

What Is Your Goal?

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students reflect on the food choices they make and why they make them, and based on their observations create a goal for improvement. With this goal in mind, they create a poster that encourages others to eat healthier or keep eating healthy.

Why Do It?

Making healthy food choices is an important part of healthy living. Think about how you're fuelling your body and whether you can make any changes for the better.

How Do We Do It?

Students create a goal to make their eating habits healthier. Examples: "I want to eat less fast food." "I will eat a lunch that has all four food groups in it each day this week."

Ask students what they can do to ensure their goals are achievable. Examples might include grocery shopping with their parents to help select healthier foods, making their lunches the night before school so they are not rushed in the morning, or eating a healthy breakfast so they don't feel like buying chips to snack on in the morning.

Students create posters with healthy eating goals that they think could pertain to all students Examples:
"Bring fruit for a snack every day." "Make your own lunch for school." "Help create a healthy grocery shopping list for school lunches or dinner." "Eat a green vegetable four days this week."

Students post goals along with other healthy eating ideas around the school. Examples: easy healthy snacks, recipes with only 5 ingredients.

What Else Do We Need?

Nothing we can think of! Feel free to be creative.

How Do We Get Creative?

Students share their goals on a class blog or social media feed.

Students take daily photos of a healthy lunch (e.g., theirs or a classmate's) and share it online using a class hashtag.

Students track their goals over a week and share their progress.