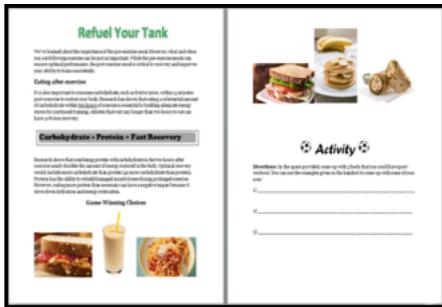


FSU Dietetics intern, Jane Minton, educated the Milton High School Boys Soccer Team about how to fuel their sports performance.

Milton Public Schools Wellness Policy acknowledges the district's responsibility to protect children's health, well-being, and ability to learn by supporting wellness, good nutrition and regular physical activity. The district promotes healthy eating and regular exercise, which is linked to reduced risk of the development of many chronic diseases. The Foodservice and Athletic departments of Milton Public Schools teamed up with Framingham State University's Food and Nutrition Coordinated Program to provide nutrition education to their students. Framingham State University Dietetic Undergraduate Student **Jane Minton** educated the Milton High School Boys Soccer Team about how to fuel their sports performance. Student-athletes learned the importance of proper nutrition and hydration before, during, and after sports activity. The Boys Soccer Team came up with some great ideas to fuel up before the game, refuel their bodies after the game, and hydrate throughout the day. The student-athletes were able to test their knowledge about sports nutrition before the presentation and again after the presentation. Many were surprised about how much they "thought" they knew. The Boys Soccer Team can now use the knowledge they learned from the dietetic students to properly fuel their sports performance and excel on and off the field! The sports nutrition information was gathered from the Milton Public Schools Website under Nutrition and Fitness. The Milton Public Schools' Website is a great resource for parents, students, athletes, and teachers.



If you are looking for more ways to incorporate nutrition into classroom lessons to help students make decisions to benefit their well-being, visit the lessons category in the [JSI Resource Center](#) hosted by The John C. Stalker Institute for Food and Nutrition.

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