

**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.

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