

PEI Healthy Eating Alliance

Activities for Promoting Healthy Eating at Schools

Posters and Displays (Classroom or School)

- Have students develop posters based on the food groups from Canada's Food Guide to Healthy Eating - either one poster with all food groups or separate posters for each food group. Students can draw or find pictures in fliers, magazines, or online of foods that fit into each food group (mural or collage format)
- Have students develop posters that show foods that are considered 'everyday foods' and 'sometimes foods'
- Have students develop posters of foods that fit into a healthy breakfast (including non-traditional breakfast foods)
- Have students develop posters or displays explaining serving sizes
- Have students develop healthy media messages and advertisements
- Have students identify healthy foods that start with each letter of the alphabet
- Have students develop posters that identify foods from a particular country
- Display food guides from different countries
- Display existing nutrition-related posters (eg. Nutrition Month Posters, Milk Posters, etc)

Wellness Days/Health Fairs

- Displays/booths can be developed by students and/or health professionals
- Potential participants may include: government departments (Department of Education, Department of Health and Social Services, Department of Community and Cultural Affairs, Public Health Units), community groups, health alliances (Healthy Eating Alliance, Active Living Alliance, etc) and non-government organizations (Heart and Stroke Foundation, Canadian Cancer Society, etc)

Celebrate "Nutrition Month", "Health Eating Week", or any other Health Awareness Month

- Refer to the "Health Promotion Calendar"

Healthy Eating Announcements

- During morning announcements have a student broadcast a tip about healthy eating

Brown Bag Olympics

- For a set period of time (1-4 weeks) each student evaluates their lunch based on Canada's Food Guide to Healthy Eating and other criteria (packaging, processing, food dyes, etc) to determine whether their lunch meets bronze, silver, or gold criteria. A chart is kept in each participating classroom where stars are placed for each student's lunch
- All students who participate get a small token (such as a pencil or sticker)

Healthy Eating Goals and Competitions

- Class or whole school can set a goal for # of vegetables or fruit eaten
- Competitions between classes or between students and teachers can be held to see which group meets the recommendations of Canada's Food Guide To Healthy Eating

Student Leaders

- One student is assigned for a week to act as a class leader in encouraging and promoting healthy eating among classmates

Peer Educators

- Have older students teach younger students about healthy foods
- As part of a nutrition lesson have older students prepare nutritious snacks which can either be taken to a younger class or be used for a sampling session within their own class

Taste Testing

- Before introducing a new item to the canteen or lunch program have a taste test for students to help them decide what products should be sold
- Other taste testing activities can be incorporated into classroom lesson plans such as introducing new foods from various cultures or trying exotic fruits and vegetables

Mystery Food

- Class or school can participate. Each day/week announce a small fact about a mystery food (eg. This food is oval in shape and is a high source of Vitamin C. Answer: A kiwi)
- Students have the opportunity to guess what the mystery food is (a ballot box could be used) and the student(s) who guess(es) correctly wins a small prize (perhaps the mystery food)

Farm-to-School Projects

- Schools buy fresh, seasonal produce from local farmers that use environmentally sustainable farming methods
- Foods are then sold at the school
- Field trips, school gardening, composting, taste testing, assemblies, and guest speakers are all example of activities that can be used as part of a Farm-to-School Project

Parent Education Seminars

- One time only or a series of seminars can be provided to parents on a variety of relevant topics (e.g. basics of healthy eating, lunch packing tips, etc)
- Survey parents to find out what topics they are interested in and to find the most appropriate time/place to hold such events

Healthy Eating Tips in School Newsletters

- Insert monthly healthy eating tips from the Healthy Eating Alliance in school newsletters