

## Wellness Policy Development Worksheet

### Part I: Initial Discussion of Topic

Relationship to Student Learning: The following questions are intended to focus your district's discussion on the relationship between nutrition, physical activity and student learning.

#### Nutrition

1. Why is nutrition important to student learning?

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2. What does your policy team see as the relationship between nutrition and student learning in your district?

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3. How will policies on nutrition contribute to improved student learning?

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#### Physical Activity

1. Why is physical activity important to student learning?

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2. What does your policy team see as the relationship between physical activity and student learning in your district?

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3. How will policies on physical activity contribute to improved student learning?

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