

MARCH IS NUTRITION MONTH

RESOURCES & ACTIVITIES

ACTIVITIES

- Developed by Halifax Regional School Board and Capital District Health Authority, Halifax, NS, 2011

Food Group Fitness	K - 6
Grocery Shopping Relay	K - 6
Guess That Food	K - 6
Healthy Memory Game	K - 6
Heart Smart	K - 6
Nutrition Month Ideas for High Schools	7 - 12

RESOURCES

[Nutrition Month Bulletin Board Display](#) (Developed by Jill Wheaton, Central Health)

This colorful display for families, "Celebrate Food ... from Field to Table!" is ready to be printed and posted in a place for all to see.

[Interactive Nutrition Label](#)

This online quiz can help students understand how to use information on food labels.

[Eating and Activity Tracker](#)

Record and track your eating habits. Compare them to Health Canada's guidelines.

[Virtual Grocery Tour](#)

Take the students on a tour of a local grocery store to highlight healthy choices available there. The store and often arrange for a dietician or another expert on healthy eating to lead the tour. You can also take the students on a virtual tour on the web.

[Sip Smart!](#)

This guide contains everything you need to help students make healthy drink choices.

[Guided Tour of Canada's Food Guide](#)

This virtual tour will help students understand how much and what types of foods they need as well as the benefits of eating well & being active.

[Nutrition Jeopardy](#)

The web site has dozens of questions and answers related to nutrition that could be used with elementary and junior high school students to create a fun activity for Nutrition Month.

[Eat Well and Be Active Educational Toolkit](#)

This resource is designed to help those who teach children and adults about healthy eating and physical activity.

[Re-Think Your Drink](#)

This Power Point presentation and health promotion campaign encourages learning about sugar in everyday beverages. You can also borrow a resource kit with displays to highlight the sugar content of common drinks and activities for teachers.

[Colored Posters for Fast Food](#)

These colorful posters highlight sugar and fat content in some commonly sold fast foods.

[You Are What You Eat](#)

This Power Point presentation illustrates sources of hidden fats and sugars in different foods.

[Mission Nutrition](#)

Engage students with fun activities that include lesson plans, curriculum connections, and assessment rubrics.