



## National Nutrition Month® Activity Ideas for High 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 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 small prizes for the winners.
- Have your school send **pictures** of staff's/students' balanced breakfast plates.
- Host a breakfast book reading club – choose books from the OSSE [Health and Physical Education Assessment Booklist](#).
- Hold a **Breakdance Breakfast** – invite a local breakdance group to breakfast one morning and ask them to also talk about the importance of breakfast.
- **Breakfast Rally** – have your cheerleaders go to a partner middle school and hold a "breakfast performance" for students.

## Week 2: Master MyPlate.

- Teach students about the components of [MyPlate](#) and the importance of eating balanced meals. For a list of high school lesson plans, visit the [OSSE Website](#).
- Have your school send pictures of staff's/students' balanced lunch plates to [OSSE.Hdyt@dc.gov](mailto:OSSE.Hdyt@dc.gov) (fruits & veggies should take up ½ the plate, grains and protein should take up about ¼ of the plate each, and there be a source of dairy).
- 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 [Health and Physical Education Assessment Booklist](#).
- Create a “nutrition question of the day” contest, sent by email or posted on a display. Draw the name of a daily prize winner from those who provide correct answers.
- Hold a “lunch and learn” session on healthy eating and balanced meals.

## 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 high school lesson plans, visit the [OSSE Website](#).
- Have your school send pictures of staff's/students' favorite healthy snacks or what you eat before/after sports/activities to [OSSE.Hdyt@dc.gov](mailto:OSSE.Hdyt@dc.gov).
- 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 [Health and Physical Education Assessment Booklist](#).
- Play [Nutrition Jeopardy](#).
- Have students complete the [Fast Food Nutrition Activity](#) using the Fast Food Nutrition site.
- Read and decipher food labels on students' favorite snacks.