

Write About It

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 write a blog post or zine-style article reporting on the topic of healthy eating in a fun and creative way.

Why Do It?

Participating in a creative endeavour related to healthy eating helps make it fun and relatable for students to learn about and promote healthy eating.

How Do We Do It?

Students write a blog post or zine-style article on a concept related to food literacy and healthy eating that interests them, such as mindful eating.

Students create a final copy of their work and display it around the room or on a school or class website.

What Else Do We Need?

- Credible sources of information regarding food literacy and healthy eating
- Internet access
- Paper

- Technology and word processing program
- Writing utensils

How Do We Get Creative?

Students post responses to 1–2 other students in the format of a letter to the editor.

Invite a community member from a local newspaper or blog to speak to the class about publishing for various platforms (e.g., digital versus online).