

## APPENDIX F

### Nutrition Tips for PA Announcements

Use one each day for a month (eg. March – Nutrition month) or one each week for the whole year.  
More ideas and tips are available in the Resource Binder at the district office.

1. Today is the start of National Nutrition Month – a time to take a look at what we are eating to keep our bodies healthy and strong! So start eating healthier today! A guide like the Canada Food Guide can help...ask for a copy.
2. Did you know that....eating breakfast can help you learn better and get better grades! It gives you energy and helps you be in a better mood too. Did everyone eat breakfast this morning?
3. Milk is a better choice over pop – milk is a key source of nutrients like calcium and protein that keep your bones and teeth strong.
4. Having regular meals and snacks throughout the day will keep you feeling energized...help your parents pack some healthy recess snacks for you like cut up fruits, veggies, whole grain crackers or yogurt etc.
5. Did you know that....darker coloured fruits and vegetables have more nutrients – like red peppers, orange carrots and green lettuce! Try to eat lots of different colours each day.
6. In your lunches try to get a food from each of the 4 food groups ... by eating foods from the different food groups you are helping your body get all the nutrients it needs.
7. Remember to eat a variety of foods... no one food is perfect... to get all the nutrients your body needs, enjoy as many different foods as possible.
8. Eating healthy doesn't mean you have to give up the chips or chocolate bars you may like... it just means not eating them every day... try to choose healthy food **most of the time** and enjoy treats **sometimes**.
9. Keep trying to get a food from all 4 of the food groups. We have another challenge for you today...try a food that you've never tried before...you may like it!
10. Have a great day and don't forget to eat healthy and remember...
  - eat a **variety** of foods.
  - choose dark, **colourful** fruits & veggies
  - eat your treats only **once in a while**

Did anyone try a new food yesterday?

11. Did you know that...eating together as a family is linked with more healthy eating and more successes in school, music, athletics or whatever things you like to do....so have dinner with your family tonight!
12. **Fibre** or “roughage” is really important to keep our body insides healthy. You can get fibre from whole grain breads (not white), beans, fruits, vegetables, and whole grain cereals and porridge.
13. Did you know that most of your body is made up of water! We lose water by sweating and breathing, and peeing so we need to drink lots of water every day. I'm sure glad we have lots of water fountains around the school!
14. Healthy eating actually starts at the grocery store! How many of you go shopping with your parents? Why don't you go the next time and help them choose some healthy tasting food. Fill your buggy with mostly whole grains, fruit & veggies, dairy products and lean meats, chicken and eggs etc.
15. The healthiest foods to choose are ones in their most natural state eg: right out of the garden, fresh, less packaged and less processed foods...foods that can **rot** easily are the best ones for you to eat. They have less chemicals and preservatives which your body **doesn't** need, and more of the nutrients your body **does** need.
16. How many of you have a juice box in your lunch today? Check to see if it's 100% pure juice or does it have sugar in it....read the box. Try to choose juice that is 100% **pure** juice, or even better, just eat the whole fruit.
17. Healthy eating is only one aspect of having a healthy body and mind...we also need to remember to be physically active every day....so run, jump and play!! Kids who are active usually eat better too!
18. It's the last day of nutrition month but that doesn't mean we stop eating healthy! It means that it becomes a part of our everyday life!! Eating healthy also affects our planet Earth and taking care of it. There's lots to learn more about how healthy eating and recycling can save our earth.
19. Did you know that there are 36 teaspoons of sugar in a Slushy? That's over a cup of sugar in each drink! Knowing what you eat is a key component of healthy living.
20. Remember the 80/20 rule. That means....aim to eat healthy most (80%) of the time and there's still room (20%) for not so healthy choices too.