

Happy Food, Happy Attitude

Monthly Campaign Bulletin Board

Theme:

This campaign aims to teach children to develop a balanced and positive relationship with food. Instead of labeling foods as 'healthy' or 'unhealthy,' we encourage children to focus on the foods they enjoy and appreciate. The bulletin board activity will celebrate their favorite foods, creating an inclusive and engaging way to foster a healthy mindset around eating.



Classroom Instructions:

Talk with your class about approaching food in a neutral and positive way. Explain that instead of labeling foods as 'healthy' or 'unhealthy,' we can describe them based on their characteristics—like their taste, texture, or temperature—and how we feel about them. For example, we might say that food is crunchy, sweet, warm, or refreshing.

Take a moment to share why this approach is important: it helps us enjoy the foods we like without attaching feelings of guilt or judgment. If time allows, encourage the class to brainstorm descriptive words together, such as bitter, cold, crisp, gooey, nutty, smooth, tangy, toasty, or warm. This activity encourages an inclusive and open dialogue about food and celebrates the variety of experiences it brings.

Bulletin Board Instructions:

1. Print off 1 circle for each student and one extra on a variety of coloured papers.
2. Use the extra circle for the head of your caterpillar, drawing a face, adding antennas, making it your own.
3. In class, give each student a circle and ask them to write down their favourite food and one word to describe that food, other than good or yummy. Be sure to put their names on their circles so they can find them later!

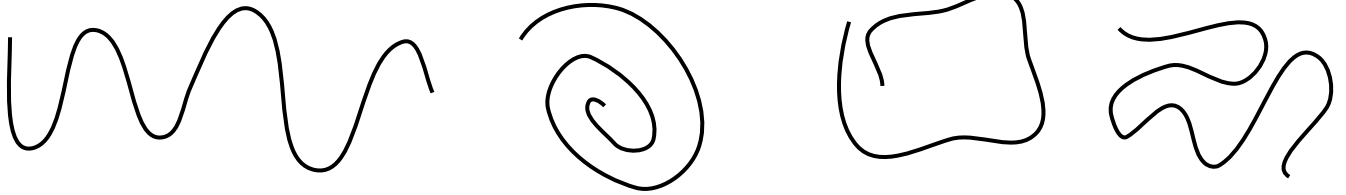
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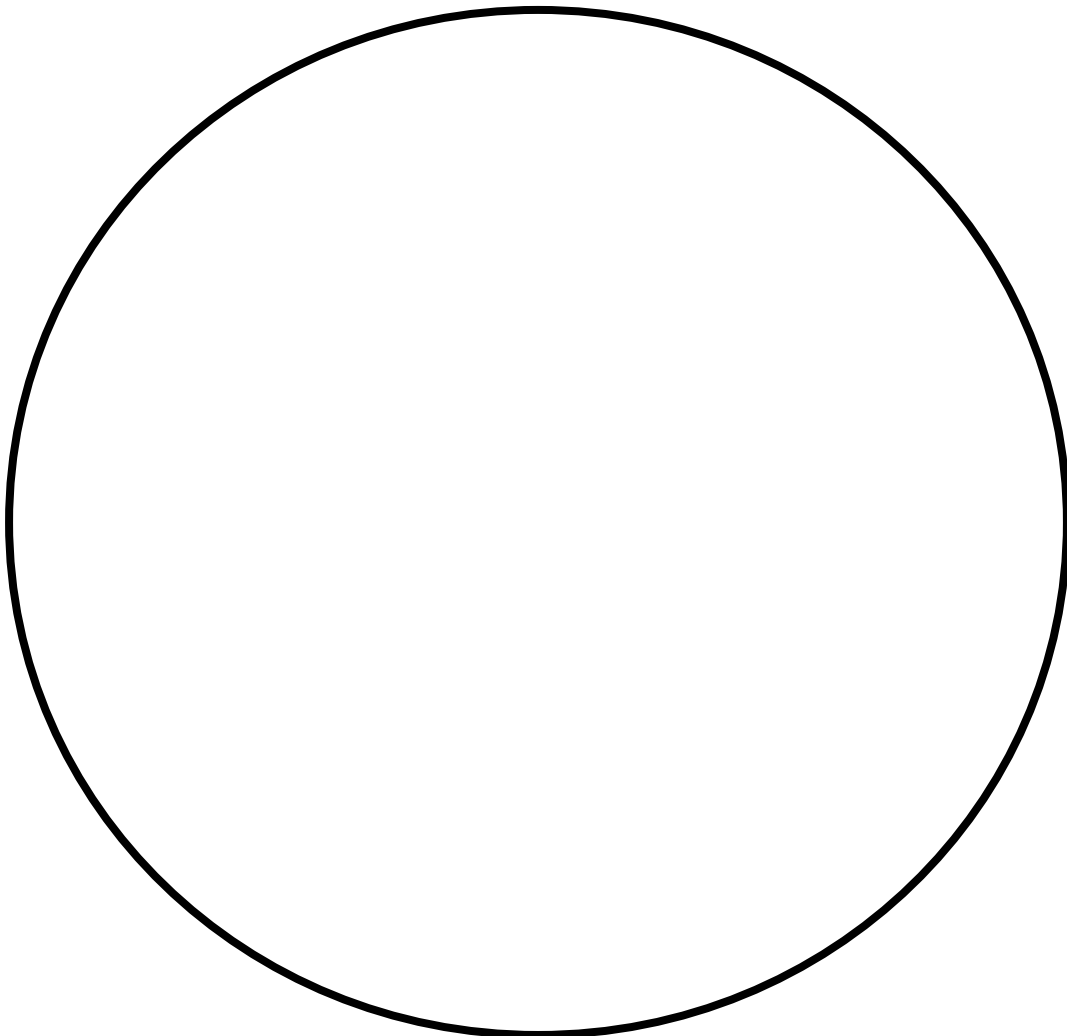
Extra: If you'd like to make this a school-wide activity, leave the bubbles beside or clipped onto the board with a pen for students to come by and write what they like!

4. Take those circles and pin them to the board, making the body of the caterpillar into any shape or fun design you'd like. Draw out the shape you want to follow along the board to make it easier to keep track of and follow.

Ex.



5. Encourage your students to read the different foods on their own time or in class, and see if there are any foods they haven't had before. Encourage them to note down those foods and suggest trying them at home. You can check in each week and see if there are any new favourites that students have tried.
6. Be sure to include the information sections "What is a balanced approach", "Why is it important?", and "How can I talk about food". Use the information bubbles provided below to get the caterpillar started. If you are unfamiliar with promoting healthy relationships with food, reach out to your school health mentor for more resources.



HOW CAN I TALK ABOUT FOOD?

DESCRIBE FOODS BY THEIR COLOUR, TASTE,
TEXTURE, OR TEMPERATURE, INSTEAD OF
BY HOW HEALTHY THEY ARE.

THINK ABOUT HOW A FOOD MAKES YOU FEEL
WHEN YOU EAT IT AND IF IT GIVES YOU
ENERGY!

WHY IS IT IMPORTANT?

IT HELPS YOU CREATE A POSITIVE
RELATIONSHIP WITH FOOD.

THERE IS NO MORE FEELING GUILTY FOR
EATING A "BAD" FOOD, NOW YOU CAN FEEL
GOOD ABOUT EATING FOODS THAT MAKE
YOU HAPPY AND THAT TASTE GOOD!

THE VERY

YUMMY

CATERPILLAR

WHAT ARE
YOUR
FAVOURITE
FOODS?