**Feel Great with a Healthy Plate**

Monthly Campaign Announcements

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| **Day** | **ANNOUNCEMENTS** |
| **Day 1** | This month we will learn about Canada’s food guide. The food guide focuses on making healthy food choices and developing positive eating behaviours. Stay tuned for lots of fun ideas on how you can feel great with a healthy plate! |
| **Day 2** | Canada’s food guide encourages us to eat a wide variety of healthy foods every day. Eating a variety of healthy foods helps your body get important nutrients like fibre, vitamins, and minerals, which build stronger and healthier bodies! Let’s show everyone how strong our bodies are.  Stand up beside your desk and make a strong body pose. Ready? Now let’s hold that strong pose for one minute. 3-2-1, pose! |
| **Day 3** | Canada’s food guide recommends that half your plate should have fruit and vegetables. Eating plenty of vegetables and fruits helps your body stay healthy with fibre, minerals, and vitamins. This week, have some fun with your healthy plate by having a different colour of vegetable or fruit with each meal. |
| **Day 4** | Vegetables and fruit can be prepared and eaten in many different ways. Fresh, frozen, or canned vegetables and fruits can all be healthy choices. Choose frozen vegetables and fruits without added sugar, seasoning, breading, or sauce. When choosing canned vegetables check the nutrients label to see how much salt is added. Little or no salt is the better choice. |
| **Day 5** | Vegetables and fruit are easy and healthy snack options. Next time you are looking for a snack try carrot sticks, cucumber slices, an apple, or canned peaches! Turn to the person sitting next to you and tell them your favourite vegetable or fruit snack. |
| **Day 6** | A quarter of your plate should be filled with protein. Protein foods are an important part of healthy eating. They provide us with protein, vitamins, and minerals that help keep our bodies strong and healthy which helps us do movement breaks! Ok everyone, stand up next to your desk and let’s do five jumping jacks together. Ready? GO! 1-2-3-4-5. Wow we are strong! |
| **Day 7** | There are two types of healthy protein foods. One type is animal based, for example chicken, lean beef, fish, eggs, and low-fat milk. A second type is plant based such as beans, chickpeas, lentils, tofu, and nuts. Think about what you ate yesterday. Did you have animal-based or plant-based protein? You might have had both. Okay, put your hand up if you ate animal based. Now hands up if you ate plant based. In your class, which had more hands up? Animal or plant-based? |
| **Day 8** | Canada’s food guide recommends eating more plant based protein foods compared to animal based protein foods. Tonight, tell your family that it is important to eat more protein from plants than from animals. And while you are at it - share this protein joke with them:  Q: What did one bean say to the other bean? Can you guess the answer?  A: How have you bean?! |
| **Day 9** | The last quarter of your healthy plate should have whole grain foods. Eating whole grain foods is important because they include all the parts of a grain, which gives you vitamins, minerals, and other important nutrients. There are many different kinds of whole grain foods such as whole grain pasta, oatmeal, wild rice, and whole grain bread. Remember to check the nutrition label for the words “whole grain”. |
| **Day 10** | Whole grain foods are high in fibre, vitamins, and minerals. Eating foods high in fibre can help you feel great and stay healthy. Next time you want a snack, try one of these tasty whole grain foods: whole grain cereals, whole grain crackers, or whole grain baked pita chips. Share with your teacher and classmates which whole grain snacks you have tried. |
| **Day 11** | Our bodies need water to help us play, learn, and live. That's why you should make water your drink of choice when you're thirsty or eating a meal. Drinking water is important for your health, quenches your thirst, and helps you stay hydrated. Do you have a water bottle on your desk right now? If you do, take a sip. Keeping hydrated is also important for your brain when learning. |
| **Day 12** | There are many drink options that have lots of sugar and/or salt in them. These items are on the choose-least-often list. Some examples are: flavoured milk, pop, 100% fruit juices, and sports drinks. What drink is on the choose-most-often list? That’s right - water! Try swapping your juice box for a bottle of water with your lunch. |
| **Day 13** | Healthy eating is about more than just the foods you eat, it is also about the *way* that you eat. Some positive eating behaviours include being mindful of your eating habits, cooking more often, enjoying your food, and eating meals with others. |
| **Day 14** | The next time you have a meal, try to practice being mindful of the experience. Being mindful of your eating habits means that you are aware of how, why, what, when, where and how much you are eating. Don’t watch television or be distracted by other devices, and eat your meals with friends and family so you can have an enjoyable, positive experience. |
| **Day 15** | Mindful eating can help you make healthier choices, be aware of what foods you are eating, and how often you are eating. Starting the day with a healthy breakfast makes you ready to think and learn at school. Did you have whole grains, protein, fruits and vegetables already today? |
| **Day 16** | Helping your family cook is a healthy habit that allows you to learn about different foods, recipes, and cooking methods. When foods are cooked using different methods like roasting, boiling, steaming, and barbequing they can taste different. Trying to cook foods in different ways can help you learn how you like to prepare and eat certain foods. |
| **Day 17** | Cooking can be fun and a great way to help your family. You can help by gathering ingredients, setting the table, and washing vegetables and fruit. As you get older, you can help by measuring ingredients and stirring the food. Think of one way you have helped your family cook a meal. Now think of another way you would like to help in the near future. |
| **Day 18** | Mealtime is about more than just eating. It is a time to enjoy not only the food served but also the people you are eating with. Turn off the television and all devices, and really pay attention to the foods you are eating, the variety of flavours, textures, and colours on your plate. And don’t forget to pay attention to the people around the table. |
| **Day 19** | Trying new foods is a helpful way to find healthy options that you enjoy eating. What about trying food from a different culture or country? Look around your classroom, are there students who might eat foods different from the food your family eats? When you taste new healthy foods, you are more likely to eat them again and choose them more often. |
| **Day 20** | Eating a meal with others is a good time to learn new things about your friends and family. It is also a good time to get to know other friends too! Today at lunch, try to start a conversation with someone you don’t often talk to. A good way to start is by asking them what their favorite healthy lunch looks like. |
| **Day 21** | There are lots of different ways to enjoy a meal with others. You can have lunch with your friends or dinner with your family. Eating with others helps you enjoy time with people, share your family’s food traditions, and try new healthy foods. Turn to a friend and tell them what your family’s favorite meal is. |
| **Day 22** | This month we had fun learning about Canada’s food guide. We learned about healthy foods and eating behaviours. Do you remember what type of foods are in each of the three sections of your healthy plate? As a class, create a healthy plate on the white board. Draw a circle and the lines to show the three sections. Then add the names of the sections and discuss healthy food items that would fit in those sections. Next time you walk by the *Feel Great with a Healthy Plate* bulletin board, check to see if you have the correct labels. |