

Nutrition Month 2019

Activity Ideas List



National Nutrition Month is celebrated during the month of March. This year's theme is once again "Unlock the Potential of Food". Here are a few examples of activities that you can do in your school. Be creative!

K-5

- **Nutrition Month Posters**
 - Put-up Nutrition Month poster everywhere in the school.
You can order free posters here: www.dairynutrition.ca/2019
- **Mango Mania**
 - Activities on the 5210 messages (www.5210.ca)
- **New Canada's Food Guide**
 - We have a new food guide! Review it with your class. Find it here: <https://food-guide.canada.ca/en/>
- **Morning announcements**
 - Ready-made announcements on nutrition are available to use throughout the month (see attachment)
 - You can also make your own by asking students to research nutrition tips and read them during school announcements
- **Have a Nutrition Month Party**
 - Have a class party to celebrate Nutrition Month
 - Try new fruits or vegetables with the class
 - Have each student bring in a piece of fruit and make a fruit salad
- **Student Leadership**
 - Encourage students to draw healthy eating pictures and post them on a large cardboard plate on the classroom or school wall
- **Healthy Cafeteria Recipes**
 - A new recipe or healthy food can be offered on your school cafeteria menu each week during nutrition month
 - Focus on recipes that highlight plant-based protein
 - Encouraging student participation for healthy ideas and in preparation of the food
 - Have your cafeteria make some new healthy recipes from [Canada's Food Guide](#)
- **The Big Great Crunch**
 - On March 28th at 2:30pm EST, have your class bite into an apple and join many people across Canada who will do the same. Find it here: <https://foodshare.net/program/crunch/>

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6-12

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- **New Canada's Food Guide**
 - We have a new food guide! Review it with your class. Find it here: <https://food-guide.canada.ca/en/>
- **Morning Announcements**
 - Ready-made announcements on nutrition are available to use throughout the month (see attachment)
 - You can also make your own by asking students to research nutrition tips and read them during school announcements
- **Learn about 5210 (www.5210.ca)**
 - Take the pledge as a class to follow 5210 A Way of Life
- **Have a Nutrition Month Party**
 - Have a draw for healthy snacks for one class in the school (fruits, yogurt, cheese cubes, vegetables, etc.)
 - Try new fruits or vegetables in the cafeteria
- **Healthy Cafeteria Recipes**
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For more information on Nutrition Month 2019, visit www.nutritionmonth2019.com