

Promoting Healthy Eating

Activity

Resource: Ideas for Action

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

What Is it All About?

With your team, investigate credible messages about healthy eating that you've learned or already know, and then create and implement a promotional strategy to share one of those messages.

Why Do It?

Help to create a positive and healthy learning environment in your school.

How Do We Do It?

Working in a small group, students investigate 3–4 credible messages regarding healthy eating, food, and nutrition.

Each group selects one topic of particular interest and brainstorms ways this information can be communicated within your school community. Example of ways to spread their message:

- Articles for the school's blog or Twitter account
- Guest speakers
- Healthy buddies with a younger grade/school
- Healthy snack program

- Morning announcement readings
- School healthy cooking club

Groups complete an action plan for how they can complete their activity (or activities) and then put their plan into action.

You can choose to focus on one of the key messages or topics that you have come up each week, each month, every two weeks – it's up to you! Make an action plan that you think is achievable at your school.

What Else Do We Need?

- Credible sources of information re: food/nutrition/healthy eating
- Internet access
- Paper
- Writing utensils

How Do We Get Creative?

Join other classes or different school clubs and collaborate on your promotional activity/activities.

Bring members of the community to partner with the school for your activity.

Adapted from: Ophea. (2015). Level Up.