

System of Wellness Instruction for Teachers and Teens (SWIFTT): FoodWise Nutritional Guide

FoodWise advances healthful eating habits, active lifestyles, and healthy community environments for families with limited incomes through nutrition education at the individual, community, and district levels.

<https://healthyliving.extension.wisc.edu/programs/foodwise/>

Why This Is Important

Proper nutrition is paramount for students as it plays a pivotal role in supporting their overall well-being and academic performance. A well-balanced diet provides essential nutrients, such as vitamins, minerals, and proteins, that are crucial for cognitive function and concentration. Students who maintain healthy eating habits are more likely to have sustained energy levels, enabling them to stay focused during classes. Additionally, adequate nutrition contributes to the development of a strong immune system, reducing the risk of illness and ensuring consistent attendance.

How to Use the Resources

With creativity and patience, parents and teachers can address the nutritional needs of picky eaters among children. First, introduce a variety of colorful and visually appealing fruits and vegetables, making meals more enticing. Engage children in the preparation process, turning it into a fun and educational activity. Sneak in nutritious ingredients by incorporating them into familiar dishes or blending them into smoothies. These are just a few of the nutritional tips that this resource from FoodWise has to offer.

Resource Tools

1. Healthy Tips for Picky Eaters – [English](#) / [Spanish](#)
2. Healthy Eating for Families – [English](#) / [Spanish](#)
3. Start Simple with MyPlate – [English](#) / [Spanish](#)

Resource Provider

Maria Schmid, Milwaukee County FoodWise Teaching Coordinator, UW–Madison
Division of Extension, maria.schmid@wisc.edu