

## TEMPLETON ACADEMY, NORTHSORE, BAY OF ISLANDS

On February 14, a registered dietician (Emily Burt) visited the Grade 5 class of Templeton Academy. Emily and the Grade 5 teacher (her mother Joy) planned a full day of events that focussed on healthy lifestyles, active living, and nutritious food choices. What a great way to emphasize heart health on Valentine's Day!

In the morning, students did some yoga followed by a healthy smoothie made with lots of fruit. While they were drinking their smoothies, students were given their own little cookbooks with lots of simple recipes for healthy meals and snacks. Nutrition labels were next on the agenda, and students spent the next 40 minutes investigating how they could use these labels to help them make wise food choices. (See [www.wnlsd.ca](http://www.wnlsd.ca) and follow links to Student Health/ Educational Materials.) An activity break followed with a wild and zany rubber chicken relay race. Students then came inside and did some computer activities that focussed on building a positive body image. (See [www.movingandchoosing.com](http://www.movingandchoosing.com))

After lunch, students talked about bone health and went back to the computer lab to complete a Calcium Calculator activity to see if they were getting enough calcium. (See <http://www.bcdairyfoundation.ca>) Five students then went to the kitchen with Emily to make muffins while the rest of the class played Nutrition Jeopardy. (See [www.wnlsd.ca](http://www.wnlsd.ca) and follow links to Student Health/ Education Week.)

The day ended with an outdoor activity in which the kids built a fruit or vegetable made of snow and then spray painted their creation. Muffins were distributed and prizes given out. What a fun way to learn about living healthy!

