

# School Nutrition Announcements

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## Elementary

### Breakfast/Lunch/Snacks

- Did you know that breakfast is important because it gives you energy? It will also help you focus on your school work! Try to eat breakfast everyday!
- Eating breakfast puts a twinkle in your eye, a smile on your face and leaves you with a great taste...what a way to start the day.
- Breakfast is as easy as 1-2-3! One hungry belly, two helping hands, and at least three choices from the different food groups in Canada's Food Guide. You will have enough energy to last until lunchtime.
- Having regular meals and snacks throughout the day will give you energy! Help your parents pack some healthy snacks like fresh fruits and vegetables, whole grain crackers or yogurt.
- Next time you help your parents make your lunch, think about Canada's Food Guide! Try to choose a food from each of the four food groups. Eating foods from each food group helps your body get all the nutrients that it needs.

### General Nutrition

- Canada's Food Guide looks like a rainbow! Each arch is one food group: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives. Eat foods from all four food groups every day to help you stay healthy.
- Color your plate! Eat at least one dark green vegetable, such as broccoli, and one orange vegetable, such as carrots, each day.
- Cooking can be a lot of fun. It can involve washing, chopping, stirring, baking and more. Ask your parents if you can help them make your next meal.
- Canada's Food Guide tells us to eat a variety of foods from the four food groups. Challenge yourself! Try one new healthy food each week.
- What does a healthy plate look like? Fill half the plate with vegetables, one quarter with Meat and Alternatives and one quarter with Grain Products. Finish it off with a glass of milk and a piece of fruit!
- Canada's Food Guide recommends 4-6 servings of colourful vegetables and fruit each day. Try to eat whole vegetables and fruit instead of juice!

### Drinks

- Why is milk so important to your health? Milk and Alternatives like cheese and yogurt help your body to build strong bones and teeth that will last you a lifetime!
- Did you know that Canada's Food Guide says that water is the best drink to quench your thirst? Carry a water bottle and take sips from the fountain throughout the day to help keep you refreshed!
- Fruit punch, slushes, pop and iced tea have a lot of sugar. When you are thirsty, drink water instead!
- Did you know that over half your body is made up of water? You lose some of that water everyday by breathing and sweating, so you need to replace it. Drink water throughout the day.

### Physical Activity

- Did you know that being active is just as important to your body as brushing your teeth and eating healthy? Playing outside, going bowling, swimming or walking your dog are all examples of being active. You brush your teeth every day, so be active every day!
- If you sit in front of me for more than two hours a day, you are sitting too long. What am I? A TV, computer or hand-held video game. Be active - go outside and play!
- Did you know there are 650 muscles in the human body? You need to be active every day to keep your body strong and healthy!

# Junior High

## Breakfast/Lunch/Snacks

- Rev up your day with breakfast! Eating breakfast helps you concentrate so you can learn. It gives you energy for your busy morning. Try some fast and easy choices like unsweetened cereal, a whole grain muffin, yogurt or a fruit smoothie! Not hungry when you first get up? Grab something healthy to eat on the go.
- Do you feel too rushed in the morning to eat breakfast? Set your breakfast out the night before: Start with a healthy granola bar and add a washed piece of fruit and some milk in a to go container. All you need to do is grab it and go in the morning!
- Snacks are a great way to keep up your energy levels. Choose healthy foods that are high in nutrients and lower in fat, sugar and salt. Try fruit cups, nuts and seeds, water, milk or 100% fruit or vegetable juices.
- Next time you are preparing your lunch think about Canada's Food Guide! Try to choose a food from each of the four food groups. Eating foods from Canada's Food Guide helps your body get all the nutrients that it needs.

## General Nutrition

- Sugar is hidden in many of the foods we eat each day. Too much sugar can cause dental problems like cavities. Did you know that one can of pop has about 10 teaspoons of added sugar?
- Did you know that the average cost of a piece of fresh fruit like a banana, apple or orange is under fifty cents? Chocolate bars, chips and pop are usually at least one dollar. Choose healthy snacks like fresh fruit more often to help you eat healthier and save money too!
- Have you ever tried gardening with your family? Why not help your parents plant vegetables in the garden? Growing food and sharing time together in the fresh air can make food more fun and delicious.
- Do you know that iron is found in most meats and in some vegetables and fruit? Our bodies need iron in our blood cells to carry the oxygen we breathe to the different parts of our body. This gives us with energy to learn and play. Eat iron rich foods like meat, eggs, fish, beans and lentils every day.
- Vitamin C is needed for wound healing and helps keep your skin healthy. Vitamin C is found in vegetables and fruit. Did you know that a red pepper has four times as much vitamin C as an orange?
- Calcium is important for growing strong bones and teeth. Did you know that the bones that you will have as an adult are built up in your teen years? Aim for 3 to 4 servings of calcium rich foods like milk, yogurt and cheese every day.
- Vitamin A helps keep your eyes and skin healthy. Vitamin A is found in milk and orange colored fruits and vegetables like carrots and sweet potatoes.
- As a teen, does it feel like you always need more? More clothes, more friends, more privacy and definitely more phone time. Believe it or not, you also need more nutrients, including calcium. Calcium keeps your bones strong as you grow. Go for more calcium-rich foods like milk, cheese and yogurt.
- Did you know that portion sizes have been getting bigger over the years? Muffins used to fit into the palm of your hand but now they are often 2-3 times larger. The portion sizes we are served are often bigger than we need.
- What does a serving size of Meat and Alternatives look like? The palm of your hand or the size of a deck of cards equals a serving of meat, fish or poultry. Keep an eye on portion size! You only need 2-3 servings of meat and alternatives each day.

## **Drinks**

- Watch out for high sugar drinks such as iced tea, fruit flavored drinks and pop. They provide little or no nutrition and a lot of sugar. Many of these drinks may have at least 6 teaspoons of added sugar or more in just a 250 ml (1 cup) serving. Choose healthy drinks like milk or water.
- Did you know that the body is made up of 55-65% water? Water is a great way to quench your thirst. Carry a water bottle to make sure you have water handy everywhere you go!
- Did you know that the only difference between skim milk, 1%, 2% milk is the amount of fat? Other bone-building nutrients like calcium, phosphorous and vitamin D are the same in all types of milk!

## **Physical Activity**

- Did you know that being active is just as important to your body as brushing your teeth or eating healthy? You brush your teeth every day, so be active every day! Here are some ideas to get you started! Walk more - to school, to the mall, to the park and to your friends' house. Go skating, swimming, bike riding and bowling.
- Stop talking...and start walking. How much time do you spend on the phone or computer talking with your friends that live a few blocks away? Get together and walk while you talk. Exercise your whole body instead of just your mouth or finger tips.
- Are you tired of blending into the crowd? Two thirds of teenagers are not active enough. So if you are looking for a great way to be unique...get active! Enjoy things like walking, swimming, and sports. You will look good, feel healthy and confident...and, will really stand out from the crowd.
- Did you know that you're being called Generation X-box due to more time spent watching TV, playing video games and sitting at the computer? Break away from the screen and be *Generation X-ercise*.
- Stop cheating...your body. Did you know that only 7% of children and youth are meeting Canada's guidelines of 60 minutes of physical activity a day? Get moving and be active!