

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 and develop a Top 10 “Reasons to Eat Right with Color” list. Share the list during class or post the lists throughout the school.
- Have students write an essay about a nutrition related topic. Some ideas are: food and culture throughout US or World history, nutritional benefits of specific foods, personal reasons for eating right and exercising, or “what it means to Eat Right with Color.”
- Collaborate with Food Service to set up tours of the kitchen and cafeteria. Have students ask about the cost of purchasing bulk foods and have them calculate the price per unit, or price per meal. They can also write essays about their experiences, or write a persuasive letter to a Senator about school nutrition.
- Play a nutrition jeopardy game like “Take Aim Nutrition Game.” Talk with your University of Arizona Nutrition Network (UANN) coordinator to get this game.
- 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://netx.squaremeals.org> .
- Work together to decorate your hallway to reflect “Eating Right with Color.” For more 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.
- Develop a Caught in the Act Program where students and staff choosing healthy choices receive a Caught in the Act Card to put in a weekly drawing.
- Designate a Go for the Greens Week – Go for the Reds Week- etc. and wear appropriate colors each day of the week. Then, develop nutrition activities to go with each week.

