



## Healthy Eating and Physical Activity Wall Chart

### *Teachers' Guide*



[Prince Edward Island](#)



The PEI Healthy Eating Alliance and the PEI Active Living Alliance work together to promote healthy eating and physical activity among children. You may recall the colorful poster featuring a variety of fruit and vegetable characters engaged in physical activities which was distributed to kindergarten and to Grade 1 and 2 classrooms last year. This year, we have developed a classroom wall chart that provides an opportunity for teachers to reinforce the healthy eating and physical activity messages on a weekly basis in a way that's fun *and* educational.

#### ***Description***

The wall chart features the same fruit and vegetable characters as the poster. The pathway on the wall chart is intended to depict the school year from September to June. Teachers are encouraged to ask the students to raise their hands if they have eaten a healthy lunch or snack or were physically active during the previous week. Virtually all students will raise their hands. The teacher marks the class's progress along the path using various items such as pins or stickers (please use stickers that can be removed easily, so that the wall chart can be used again the following year). At certain points during the year - such as Halloween, Christmas, Valentine's Day and Easter - a surprise or reward is offered. The choice of the surprise or reward is up to the teacher. A healthy treat, an active game, or coloring sheets of the fruit and vegetable characters are examples of surprises that can be used for these occasions. Copies of the coloring sheets are provided in this kit. The sheets can be duplicated as needed.

The following are the key messages:

- ✓ Healthy eating and physical activity are important for strong and healthy bodies.  
Suggested activities:
  - Do a Freggie Cheer! (see enclosed song sheet)
  - Encourage children to drink milk, either by the glass or on their cereal.
  - Encourage physical activity such as skipping. Skipping rope is great fun and is good for you.

- ✓ Healthy eating and physical activity are fun and keep your body healthy. Suggested activities:
  - Encourage the students to help make a healthy lunch.
  - Encourage students to eat colorful foods (red apples, orange carrots, yellow beans, green lettuce, blueberries etc.).
  - Let children know that they don't need equipment to exercise, all it takes is some imagination. Games of tag, leapfrog, and follow-the-leader are all examples of fun physical activities that do not require equipment.
  
- ✓ Healthy foods are tasty, and it is fun to try new foods. Suggested activities:
  - Encourage children to try a new kind of fruit or vegetable that week.
  - Introduce Canada's Food Guide to Healthy Eating. Eat foods from all food groups daily.
  
- ✓ Trying different kinds of physical activity is fun!
  - Encourage different activities. How about a game of tag or British Bulldog?
  - Hopscotch is a way to be physically active. Try different versions.

For more information on healthy eating and physical activity check out these great websites:

- Canada's Food Guide to Healthy Eating - [www.hc-sc.gc.ca/nutrition](http://www.hc-sc.gc.ca/nutrition)
- Dietitians of Canada - [www.dietitians.ca](http://www.dietitians.ca)
- Dole 5 A Day - [www.dole5aday.com](http://www.dole5aday.com)
- Dairy Farmers of Ontario - [www.teachnutrition.org](http://www.teachnutrition.org)
- PEI Active Living Alliance - [www.peiactiveliving.com](http://www.peiactiveliving.com)
- Canada's Physical Activity Guide - [www.paguide.com](http://www.paguide.com)
- Canadian Health Network - [www.canadianhealthnetwork.com](http://www.canadianhealthnetwork.com)
- CAHPERD - [www.cahperd.com](http://www.cahperd.com)
- Health Information Resource Centre - [www.hirc.pe.ca](http://www.hirc.pe.ca)

Or contact:

PEI Healthy Eating Alliance - Health Education/Nutrition Coordinator, Department of Health and Social Services at 368-6713.

PEI Active Living Alliance at 569-7688 or 1-866-569-7688

***Funding for this project was provided through Partnerships for Children, an initiative of the PEI Healthy Child Development Strategy.***