



COOKING



for

KIDS

**Understanding the
School Meal Pattern**



School lunches have changed a lot in the last 100 years





But so has the American food environment



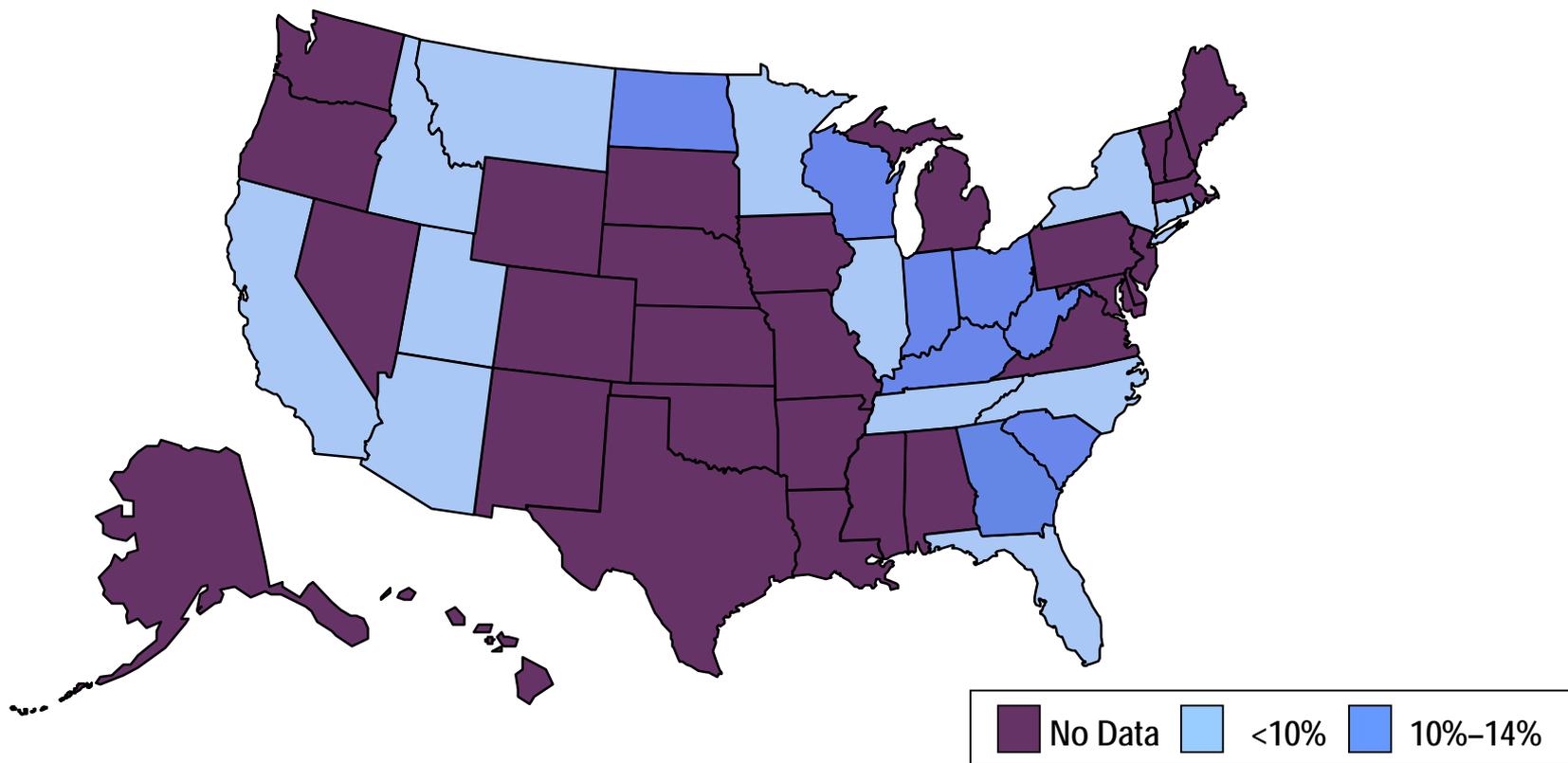


Too much processed and fast food; not enough fruits, vegetables and whole grains



Obesity Trends* Among U.S. Adults

BRFSS, 1985

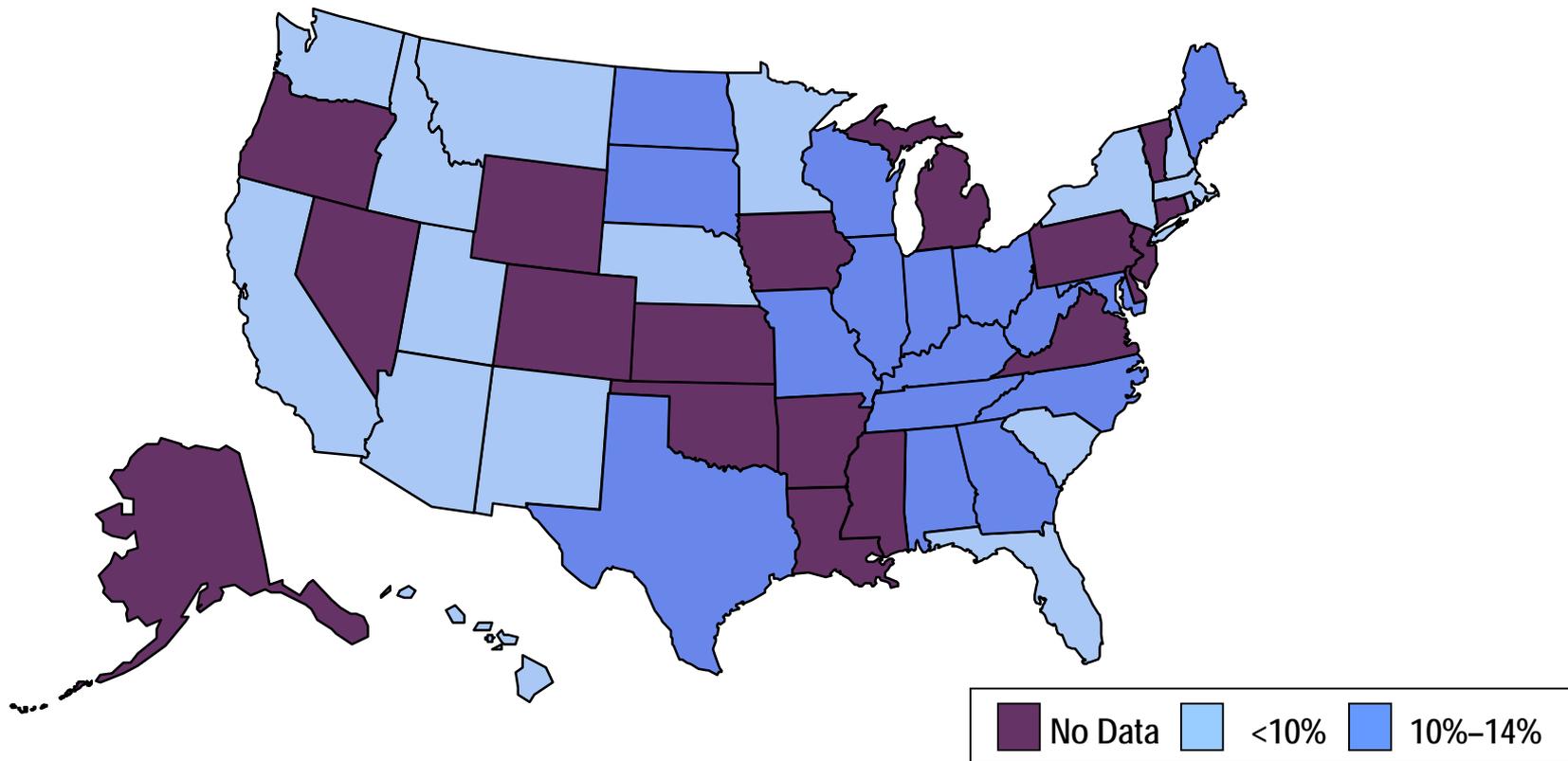


(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



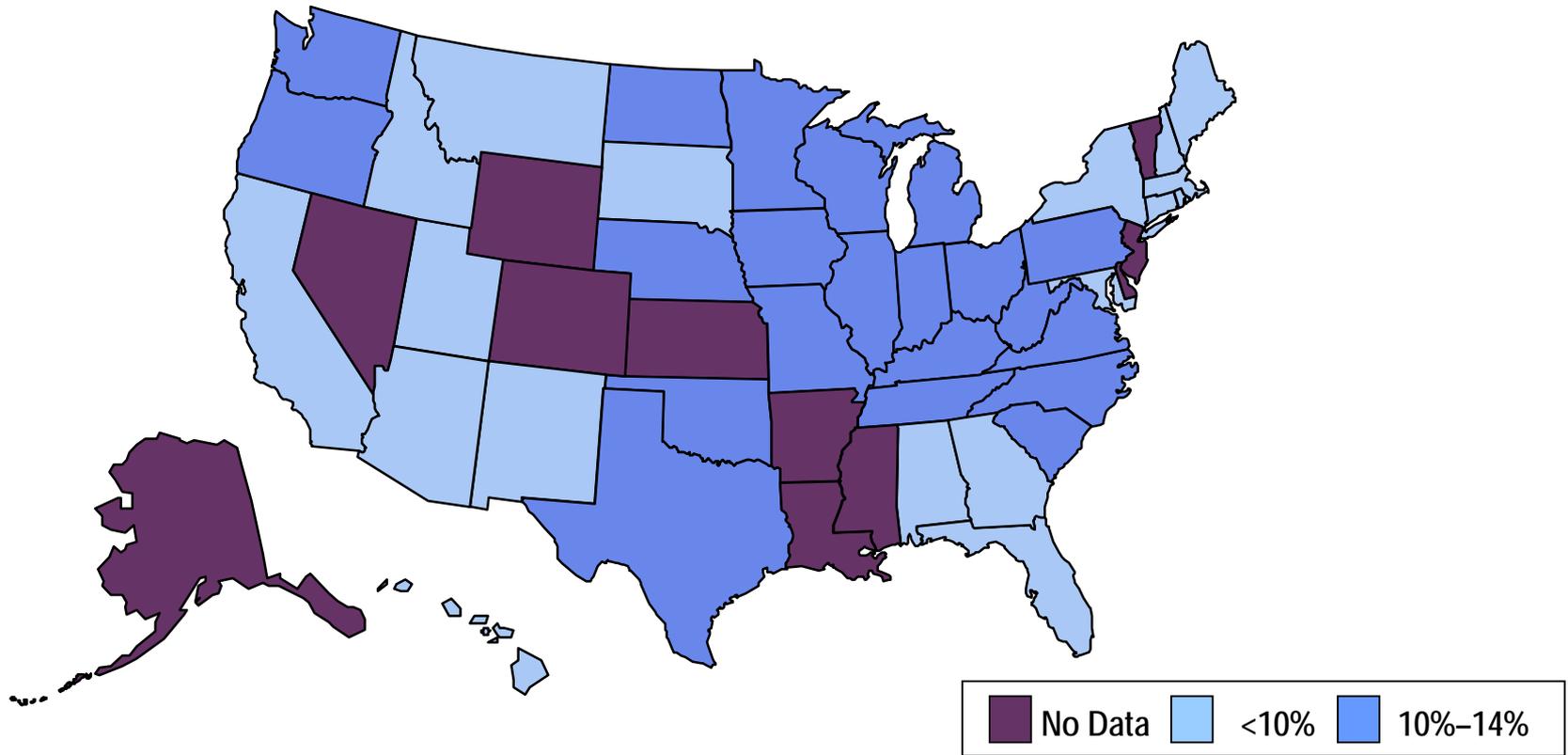
Obesity Trends* Among U.S. Adults

BRFSS, 1987



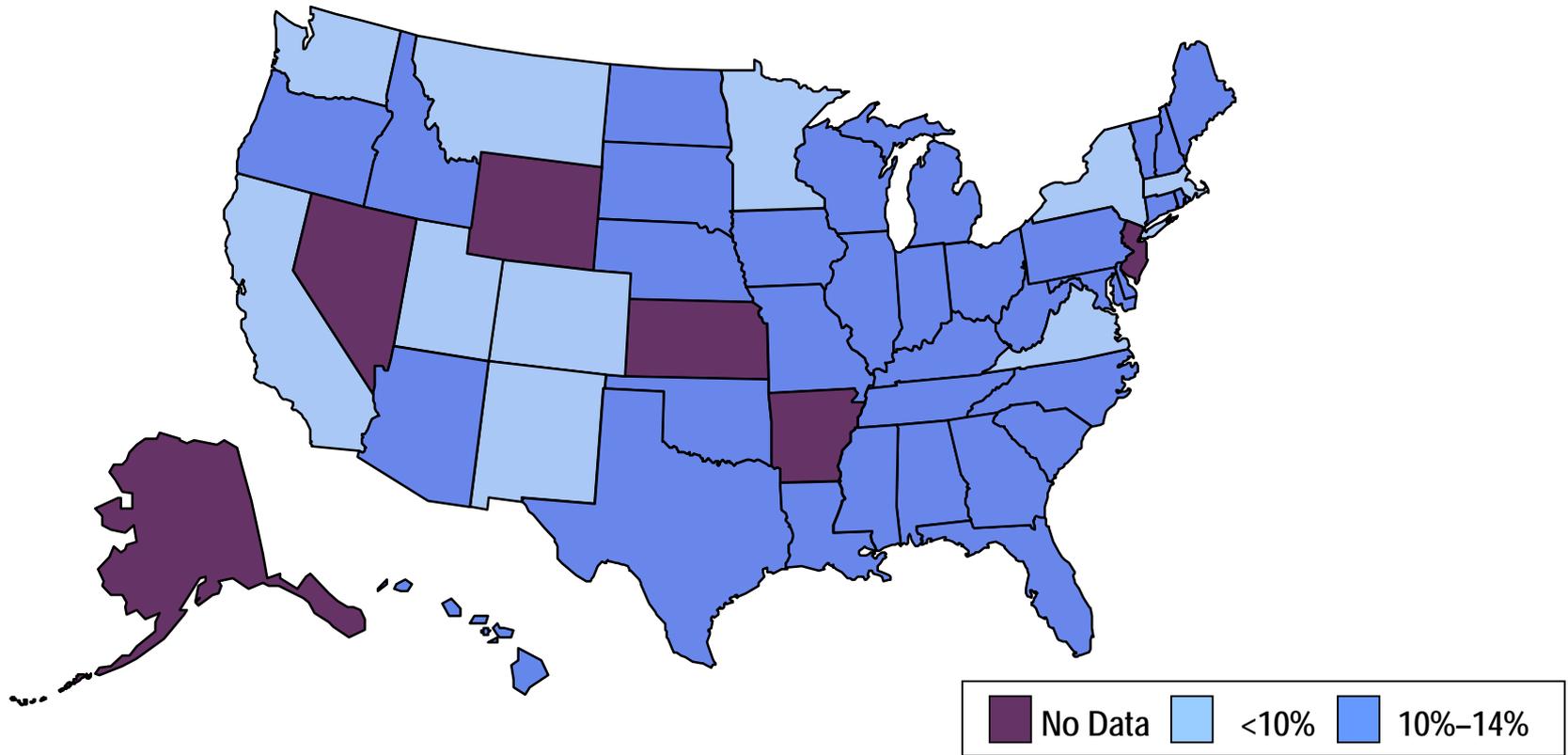
Obesity Trends* Among U.S. Adults

BRFSS, 1989



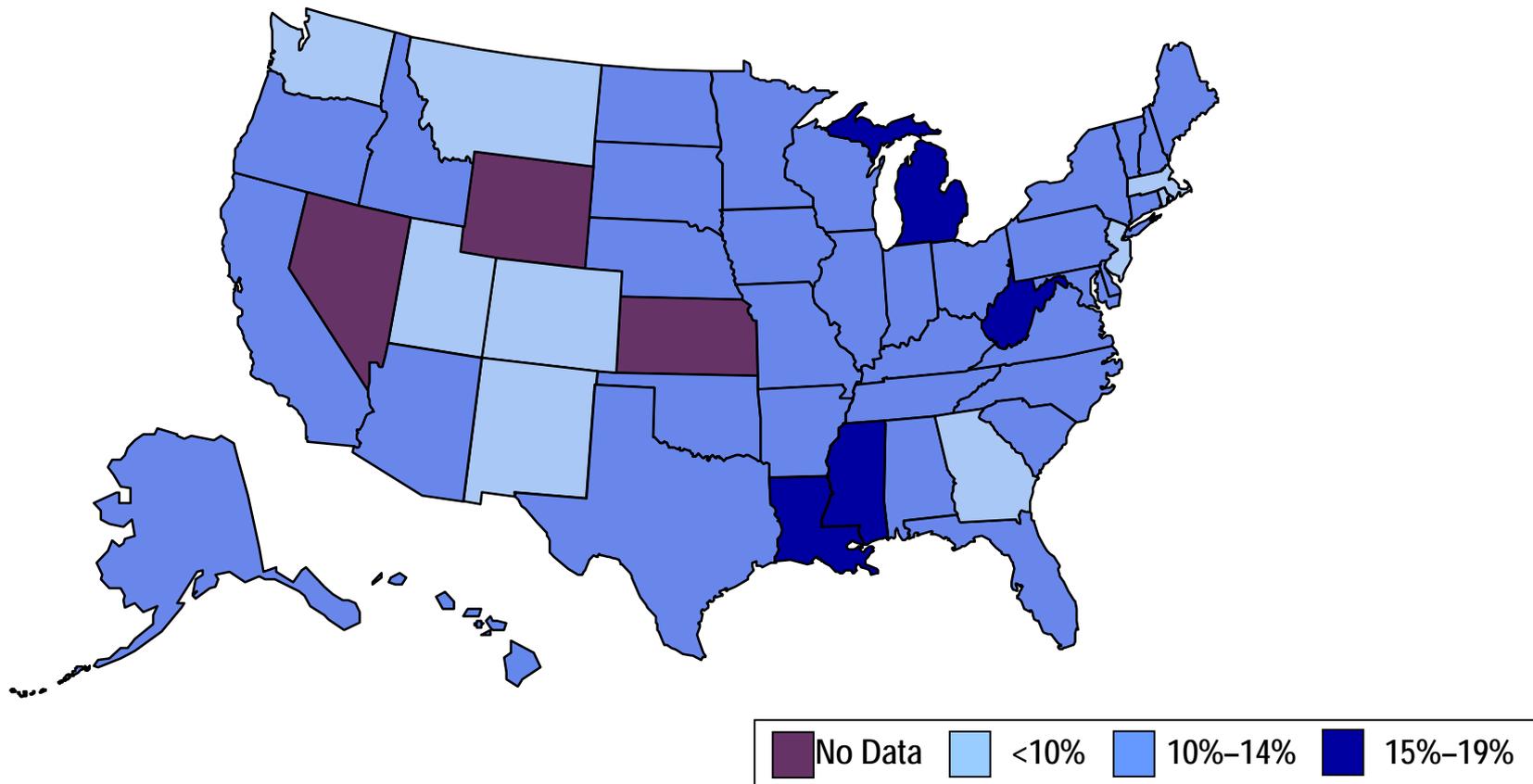
Obesity Trends* Among U.S. Adults

BRFSS, 1990



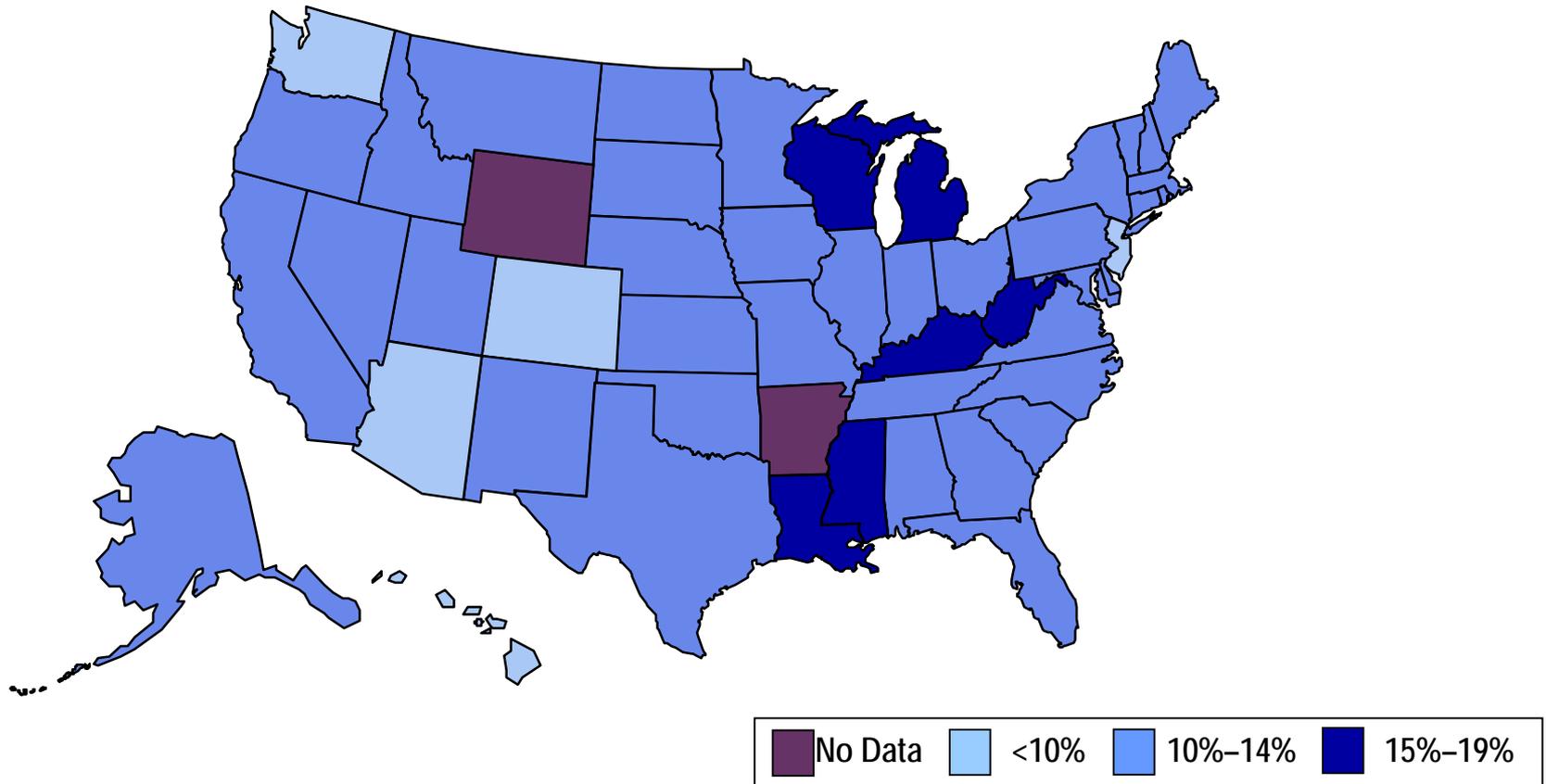
Obesity Trends* Among U.S. Adults

BRFSS, 1991



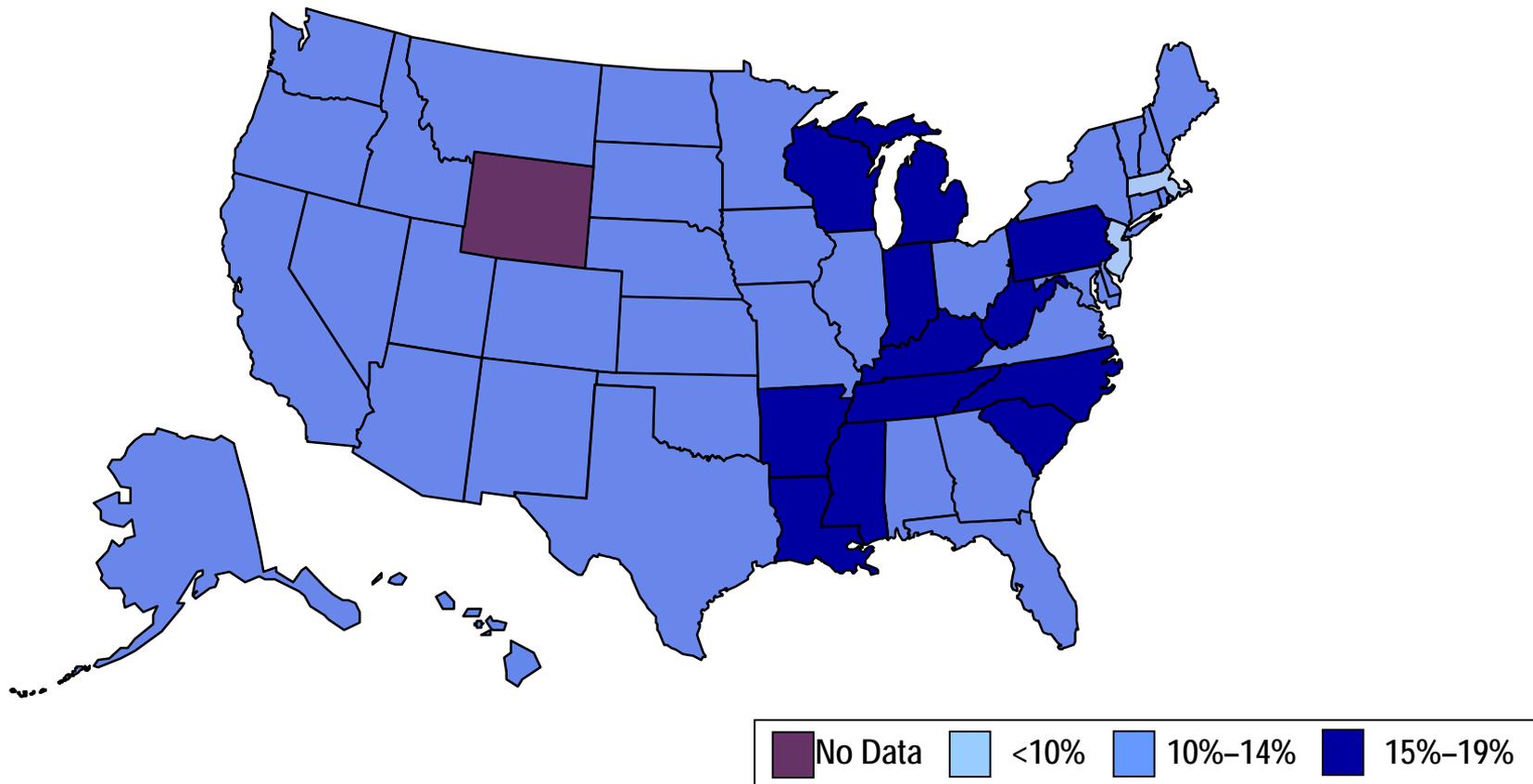
Obesity Trends* Among U.S. Adults

BRFSS, 1992



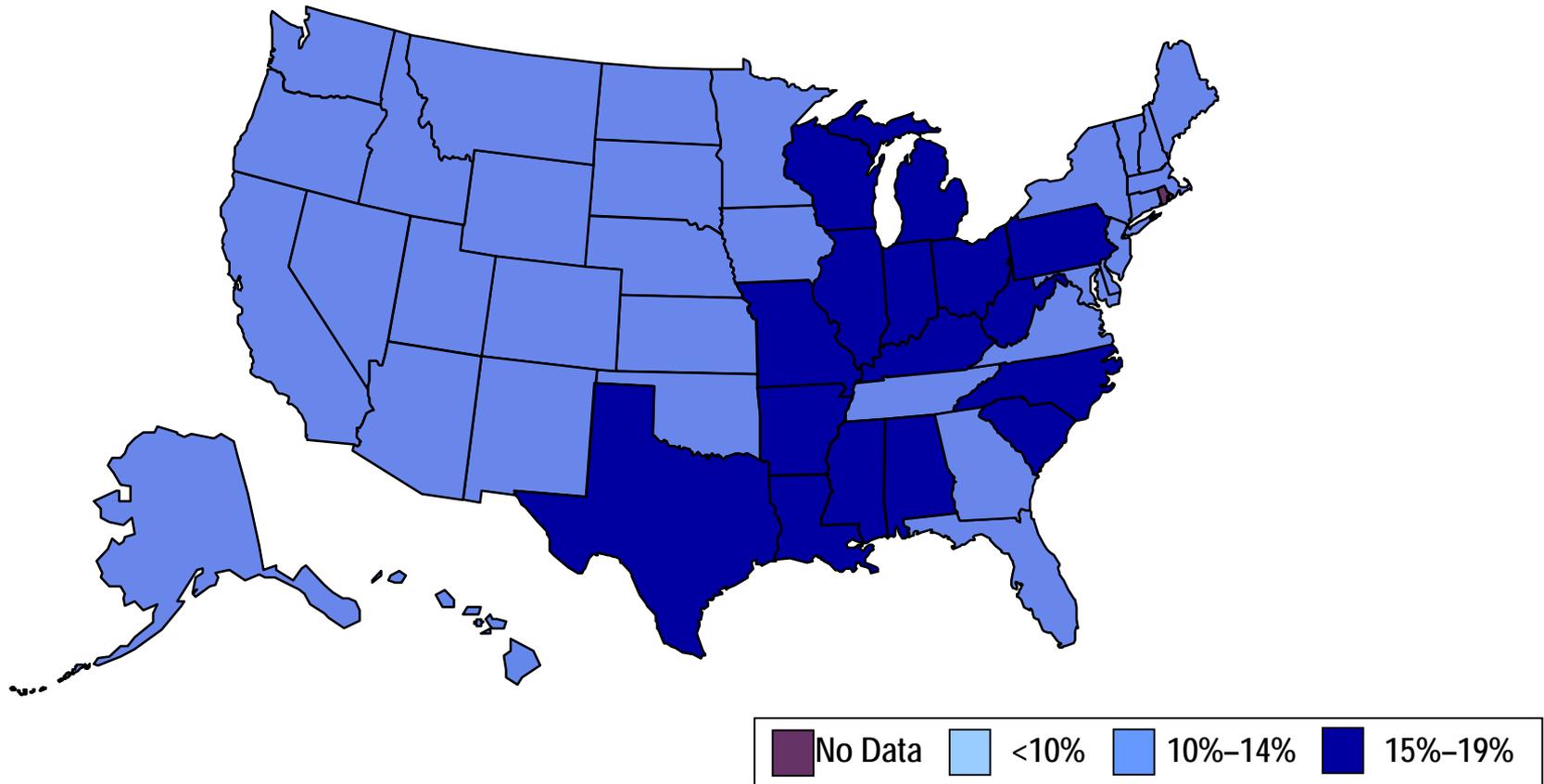
Obesity Trends* Among U.S. Adults

BRFSS, 1993



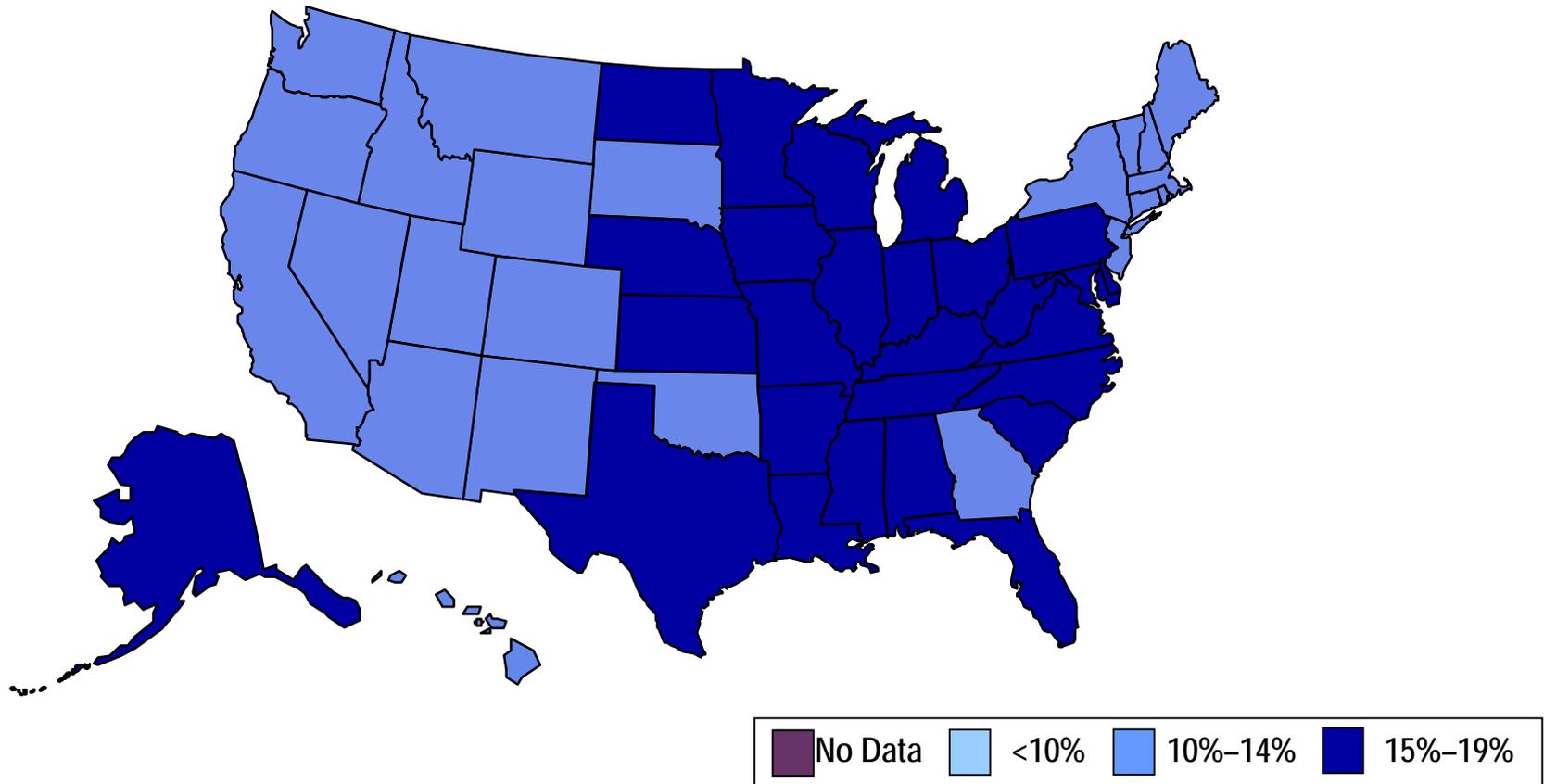
Obesity Trends* Among U.S. Adults

BRFSS, 1994



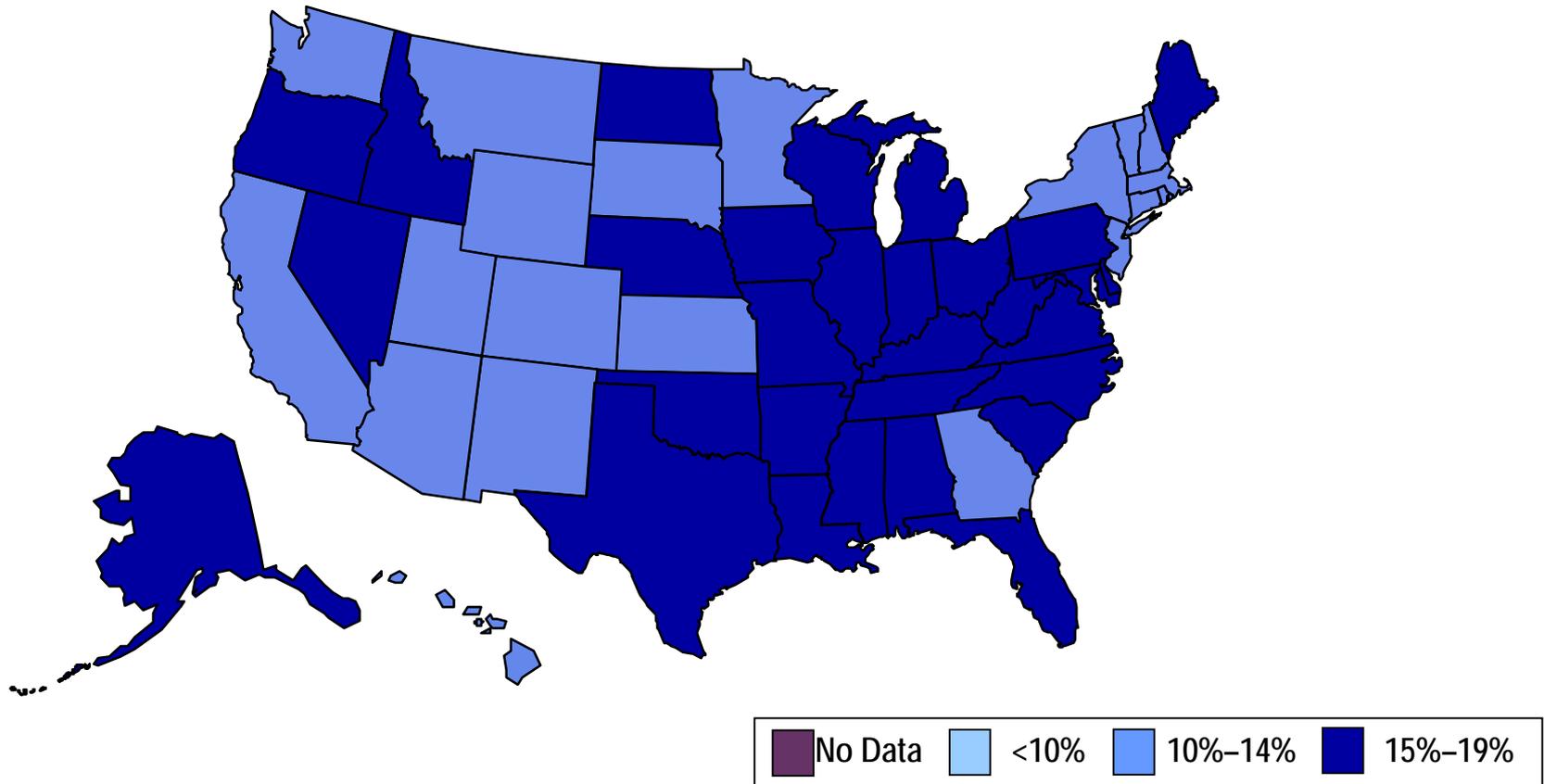
Obesity Trends* Among U.S. Adults

BRFSS, 1995



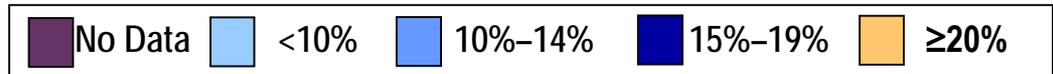
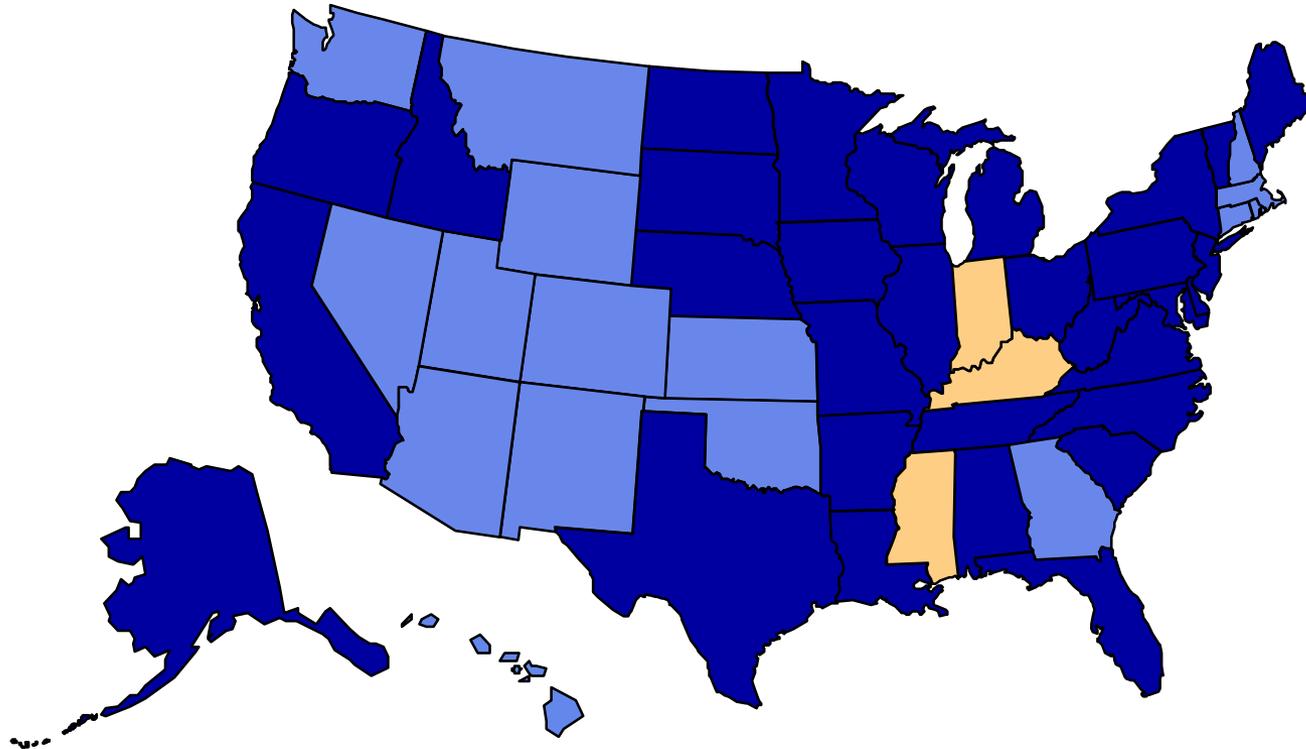
Obesity Trends* Among U.S. Adults

BRFSS, 1996



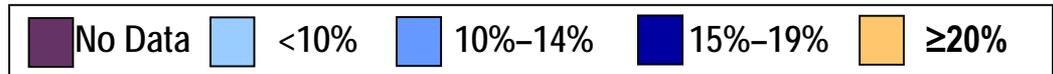
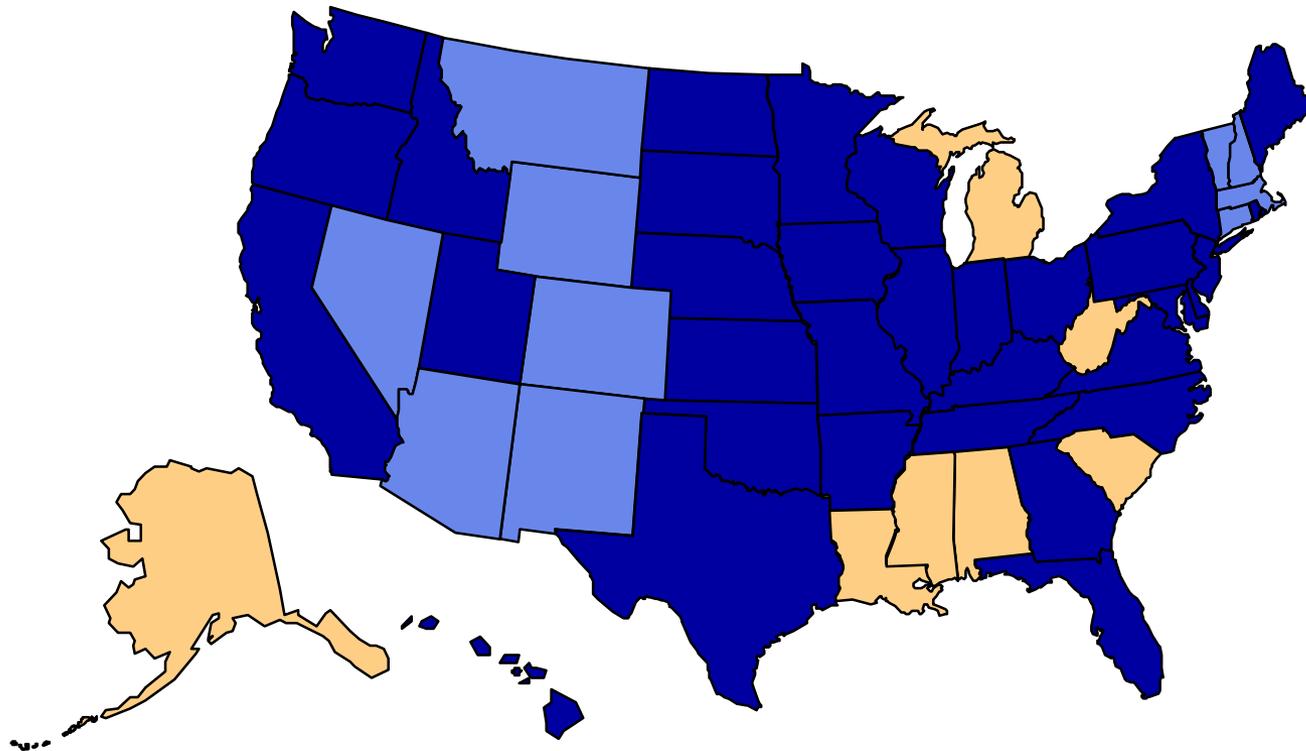
Obesity Trends* Among U.S. Adults

BRFSS, 1997



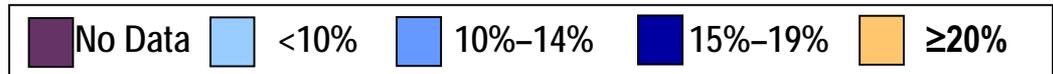
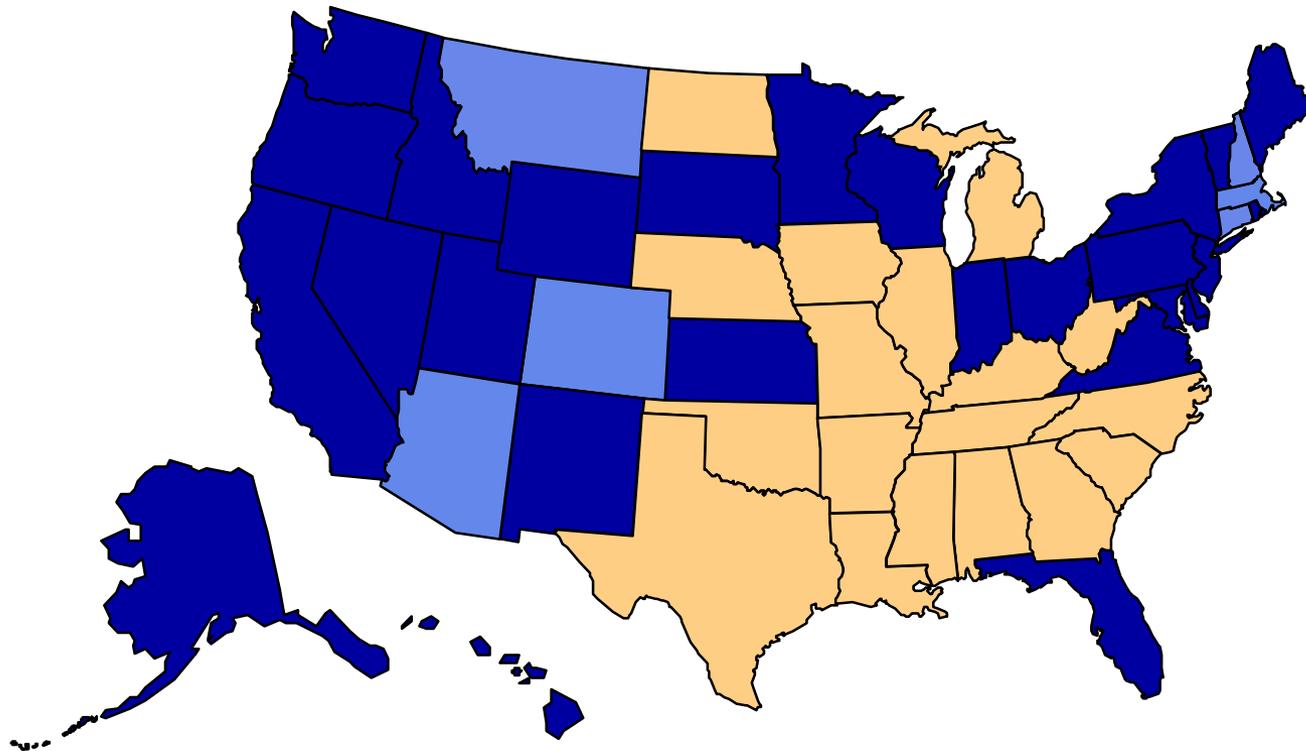
Obesity Trends* Among U.S. Adults

BRFSS, 1998



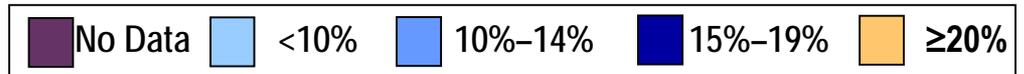
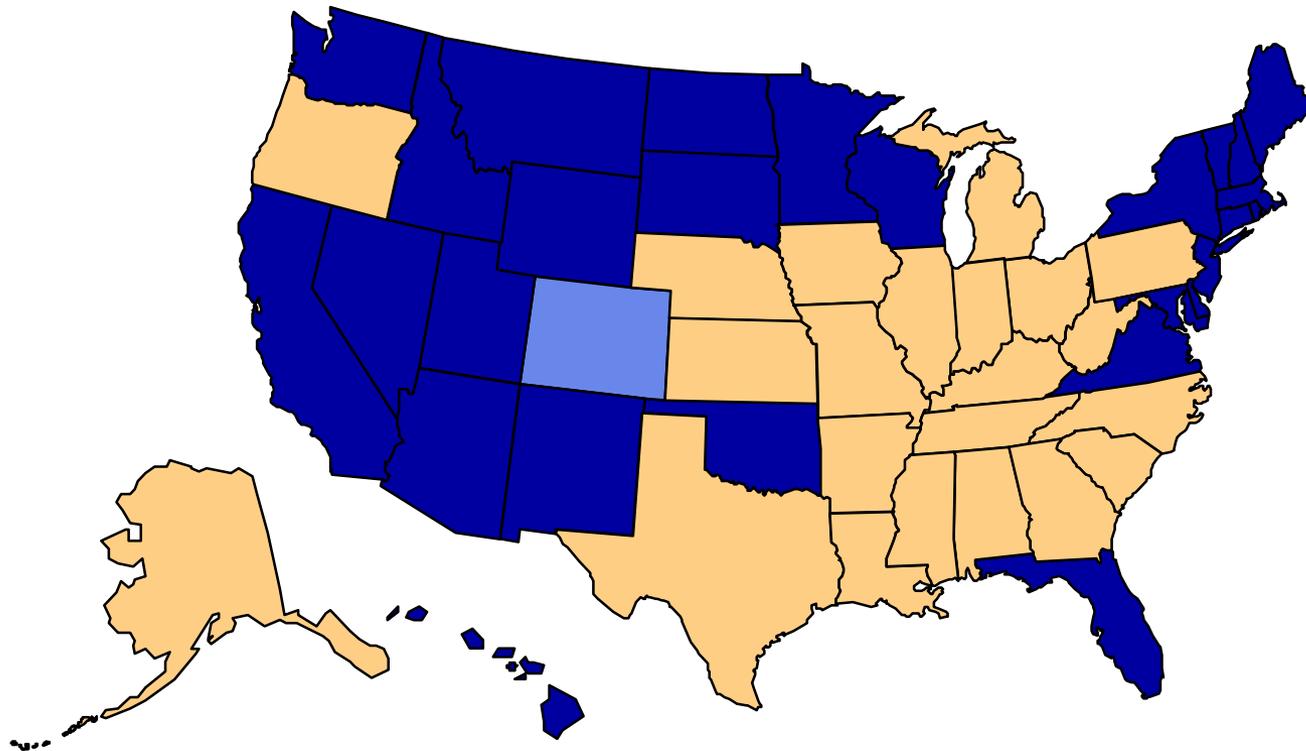
Obesity Trends* Among U.S. Adults

BRFSS, 1999



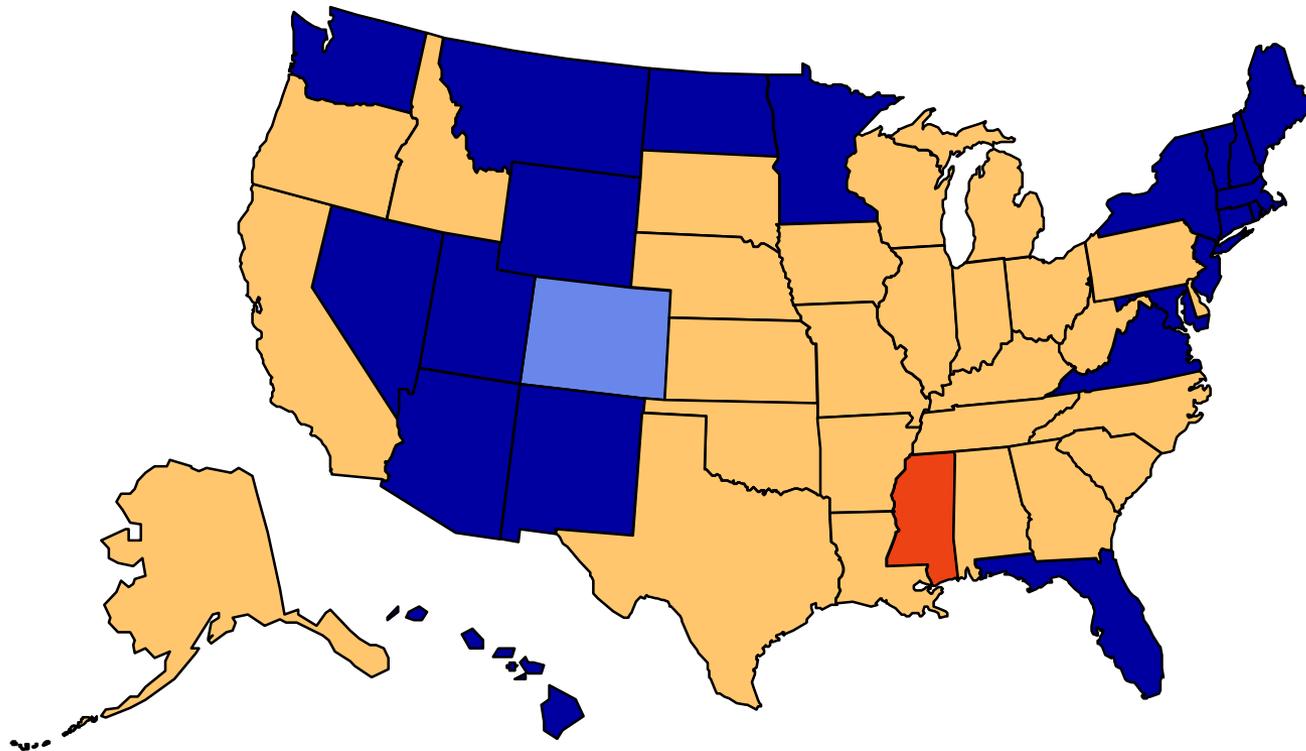
Obesity Trends* Among U.S. Adults

BRFSS, 2000

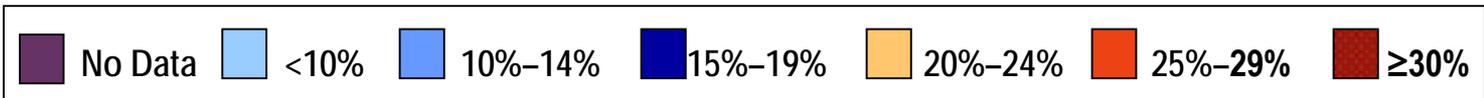
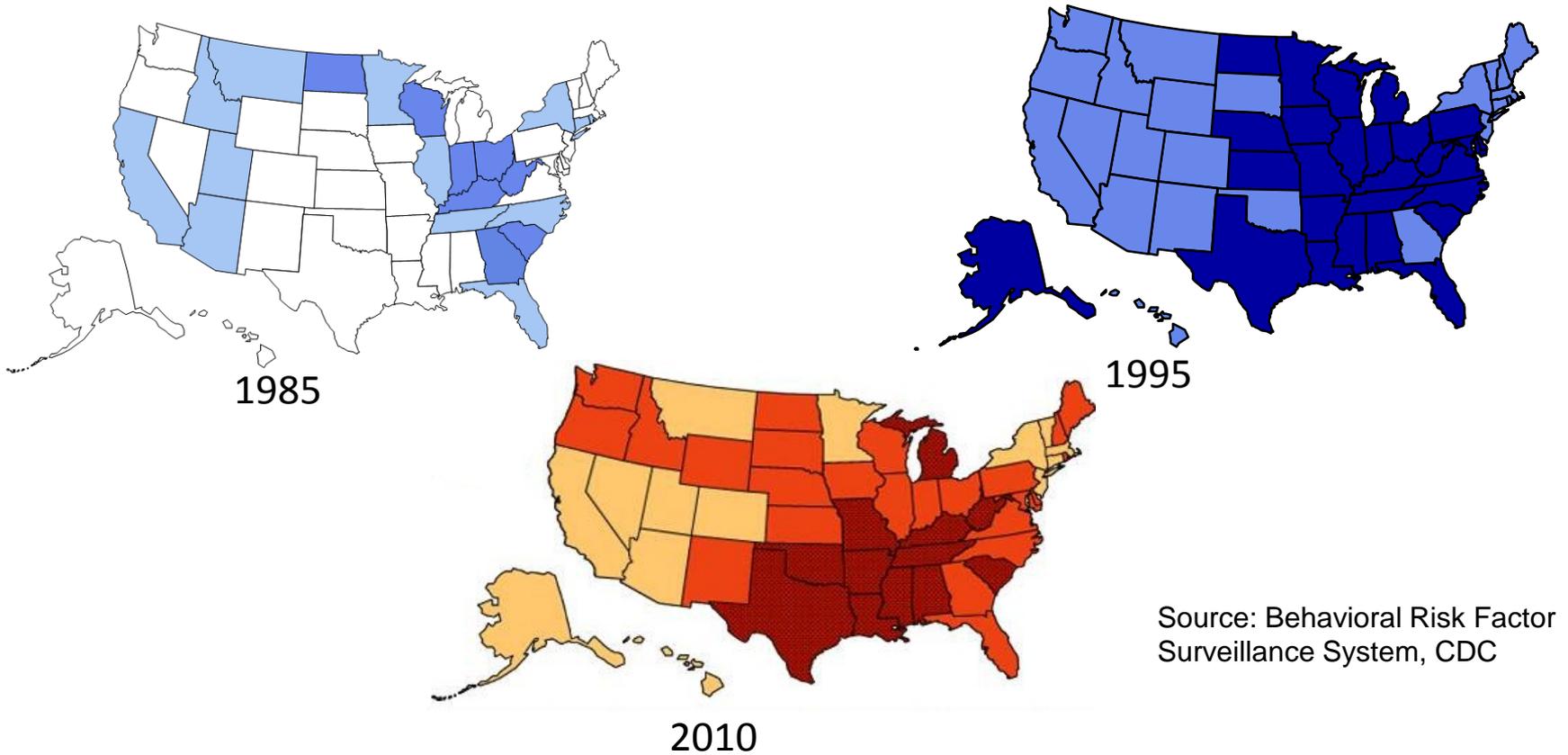


Obesity Trends* Among U.S. Adults

BRFSS, 2001



Obesity Trends in the US



**In Oklahoma,
1 in 3 kids is overweight or obese.**



And 1 of every 4 kids is hungry



Hungry and overweight kids are more likely to do worse in school.



So, how did we get to the updated meal patterns?

2009

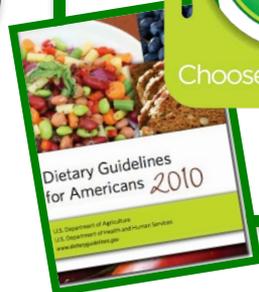


INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

“Schools should be the national focus for obesity prevention because kids spend about ½ their day at school for 9 or 12 months of the year.”

2010

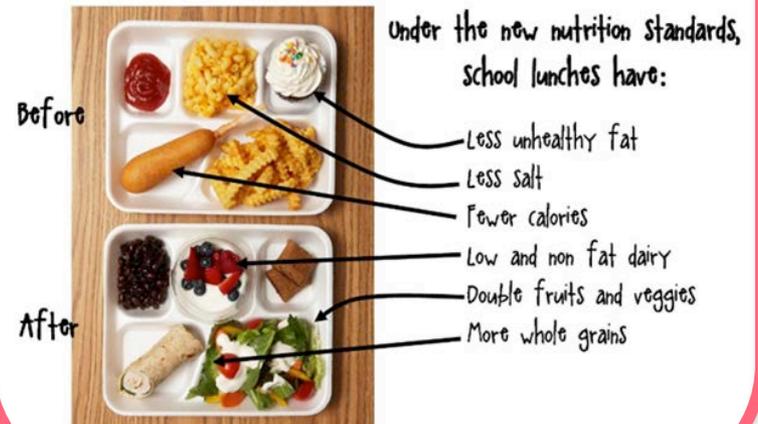
Dietary Guidelines released



2010

Congress passes the most recent Child Nutrition Act, the Healthy and Hunger-Free Kids Act.

The School Day Just Got Healthier!





SCHOOL MEAL PATTERNS

Lunch Meal Pattern

Amount of Food Per Week (Minimum Per Day)

Grades K-5 Grades 6-8 Grades 9-12

Breakfast Meal Pattern

Amount of Food Per Week (Minimum Per Day)

Grades K-5 Grades 6-8 Grades 9-12

Fruits (cups)	2½ (½)	2½ (½)	5 (1)	5 (1)	5 (1)	5 (1)
----------------------	---------------	---------------	--------------	--------------	--------------	--------------

Vegetables (cups)	3¾ (¾)	3¾ (¾)	5 (1)	0	0	0
Dark green	½	½	½	0	0	0
Red/Orange	¾	¾	1¼	0	0	0
Beans/Peas (Legumes)	½	½	½	0	0	0
Starchy	½	½	½	0	0	0
Other	½	½	½	0	0	0
Additional Veggies to Reach Total	1	1	1½	0	0	0

Grains (oz eq)	8 (1)	8 (1)	10 (2)	7 (1)	8 (1)	9 (1)
-----------------------	--------------	--------------	---------------	--------------	--------------	--------------

Meats & Meat Alternates (oz eq)	8 (1)	9 (1)	10 (2)	0	0	0
--	--------------	--------------	---------------	----------	----------	----------

Fluid Milk (cups)	5 (1)					
--------------------------	--------------	--------------	--------------	--------------	--------------	--------------

Other Specifications: Daily Amount Based on the Average for 5-Day Week

Min-Max Calories (kcal)	550-650	600-700	750-850	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10	<10	<10	<10
Sodium (mg)	<=640	<=710	<=740	<=430	<=470	<=500
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.			Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

School Meal Pattern Video

- <https://drive.google.com/folderview?id=0B-tsVYyEVf2FNW5HUV9RczJNeGc&usp=sharing>

or

- <https://www.youtube.com/watch?v=qhqGZmRvdlw>



COOKING



for

KIDS

