

REFERENCE TITLE: schools; nutrition education; physical activity

State of Arizona  
House of Representatives  
Fifty-seventh Legislature  
Second Regular Session  
2026

## **HB 2840**

Introduced by  
Representatives Biasiucci: Carter P, Fink, Martinez, Rivero; Senator  
Fernandez

AN ACT

AMENDING TITLE 15, CHAPTER 7, ARTICLE 1, ARIZONA REVISED STATUTES, BY  
ADDING SECTIONS 15 701.05 AND 15-701.06; RELATING TO SCHOOL CURRICULA.

(TEXT OF BILL BEGINS ON NEXT PAGE)

1 Be it enacted by the Legislature of the State of Arizona:

2 Section 1. Title 15, chapter 7, article 1, Arizona Revised  
3 Statutes, is amended by adding sections 15-701.05 and 15-701.06, to read:

4 15-701.05. Nutrition education instruction; requirements;  
5 definitions

6 A. EACH SCHOOL DISTRICT AND CHARTER SCHOOL SHALL ANNUALLY PROVIDE A  
7 MINIMUM NUMBER OF HOURS OF INSTRUCTION IN NUTRITION EDUCATION TO STUDENTS  
8 IN KINDERGARTEN PROGRAMS AND EACH OF GRADES ONE THROUGH TWELVE. EACH  
9 SCHOOL DISTRICT AND CHARTER SCHOOL MAY INCORPORATE THE NUTRITION EDUCATION  
10 INSTRUCTION REQUIRED BY THIS SECTION INTO EXISTING CURRICULA. THE  
11 NUTRITION EDUCATION INSTRUCTION REQUIRED BY THIS SECTION MUST:

- 12 1. EMPHASIZE PRACTICAL APPLICATIONS FOR A HEALTHY LIFESTYLE.
- 13 2. INCLUDE SCIENTIFIC EVIDENCE RELATING TO EACH OF THE FOLLOWING

14 SUBJECTS:

- 15 (a) DIET, EXERCISE AND NUTRITION.
- 16 (b) THE ROLE OF NUTRITION IN METABOLISM AND CELLULAR FUNCTION.
- 17 (c) THE ROLE OF NUTRITION AND EXERCISE IN PREVENTING  
18 NUTRITION-RELATED CHRONIC DISEASES.
- 19 (d) THE BIOLOGICAL MECHANISMS RELATED TO DIET AND THE IMPACTS OF  
20 ULTRAPROCESSED FOOD ON THOSE MECHANISMS.
- 21 (e) THE ROLE OF NUTRITION AND EXERCISE IN DISEASE PREVENTION,  
22 MANAGEMENT AND RECOVERY.
- 23 (f) THE IMPORTANCE OF NUTRIENT-DENSE FOODS IN A DIET.

24 3. REQUIRE STUDENTS TO DEMONSTRATE PROFICIENCY IN MEAL PLANNING AND  
25 READING FOOD LABELS.

26 B. THE STATE BOARD OF EDUCATION:

- 27 1. MAY DEVELOP GUIDELINES TO ASSIST SCHOOL DISTRICTS AND CHARTER  
28 SCHOOLS IN PROVIDING THE NUTRITION EDUCATION INSTRUCTION REQUIRED BY THIS  
29 SECTION, CONSISTENT WITH CURRENT SCIENTIFIC AND EDUCATIONAL STANDARDS.
- 30 2. SHALL PRESCRIBE THE MINIMUM NUMBER OF HOURS OF INSTRUCTION IN  
31 NUTRITION EDUCATION THAT SCHOOL DISTRICTS AND CHARTER SCHOOLS MUST PROVIDE  
32 TO STUDENTS IN EACH GRADE LEVEL.

33 C. FOR THE PURPOSES OF THIS SECTION:

- 34 1. "NUTRIENT-DENSE FOOD" MEANS A FOOD THAT IS HIGH IN VITAMINS,  
35 MINERALS, FIBER AND PROTEIN AND THAT DOES NOT HAVE ADDED SUGAR OR  
36 SATURATED FAT.
- 37 2. "NUTRITION-RELATED CHRONIC DISEASE":
  - 38 (a) MEANS A DISEASE THAT IS A LONG-TERM HEALTH CONDITION AND THAT  
39 RESULTS FROM POOR DIET AND AN ABSENCE OF REGULAR PHYSICAL EXERCISE.
  - 40 (b) INCLUDES CARDIOVASCULAR DISEASE, DIABETES, OBESITY AND CERTAIN  
41 TYPES OF CANCER.
- 42 3. "SCIENTIFIC EVIDENCE" MEANS CREDIBLE, SYSTEMATIC EVIDENCE THAT  
43 IS PRODUCED BY RESEARCH, TESTING, DATA FROM PEER-REVIEWED STUDIES, EXPERT  
44 CONSENSUS AND MEASURABLE OUTCOMES.

1 4. "ULTRAPROCESSED FOOD" MEANS ANY FOOD OR BEVERAGE THAT CONTAINS A  
2 HIGH AMOUNT OF SATURATED FAT, SODIUM, ADDED SUGAR, PRESERVATIVES OR  
3 ARTIFICIAL INGREDIENTS.

4 15-701.06. Physical activity requirements; exceptions;  
5 definition

6 A. EACH SCHOOL DISTRICT AND CHARTER SCHOOL SHALL REQUIRE STUDENTS  
7 IN KINDERGARTEN PROGRAMS AND EACH OF GRADES ONE THROUGH TWELVE TO  
8 PARTICIPATE IN PHYSICAL ACTIVITY FOR AT LEAST THIRTY MINUTES DURING EACH  
9 DAY OF THE SCHOOL WEEK. A SCHOOL DISTRICT OR CHARTER SCHOOL MAY OFFER ANY  
10 OF THE FOLLOWING TO SATISFY THE PHYSICAL ACTIVITY REQUIREMENT PRESCRIBED  
11 BY THIS SECTION:

12 1. A PHYSICAL EDUCATION PROGRAM THAT IS DESIGNED TO TEACH STUDENTS  
13 PHYSICAL FITNESS, TEAMWORK AND HEALTHY LIFESTYLES.

14 2. SCHEDULED BREAK PERIODS IN WHICH STUDENTS MAY DO ONE OR MORE OF  
15 THE FOLLOWING:

16 (a) GO OUTSIDE.

17 (b) ENGAGE IN RECREATIONAL ACTIVITIES WITH OTHER STUDENTS.

18 (c) REFOCUS BETWEEN CLASSES OR AFTER LESSONS.

19 3. ACTIVE CLASSROOM BREAKS IN WHICH STUDENTS RECEIVE A MENTAL AND  
20 PHYSICAL BREAK FROM ACADEMIC TASKS WITHOUT LEAVING THE CLASSROOM.

21 B. A SCHOOL DISTRICT OR CHARTER SCHOOL SHALL EXCUSE A STUDENT FROM  
22 ALL OR PART OF THE PHYSICAL ACTIVITY REQUIREMENTS PRESCRIBED IN THIS  
23 SECTION IF ANY OF THE FOLLOWING APPLIES:

24 1. A PHYSICIAN WHO IS LICENSED PURSUANT TO TITLE 32, CHAPTER 13 OR  
25 17 STATES IN WRITING THAT THE STUDENT SHOULD BE EXEMPTED.

26 2. THE STUDENT IS A PUPIL WITH CHRONIC HEALTH PROBLEMS AS DEFINED  
27 IN SECTION 15-346 AND THE STUDENT'S HEALTH DOES NOT ALLOW THE STUDENT TO  
28 PARTICIPATE IN THE PHYSICAL ACTIVITY.

29 3. THE STUDENT'S INDIVIDUALIZED EDUCATION PROGRAM TEAM MAKES A  
30 DETERMINATION TO EXCUSE THE STUDENT FROM ALL OR PART OF THE PHYSICAL  
31 ACTIVITY REQUIREMENTS.

32 4. THE STUDENT IS PHYSICALLY ILL.

33 C. AN EMPLOYEE OF A SCHOOL DISTRICT OR CHARTER SCHOOL, INCLUDING  
34 PERSONNEL WHO ARE EMPLOYED THROUGH A THIRD-PARTY CONTRACTOR, MAY NOT  
35 PREVENT A STUDENT IN A KINDERGARTEN PROGRAM OR ANY OF GRADES ONE THROUGH  
36 NINE FROM PARTICIPATING IN PHYSICAL ACTIVITY THAT IS OFFERED PURSUANT TO  
37 THIS SECTION OR AS PART OF THE SCHOOL'S PHYSICAL EDUCATION CURRICULUM TO  
38 PUNISH THE STUDENT FOR POOR ACADEMIC PERFORMANCE OR BEHAVIOR.

39 D. FOR THE PURPOSES OF THIS SECTION, "PHYSICAL ACTIVITY":

40 1. MEANS ANY BODILY MOVEMENT PRODUCED BY SKELETAL MUSCLES THAT  
41 REQUIRES ENERGY EXPENDITURE.

42 2. INCLUDES WALKING, RUNNING, DANCING AND PARTICIPATING IN A SPORT.