



## National Nutrition Month® Activity Ideas for Elementary School

This year's theme for National Nutrition Month® is "Go Further with Food." That means the foods you choose make a difference – whether it's starting the day off right with a healthy breakfast, fueling before an athletic event, or preparing foods in advance. Let's focus on getting our students involved this month so that they can learn how to make informed food choices and develop sound eating and physical activity habits.

### Start Planning at Your School Today!

- Get your staff and students involved in the planning. What better way to know what the students want, than to hear it from them directly? Try creating focus groups to brainstorm ideas or conduct a simple survey.
- Generate excitement! Advertise National Nutrition Month® on posters and flyers in the cafeteria and common areas for both parents and students. For resources, visit [eatright](#).
- Send a flyer home to parents encourage participation. Remind parents of the great meal programs your cafeteria offers. A parent letter template can be found on the [OSSE website](#).
- Highlight National Nutrition Month® during the morning announcements. Visit the [OSSE website](#) for morning announcements for every day of the week.
- Create a bulletin board highlighting the importance of nutrition and physical activity.
- Encourage participation on your school's website, emails to parents/teachers, or any social media available to the school.
- Reach out to partner schools and see what activities they have planned.

### Week 1: Eat Breakfast to Celebrate National School Breakfast Week.

- Teach students about the importance of breakfast. For a list of elementary school lesson plans, visit the [OSSE Website](#).
- Celebrate "Hear the DC Crunch" on **Thursday, March 8** to highlight the important role school breakfast has on ensuring all children have access to the healthy food they need. To participate, [register here](#). All you have to do is: grab an apple, take a picture while biting into the apple, tag yourself or your organization in the picture and post it on social media using the hashtag **#HearTheCrunch**. Share the [flyer](#) and visit the [DC Hunger Solutions website](#) for more information.
- Serve breakfast for lunch one day of the week.
- See if your vendor can offer special items for breakfast during the week or provide a taste tests. Consider having them highlight certain ingredients.
- Does your school have a mascot? Invite them to breakfast one morning this week.
- Invite teachers, the principal, or other guests to serve breakfast to students.
- Organize a raffle for students that eat breakfast in the cafeteria each day this week. Provide stickers or other small prizes for the winners. Place a [Technical Assistance Request](#) if you are interested in receiving free stickers, which will be available on a first come, first served basis.
- Provide copies of [coloring and activity sheets](#) to students and hang artwork up in cafeteria.
- Ask the art teachers to get involved with breakfast themed activities during art class.
- Participate in breakfast-related activities, such as [Launch Your Day with Breakfast](#) or [Start Your Day on the Right Foot – Walk to Breakfast](#).
- Play games like the [Alphabet Toss](#), [Breakfast Behaviors](#), [Breakfast Train](#), [Colors for Breakfast](#), and [Red Light Green Light](#).
- Visit [Breakfast in The Classroom](#) for more ideas.

## Week 2: Master MyPlate.

- Teach students about the components of [MyPlate](#) and the importance of eating balanced meals. For a list of elementary school lesson plans, [OSSE Website](#).
- Participate in MyPlate-related activities, such as [MyPlate Day: Fun With All Five Food Groups and Color Days: A Celebration of Fruits and Vegetables](#).
- Provide copies of [MyPlate coloring sheets](#) to students and hang artwork in the cafeteria. Ask art teachers to get involved.
- Offer a taste test of foods from each component of MyPlate during lunch. Click [here](#) for more information on how to host a taste test at your school.
- Host a book reading club – choose books from the OSSE [Healthy Schools Booklist](#) and/or the [Health and Physical Education Assessment Booklist](#).
- Ask students to create a balanced plate cutouts from grocery store coupons.
- Play MyPlate-related games, like the **Food Guessing Game** where a pictures or names of different foods are taped on the back of students and they have to ask yes or no questions to figure it out. Students can then form groups to make a healthy, balanced meal.
- Play other games like [Can't Beat How I Eat](#), [Eat the Rainbow](#) (or Alphabet!), [Hot Potato](#), [Sandwich Stack](#), [Color My Plate](#).
- For more [game ideas](#), visit the Nutrition Activities section on the New York Road Runners website.

## Week 3: Practice Healthy Habits.

- Teach students about healthy habits, such as choosing healthy snacks, fueling properly before and after sports and activities, and practicing portion control. For a list of lesson plans, cli [OSSE Website](#).
- Participate in activities, such as [Power Up with Local Athletes: Try a Sport Day](#).
- Offer a taste test of smart snacks to eat before and after sports and activities. Click [here](#) for more information on how to host a taste test at your school.
- Host a book reading club – choose books from the OSSE [Healthy Schools Booklist](#) and/or the [Health and Physical Education Assessment Booklist](#).
- Ask art teachers to get involved with healthy habit-themed activities during art class.
- Play games, like the [Food Explorer: A Scavenger Hunt to Power Up](#), [the Farmer in the Dell](#), [Cheddar, Cheddar, Cheese!](#), [Red Light Green Light](#), [Simon Says](#), [Foods on Five!](#), [Slow Food, Go Food](#), [Snack Scramble](#).