

**SENATE . . . . . No. 299**

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**The Commonwealth of Massachusetts**

PRESENTED BY:

*Brian A. Joyce*

*To the Honorable Senate and House of Representatives of the Commonwealth of Massachusetts in General Court assembled:*

The undersigned legislators and/or citizens respectfully petition for the adoption of the accompanying bill:

**An Act to establish school nutrition education classes.**

PETITION OF:

NAME:

*Brian A. Joyce*

DISTRICT/ADDRESS:

*Norfolk, Bristol and Plymouth*

**SENATE . . . . . No. 299**

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By Mr. Joyce, a petition (accompanied by bill, Senate, No. 299) of Brian A. Joyce for legislation to establish school nutrition education classes. Education.

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[SIMILAR MATTER FILED IN PREVIOUS SESSION  
SEE SENATE, NO. 242 OF 2013-2014.]

**The Commonwealth of Massachusetts**

\_\_\_\_\_  
**In the One Hundred and Eighty-Ninth General Court  
(2015-2016)**  
\_\_\_\_\_

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, as appearing in the 2012 Official Edition,  
2 is hereby added by inserting after section 3 the following section:-

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

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