

Healthy Eating around School

Activity

Resource: Ideas for Action

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

What Is it All About?

Healthy eating can be tough to achieve when many of the foods available around you do not promote health. Students explore the various places food is available in and around the school community and ways to promote healthier food options.

Why Do It?

Food and food advertisements are everywhere, sometimes even at school! Know the various places that food is available and discuss the healthiest food options.

How Do We Do It?

In small groups, students discuss where food is available in their community. They then brainstorm a list of the food choices that are likely available in that specific location. Examples:

- Recreation centre – cafeteria, vending machines
- Restaurants – hamburgers, pizza, pop, salads
- School – breakfast or lunch programs, vending machines, cafeteria, classroom parties, canteen
- Sporting events – hot dogs, pop, popcorn

In a large group, discuss whether it is necessary to provide food at particular school events. Explain why and why not. Brainstorm the healthiest food options that could be provided at school events and venues, and ways that healthy food choices can be promoted. Examples:

- Bringing nutritious, minimally processed foods as snacks for parties, such as cut vegetables or fruit.
- Selling homemade blueberry-bran muffins with cut-up vegetables or fruit at a sporting event.
- Selling non-food items such as candles, cookbooks, or calendars for fundraising.

Plan classroom celebrations with games, music, and physical activities rather than serving food.

What Else Do We Need?

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

How Do We Get Creative?

Students bring in samples of healthy food that are sold around their community.

Invite a guest from a public relations agency to come to the school and share strategies that can be used to promote various products, including healthy food choices.