

SENATE No. 241

The Commonwealth of Massachusetts

In the Year Two Thousand Nine

An Act to establish school nutrition education classes..

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

1 SECTION 1. Chapter 71 of the General Laws is hereby added by inserting after section
2 2B the following section:-Section 2C. All students attending public schools shall be required
3 from grades 1 to 9, inclusive, attend a weekly class dedicated to nutrition education and physical
4 fitness guidelines. The class shall include, but not be limited to, instruction on: fat content
5 awareness, cholesterol count, carbohydrate measurements, healthy eating guidelines, organic
6 foods awareness, kosher food benefits, the health benefits of balanced nutrition, 3 meals a day,
7 dietary fiber and general nutritional health guidelines, as well as the dangers of cigarettes and
8 alcohol and fast food fat establishments. Nutrition classes shall meet for not less than 45 minutes
9 per week in the school calendar year.

10 SECTION 2. This Act shall take effect upon its passage.