloupe
 - ▶ Strawberries
 - ▶ Guava
 - ▶ Blueberries
 - ▶ Coconut
 - ▶ Kenepas
 - ▶ Grapefruit
 - ▶ Spinach
 - ▶ Raspberries
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Initiative 2

- ▶ 4th Grade Parent participation and involvement
- ▶ Key strategies – Work to reach out to parents with available nutrition and fitness resources
- ▶ Short term action steps – “Healthy” homework for girls to do together with their parents
- ▶ Long term action steps– Schedule regular fitness activities for parents and children to do together and also to help parents find healthy ways to cook on a budget

