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## Healthy Eating and Physical Activity Ideas Getting Teachers on Board

### WHERE?

Determine where you opportunities to SHOW teachers fun, simple ideas for movement and healthy eating activities. Use the following suggestions or identify some of your own:

- ▶ At teacher in-services. If possible team-up with an interested teacher to help with the presentation so they can offer special classroom insight.
- ▶ At grade level meetings.
- ▶ As an icebreaker—or as a snack break at meetings. For example, the Trail Mix Activity in Lesson 3 of *A la Cart Breakfast* provides an opportunity to taste a healthy snack while demonstrating simple activities that incorporate a discussion about food labels, guessing portions sizes, placing food ingredients into the appropriate food groups and much more.
- ▶ With ideas in newsletters. Highlight what individual teachers have done weekly or monthly.
- ▶ If there are teachers who have incorporated ideas in their classrooms, ask them for permission to invite other classrooms to their class, so that all can see the activity.
- ▶ Other opportunities that exist in our school:

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### HOW?

#### **Develop ownership of change by involving teachers and gaining feedback.**

- ▶ Ask an interested teacher to work with you and lead efforts to demonstrate activities.
- ▶ Meet with teachers for a group discussion of the motivation and barriers to integrating simple messages into core curriculum. Brainstorm ideas to address the barriers.
- ▶ Develop employee wellness programs. An individual's interest in personal wellness impacts ownership for taking healthy action in the classroom.
- ▶ Other ideas that would work in our school:

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## Ideas to Share and Demonstrate

Use the following suggestions or create some of your own. Some of the following ideas can be added to the day to “fill” in an extra 5 minutes here or there; others can be expanded into more.

### Healthy eating ideas

- ▶ Provide a MyPyramid poster (free poster and tear off pads at [www.teachfree.com](http://www.teachfree.com), funded by the National Cattlemen’s Beef Association).
  - Demonstrate how teachers, before the students go for lunch, can discuss the cafeteria menu items and ask students where the foods fit into the MyPyramid.
  - Demonstrate how older students can identify serving sizes of the menu items, discuss volume vs. weight measures, review food labels with volume and metric measures and discuss how foods at the same volume will vary in weight because of differences in food density. To expand: Measure various foods by volume and by metric weight.
- ▶ Go to [www.dole5aday.com](http://www.dole5aday.com) for fun, downloadable classroom ideas.
  - Choose a simple activity to demonstrate. For example, use a simple healthy message cheer or rap song that includes movement as a brain break. Dole SuperKids Web site, [www.dolesuperkids.com](http://www.dolesuperkids.com) has downloadable “Jammin’ 5 A Day Songs”.
  - Demonstrate how older students can create the message or rap song as a classroom assignment.

### Simple movement ideas

- ▶ Demonstrate movement with spelling. Have teachers practice spelling as a group, while “popping up” on vowels and sitting down on consonants.
- ▶ Demonstrate simple stretches. Ask the PE teacher to demonstrate simple stretches and have teachers practice the stretches students can do while standing in line.

### Role modeling ideas

- ▶ Develop a walk with the Principal or Teacher" as a reward or a break from testing, to talk about healthy ways to prepare for tests (a good night's sleep, breakfast, and healthy eating).
- ▶ Organize a class of 7<sup>th</sup> or 8<sup>th</sup> graders to enter the Healthy Kids Challenge Kids C.A.N. Healthy Recipe Contest (deadline March 24). Have older students talk with a class of younger students about the recipes they create and why they are healthy.



## Resources

*Following is a getting started list of resources*

### Resources for Fruits & Veggies Every Day – The Tasty Way

**Produce for Better Health, More Matters** [www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

Ideas & tools to increase intake of fruits & vegetables

**Dole SuperKids** [www.dolesuperkids.com/](http://www.dolesuperkids.com/)

Most teacher tools are for younger kids, but the site has great fruit & vegetable trivia & something for all ages; includes school food service ideas

**5 TO 9 A Day for Better Health** [www.5aday.gov/](http://www.5aday.gov/)

National Cancer Institute's site to increase fruit & vegetable intake

### Resources for Drink Think

**The Dairy Council's Nutrition Explorations** [www.nutritionexplorations.org](http://www.nutritionexplorations.org)

Activity ideas for classrooms, and tips for parents, kids, & school food service

**Got Milk** [www.whymilk.com/](http://www.whymilk.com/)

This site features "got milk" fun facts, recipes, & interactive sections for kids & teens

**3-A-Day of Dairy** [www.3aday.org/health/index.html](http://www.3aday.org/health/index.html)

The site has recipes, a "Mom's Corner" & information for health professionals

### Resource for Smart Servings

**MyPyramid:** [www.mypyramid.gov](http://www.mypyramid.gov)

Information about the new pyramid, food groups, & serving sizes

### Resources for Physical Activity

**CDC, Healthy Youth** [www.cdc.gov/HealthyYouth/physicalactivity/](http://www.cdc.gov/HealthyYouth/physicalactivity/)

Includes data, statistics, & science-based strategies

**PE Central** [www.pecentral.com](http://www.pecentral.com)

Includes nutrition health lesson ideas

### Additional Resources

**BAM! Body And Mind** [www.bam.gov](http://www.bam.gov)

The CDC's answers to kids' questions about health & safety - Grade Level: 6-8, 9-12

**Kidnetic.com** [www.Kidnetic.com](http://www.Kidnetic.com)

A cool site for teachers & kids & their parents to learn more about health, fitness & nutrition through fun games, recipes & articles

**Kids Health** [www.kidshealth.org](http://www.kidshealth.org)

Up-to-date information on food, fitness, & more

**North Carolina Physical Education** [www.ncpe4me.com/energizers.html](http://www.ncpe4me.com/energizers.html)

Energizers for elementary & middle school

