



National Nutrition Month® Activity Ideas for Middle 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 middle 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 small prizes for the winners.
- 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](#).
- Host a breakfast book reading club – choose books from the OSSE [Health and Physical Education Assessment Booklist](#).
- Play games like [Red Light Green Light](#), [Fruit Scramble](#), [Breakfast Beat](#), [Alphabet Toss](#), and "A What?!" (fruit version)".

Week 2: Master MyPlate.

- Teach students about the components of [MyPlate](#) and the importance of eating balanced meals. For a list of lesson plans, visit the [OSSE Website](#).
- Participate in MyPlate-related activities, such as [MyPlate Day: Fun With All Five Food Groups and MyPlate, MySelf](#).
- 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 [Health and Physical Education Assessment Booklist](#).
- [Quiz](#) students on their knowledge of MyPlate.
- Ask students to create a balanced plate using cutouts from grocery store coupons.
- Start a school vegetable garden by planting seeds indoors or in the grounds.
- Assign a school group project that involves each group researching one of the five food groups, allowing each child to explain a food from that food group and what nutrition it provides.
- Play MyPlate-related games, like the **Food Guessing Game** where 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](#), [The Hot Seat](#), [Menu Mash Up](#), and [Colors for Lunch](#).
- 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 middle school lesson plans, visit the [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 [Health and Physical Education Assessment Booklist](#).
- Ask art teachers to get involved with healthy habit-themed activities during art class.
- Read and decipher food labels on students' favorite snacks.
- Play games, like [Foods on Five!](#), [Eat the Rainbow](#), and [Colors for Snack](#).