

# Nutrition Education + Promotion Guide

## Activities for Health Fairs and Tables



### Jeopardy Game

Create a Jeopardy board and develop questions that align with the [MyPlate recommendations](#), encourage eating underconsumed food groups (Dairy, Vegetables, Fruits and Grains), and promote the benefits of being active. Hand out fun, healthy prizes!

#### RESOURCES:

To make a game board, use materials like a large display board that works with Velcro, 8 ½-inch by 11-inch sheets of card stock, laminating sheets, labels and Velcro stickers. See sample questions at the end of this document. Find more nutrition information to help develop questions at [HealthyEating.org](#).



### Nutrition Prize Wheel

Divide a prize wheel into nutrition and physical activity categories (i.e., Dairy, Vegetables, Fruits, Grains, Protein and Physical Activity) and quiz participants on the categories they land on. Hand out fun, healthy prizes!

#### RESOURCES:

Use [customizable prize wheels](#). See sample questions at the end of this document. Find more nutrition information to help develop questions at [HealthyEating.org](#).



## Healthy Photo Booth

Create a backdrop and provide fun props for students to use. Provide whiteboards for students to write healthy actions to show off in their photos—such as what they plan to do to be healthier or what makes them a “Health Champion.” Create a hashtag for students to post on social media.

### RESOURCES:

[Individual whiteboards](#), [Individual chalkboards](#), [Signage](#), [Inflatable barbells](#), [Foam fingers](#), [Gold medals](#), [Winner sashes](#), [Inflatable trophies](#), [Emoji props](#)



## “Graffiti” Board

Get a large sheet of write-on paper (wall size) or paint a wood panel. Set out colorful markers and have students write messages or draw images of what they do to be active and make healthy food choices. Display the artwork on campus in a quad area or the cafeteria.

### RESOURCES:

[Write-on wall paper](#), [Chalkboard wall paper](#), [Liquid chalk markers](#)



## Taste-testing Activity

Highlight new items in the cafeteria or fresh produce from a local farm. Have students vote to show what food items were their favorite. Tie your taste-testing activities to [MyPlate recommendations](#). Make sure students understand why these particular foods are good for their bodies and where the foods fit into MyPlate.

### RESOURCES:

[Game On: Host a Taste Test](#) offers take-action options and tips.

Provide free [nutrition education tip sheets](#) for students at activity and information tables. Contact Dairy Council of California at [KShelden@DairyCouncilofCA.org](mailto:KShelden@DairyCouncilofCA.org) to request copies.

# Activities for the School Day



## Nutrition Education Workshop

Lead a nutrition education workshop or series of workshops for students. Teach about the [MyPlate recommendations](#) and healthy eating with all five food groups or build skills such as cooking, label reading and portion sizes.

### RESOURCES:

Teach lessons from [Activity + Eating for Teens](#) and [Eat Move Win](#) or put together your own session topics using [tip sheets](#), [TeenBEAT](#) or [food models](#).



## Nutrition Newsletter for the School

Develop monthly or quarterly newsletters for the student body, school staff and parents. Teach healthy eating using [MyPlate](#) and promote physical activity. Discuss food issues important to your student body such as sustainability or connecting with the community. Highlight healthy recipes. For valuable insights on nutrition, include interviews with school health clinic staff such as registered dietitians or health educators. Give the newsletter a creative name, reflecting your school name or mascot.

### RESOURCES:

Visit [HealthyEating.org](http://HealthyEating.org) for recipes and nutrition information.



## Morning Announcements

Work with your school administration to add nutrition messages to the morning announcements. Provide a nutrition tip of the day or highlight menu items in the cafeteria.

### RESOURCES:

[Wellness Wednesday Messages](#) provide weekly nutrition announcements and trivia questions.



## Schoolwide Trivia Game

Create a trivia question of the day or week. Have students submit answers and pick a winner. Develop questions that align with [MyPlate recommendations](#).

### RESOURCES:

[Wellness Wednesday Messages](#) provide weekly nutrition trivia questions and answers. Also see sample questions at the end of this document. Find more information on nutrition to help develop questions at [HealthyEating.org](#).



## Smarter Lunchrooms Movement

Partner with the school cafeteria to implement Smarter Lunchrooms Movement strategies. Conduct a [Smarter Lunchrooms Self-Assessment](#) and make recommendations to improve the lunchroom environment. Design artwork or murals that highlight healthy eating to brighten the lunchroom. Purchase inexpensive items like fruit bowls, menu boards and promotional signage for the cafeteria. Conduct student surveys to collect ideas from the student body.

### RESOURCES:

Learn more about the [Smarter Lunchrooms Movement](#) and take a free two-hour [online training](#).

### SUPPLIES:

[Colorful bowls](#), [Serving baskets](#), [Tiered fruit baskets](#), [Menu holders](#), [Custom menu boards](#), [Dry erase boards](#)



## School Garden

Plant a school garden to connect students to the source of their food. Plant herbs, fruits and vegetables that are easy to grow, pick and cook. Partner with your school cafeteria to see if the items can be incorporated into the menu or sell them at a health fair.

### RESOURCES:

[Let's Move!](#) provides a checklist and tips for setting up a school garden.



## Food Waste Awareness

With [30–40 percent of the U.S. food supply being wasted](#), food waste is an important topic. Schools have a unique opportunity to significantly reduce food waste by making simple changes. Be the leader in your school to create a culture of sustainability.

### RESOURCES:

Join the [USDA Food Waste Challenge](#), perform a [school waste audit](#) or create [posters](#) to raise awareness among students and staff.



## Role Model

Visit a local middle school or elementary school to educate students about nutrition and physical activity. Request time in the classroom, host a health fair with nutrition games for the children or teach cooking classes during the lunch period.

### RESOURCES:

Request Dairy Council of California programs and materials by emailing [KShelden@DairyCouncilofCA.org](mailto:KShelden@DairyCouncilofCA.org) or visit [HealthyEating.org](http://HealthyEating.org).

# Activities for After School



## Cooking Competition

Host a competition like Master Chef or Chopped with a healthy spin!

### RESOURCES:

Find ideas from programs like [Chefs Move to Schools](#) or [Cooking Up Change](#) and tools like [How to Hold a Cooking Contest at Your School](#).



## Social Media Contest

Have students post photos or videos on Instagram, Twitter or another social media platform with a customized hashtag for the contest. Develop a topic and guidelines for submissions (e.g., favorite breakfast recipe, show your active way to get to school). Be creative! Select winners and hand out fun, healthy prizes!



## Health Information Table at a Sports Game

Set up a nutrition and physical activity table at a football, basketball or other school sporting event. Hand out educational tip sheets, healthy snacks or other fun promotional materials (e.g., stickers, signs, T-shirts). You can also interact with the crowd by tossing prizes such as reusable grocery bags or water bottles.

### RESOURCES:

Nutrition and activity [tip sheets](#) are available online to print and hand out.

### PROPS:

[Customized promotional products](#)



## Concession Stand Makeover

Does your school have a concession stand that sells food at sporting or after-school events? See if the food items meet the [USDA Smart Snacks in School standards](#). If not, make it over! Work with the group that oversees the concession stand (typically the PTA or the student body government) to suggest healthier menu items. Try [Smarter Lunchrooms Movement](#) strategies such as adding posters and artwork to promote healthy choices or rearranging food items so the healthiest choices are the most visible. If your school has vending machines, make sure they offer healthy options.



## After-School Nutrition Workshop

Lead a nutrition education workshop or series of workshops for an after-school program such as the YMCA or the Boys and Girls Club. Teach [MyPlate recommendations](#) and healthy eating with all five food groups or build skills such as cooking, label reading and portion sizes.

### RESOURCES:

Teach lessons from [Activity + Eating for Teens](#) and [Eat Move Win](#) or put together your own session topics with [tip sheets](#), [online kids games](#) and [food models](#). Request Dairy Council of California programs and materials by emailing [KShelden@DairyCouncilofCA.org](mailto:KShelden@DairyCouncilofCA.org).



## Parent Education Night

Invite parents to your school for an educational night out. Provide a workshop that teaches skills to parents such as how to build a healthy shopping list or that educates them on school meals. Invite a guest speaker such as a school health educator or the foodservice director. Make it fun: Have parents play a game of Jeopardy or trivia that is focused on student health, nutrition and physical activity. Serve healthy snacks or work with your cafeteria to have parents sample menu items.

### RESOURCES:

[Nutrition education booklets](#), [tip sheets](#) and sample questions at the end of this document provide facts on nutrition and activity topics.

## Sample questions:

- 1. Name the three macronutrients that supply most of the body's energy.**
  - a. Carbohydrates, protein, fat
- 2. Good bone health requires which nutrients?**
  - a. Calcium and vitamin D
- 3. How much physical activity should teens have each day?**
  - a. 60 minutes
- 4. What is an empty-calorie food?**
  - a. A food that contains low amounts of nutrients
- 5. Name an excellent source of fiber. BONUS: Why is fiber important in the diet?**
  - a. Whole grains (whole-wheat bread, brown rice); fruits; vegetables; beans and legumes
  - b. Fiber moves food through the digestive tract.

## Additional resources for activities:

[Dairy Council of California](#)

[The Los Angeles Trust for Children's Health](#)

[Action for Healthy Kids: Game On Program](#)

[Fuel Up to Play 60](#)

[Let's Move! Campaign](#)

[USDA Team Nutrition](#)

[California School-Based Health Alliance](#)



Create nutrition education posters.



Make a nutrition facts prize wheel.



Host a nutrition workshop with younger students.



Play nutrition Jeopardy at a health fair.



Make over the school concession stand.



Lead a taste test of healthy recipes.

