

SENATE, No. 4050

STATE OF NEW JERSEY 219th LEGISLATURE

INTRODUCED NOVEMBER 8, 2021

Sponsored by:

Senator KRISTIN M. CORRADO

District 40 (Bergen, Essex, Morris and Passaic)

SYNOPSIS

Requires school districts to include instruction on nutrition as part of implementation of New Jersey Student Learning Standards in Comprehensive Health and Physical Education for students in grades 9 through 12.

CURRENT VERSION OF TEXT

As introduced.



1 **AN ACT** concerning instruction on nutrition in public schools and
2 supplementing chapter 35 of Title 18A of the New Jersey
3 Statutes.

5 **BE IT ENACTED** *by the Senate and General Assembly of the State*
6 *of New Jersey:*

8 1. a. A board of education shall include instruction on the
9 principles of good nutrition for students in grades 9 through 12 as
10 part of the school district's implementation of the New Jersey
11 Student Learning Standards in Comprehensive Health and Physical
12 Education.

b. The instruction provided pursuant to this section shall, at minimum, include:

- 15 (1) an overview of the different types of foods and food groups;
- 16 (2) how to differentiate between healthy and unhealthy foods;
- 17 (3) the effect that portion size, sugars, fats, and high cholesterol
- 18 foods have on the body; and
- 19 (4) the role an adequate and well-balanced diet has on an
- 20 individual's overall physical health.

22 2. This act shall take effect immediately and shall first apply to
23 the first full school year next following enactment.

STATEMENT

28 This bill requires a board of education to include instruction on
29 the principles of good nutrition for students in grades 9 through 12
30 as part of the school district's implementation of the New Jersey
31 Student Learning Standards in Comprehensive Health and Physical
32 Education. The instruction provided under this bill would, at
33 minimum, include:

- an overview of the different types of foods and food groups;
- how to differentiate between healthy and unhealthy foods;
- the effect that portion size, sugars, fats, and high cholesterol foods have on the body; and
- the role an adequate and well-balanced diet has on an individual's overall physical health.

According to the Centers for Disease Control, students receive less than eight hours of nutrition education each school year, far below the 40 to 50 hours of classroom instruction needed to affect behavioral change. In addition, the percentage of schools providing instruction on nutrition and dietary behaviors has decreased by over ten percent since 2000. By requiring nutrition instruction as part of a school district's implementation of the New Jersey Student Learning Standards in Comprehensive Health and Physical

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- 1 Education, districts can help students understand their nutritional
- 2 needs and maintain a healthy lifestyle.