

Remember to enter your celebration activities in the UANN Nutrition Month Contest by March 31<sup>st</sup>, 2011 to win great prizes like a Wii for your school and much more! Find an entry form at: <http://uanutritionnetwork.org/uann-promotions/>.

## **Celebrate National Nutrition Month<sup>®</sup> in March!** **"Eat Right with Color."**

National Nutrition Month<sup>®</sup> is a yearly nutrition education campaign in March supported by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The following ideas can help expand nutrition education through multiple communication channels at your school.

### **In Your Classroom**

- Research, compare and contrast the nutrient content of various fruits and vegetables. Look for patterns among foods of the same color. For fruit and veggie fact sheets visit: <http://www.eatwellbewell.org/partners/partner-resources/education-materials>.
- Purchase nutrition-related books through the University of Arizona Nutrition Network (UANN) and have students read them and write a book report summarizing the setting, characters, and plot. Find the recommend book list here: <http://uanutritionnetwork.org/uann-promotions/>.
- Work with your UANN coordinator to identify simple, healthy recipes, and do a food demonstration with your students. Use the recipe to talk about fractions and math concepts, or about order and following a sequence. Find recipes here: <http://www.eatwellbewell.org/partners/partner-resources/recipes> .
- Have an “All Green” St. Patty’s Day celebration on March 17<sup>th</sup> and encourage students to bring in only green fruits and veggies to taste. Contact your UANN point person to get reimbursed for plates and related supplies.
- Have students write plans for how they will eat more servings of fruits and vegetables, or any other food pyramid groups that their diets may lack. Download a simple food log here: [http://pediatrics.duke.edu/wysiwyg/downloads/food\\_log.pdf](http://pediatrics.duke.edu/wysiwyg/downloads/food_log.pdf) or an advanced one here: [http://www.mypyramid.gov/downloads/worksheets/worksheet\\_2000\\_18.pdf](http://www.mypyramid.gov/downloads/worksheets/worksheet_2000_18.pdf).

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# Team Teaching Activities

- Develop 3-5 coordinated lesson plans that incorporate nutrition into your lessons. Find lesson ideas here: <http://www.eatwellbewell.org/partners/partner-resources/lesson-plans> and here: <http://www.nutritionexplorations.org/educators/lessons-main.asp>.
- Work together to decorate your hallway to reflect “Eating Right with Color.” For information about this theme, visit: <http://www.eatright.org/NNM/default.aspx>.
- Plan a coordinated food demonstration with a variety of colorful fruits and vegetables or food groups. Find recipes at: <http://www.eatwellbewell.org/partners/partner-resources/recipes>.
- Host a healthy, colorful recipe contest between your classes. Have students bring in healthy recipes during class time, and allow students to vote for their favorites. Use your UANN funds to make a cookbook out of the best healthy recipes.
- Have a fruit and veggie tracking challenge and have classes compete. You could also do grade level competitions. Find trackers here: [http://www.ok.gov/strongandhealthy/documents/tracking\\_sheet\\_all\\_FINAL.pdf](http://www.ok.gov/strongandhealthy/documents/tracking_sheet_all_FINAL.pdf).

# School-wide Activities

- Celebrate the colors of MyPyramid.gov with a food group-themed Spirit Week. Have students wear a different food group color each day or pick one day where students of different grades each wear a different color.
- Conduct tasting challenges during lunch with “exotic” fruits and vegetables like starfruit or okra, or rare whole grain foods like quinoa and couscous.
- Host a nutrition trivia question every day and allow students to submit their answers to a box located in the cafeteria. Then, draw names from all the students who answered correctly and that student receives a nutrition-related prize. Talk to your UANN coordinator for prize ideas. Find nutrition trivia questions here: <http://uanutritionnetwork.org/uann-promotions/>.
- Have a breakfast challenge and encourage students to eat breakfast at school or home. Track their breakfast days and offer prizes for students who eat breakfast for at least 4 of the 5 days of the week.
- Encourage students to make their own healthy lunches to bring to school, and challenge them to include as many food groups as possible.

