

# NUTRITION IDEAS FOR HIGH SCHOOLS

The food you put in your body not only affects whether you will get diseases such as heart disease, diabetes and cancer later on in life, but also how you feel on a daily basis. Good nutrition will help you study, sleep and manage stress better. You will also perform better at sports if you are nourished properly.

Promoting healthy eating at school is a great way to help you and your friends understand the importance of nutritious foods and may even help them develop foods skills that will help them later in life.

The success of any activity depends on a well-developed plan, where everyone works together to agree on goals, roles and responsibilities. You can use the **Action Plan** template to help you figure some of these things out. The words in **CAP** refer to the Foundation(s) for a Healthy School which is being addressed in the activity.

Once your group has agreed on nutrition goals, choose an activity or several activities that will help you meet your goal. The activities listed below are examples from high schools in York Region and other areas. Remember to evaluate each activity so that you know whether you have met your goals.

<b>Activity &amp; Purpose</b>	<b>Description</b>
<p><b>Healthy Eating “Speaker’s Corner” contest</b></p> <p><u>Purpose:</u> To assess the students’ and staffs’ feedback on what the nutrition and healthy eating issues are in the school.</p> <p>Depending on what you choose to implement, the Foundations can be either:</p> <p><b>STUDENT ENGAGEMENT</b> <b>SCHOOL AND CLASSROOM LEADERSHIP</b></p>	<p>Students create a “Speaker’s Corner” booth where students and teachers voice their thoughts and opinions on what healthy eating means to them. The most interesting video will be played on the school’s TVs. Connect with the AV and Arts departments.</p> <p>This can be used to launch a healthy eating campaign and/or to get ideas on how to proceed with a nutrition campaign.</p>

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<h2 style="text-align: center;">Activity &amp; Purpose</h2>	<h2 style="text-align: center;">Description</h2>
<p><b>Celebrate Local Food Week</b> (the first week of June)</p> <p><u>Purpose:</u> To educate on local foods and food systems, and provide authentic learning experiences.</p> <p>This can be done in conjunction with the Eco Council.</p> <p>Depending on what you choose to implement, the Foundations can be either:</p> <p><b>CURRICULUM, TEACHING &amp; LEARNING</b> or  <b>SOCIAL AND PHYSICAL ENVIRONMENTS</b> or  <b>HOME, SCHOOL &amp; COMMUNITY PARTNERSHIPS</b></p>	<p>Local Food Week is a province-wide celebration recognizing all of the people who grow, eat, process, package, transport and cook food.</p> <p>Partner with your Hospitality, Geography or Family Studies department and feature a few local veggies and/or fruit by hosting recipe contests, “Did you Know” quizzes or get people to post selfies with the featured foods.</p> <p>Visit some local farms and farmer markets. The following url is <a href="http://www.experiencenyorkregion.com/wp-content/uploads/2015/05/18012_farmfreshMap2018WEB.pdf">York Region’s Farm Fresh Guide</a> <a href="http://www.experiencenyorkregion.com/wp-content/uploads/2015/05/18012_farmfreshMap2018WEB.pdf">http://www.experiencenyorkregion.com/wp-content/uploads/2015/05/18012_farmfreshMap2018WEB.pdf</a></p> <p>There are more ideas and events for Local Food Week at the following web sites:  <a href="http://www.oafe.org">www.oafe.org</a> Ontario Agri-Food Education Inc.  <a href="http://www.loveontfood.ca">www.loveontfood.ca</a> Foodland Ontario- I Love Local Food</p>
<p><b>Iron Chef Competition</b></p> <p><u>Purpose:</u> To develop food and cooking skills.</p> <p>Depending on what you choose to implement, the Foundations can be either:</p> <p><b>CURRICULUM, TEACHING AND LEARNING</b>  <b>STUDENT ENGAGEMENT</b></p>	<p>Organize an Iron Chef Competition using a specific theme (e.g. Smoothies, Easy Lunches, Healthy Ethnic dishes). Choose three or four judges from various backgrounds (e.g. teacher, cafeteria manager, York Region Dietitian). Create judging criteria that includes healthy eating/nutrition points.</p> <p>Nutrition Services has a <b>Healthy Recipe Criteria</b> resource that you can use and/or adapt to ensure the recipe entries are healthy, easy to follow and contain ingredients that are easy to find.</p>
<p><b>Guess the Mystery Food</b></p> <p><u>Purpose:</u> To increase knowledge about different kinds of healthy foods and provide an opportunity for students to taste it in a fun and non-threatening environment.</p> <p>Depending on what you choose to implement, the Foundations can be either:</p> <p><b>PHYSICAL &amp; SOCIAL ENVIRONMENT</b>  <b>STUDENT ENGAGEMENT</b></p>	<p>Put a mystery food into a paper bag. Have students and staff guess what the food is without looking at it. Provide hints/clues about the food, as participants touch, smell and even taste it. Make sure to highlight the nutrition information.</p> <p>Ensure that the mystery food is healthy. Some ideas include kiwi, low-fat chocolate pudding, squash, pomegranate, tofu and oatmeal.</p>

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<p><b>Food Tasting Event</b></p> <p><u>Purpose:</u> To increase knowledge about different kinds of healthy recipes and provide an opportunity for students to taste them in a fun and non-threatening environment.</p> <p>Depending on what you choose to implement, the Foundations can be either:</p> <p><b>PHYSICAL &amp; SOCIAL ENVIRONMENTS STUDENT ENGAGEMENT</b></p>	<p>Host a food-tasting event. Use this as an opportunity to highlight some of the nutritious food and beverage choices in the cafeteria, vending machine or made through the Family Studies and/or Hospitality Classes. Make sure to have ingredient lists and nutrition information readily available for participants. Connect with the cafeteria manager to see if he/she can provide free samples.</p>
<p><b>Frequent Purchaser Cards</b></p> <p><u>Purpose:</u> To increase consumption of fruits and vegetables.</p> <p>Depending on what you choose to implement, the Foundations can be either:</p> <p><b>SOCIAL &amp; PHYSICAL ENVIRONMENTS STUDENT ENGAGEMENT</b></p>	<p>Promote eating more vegetables and fruit or more milk products. Station a student in the cafeteria and/or beside the vending machine and have him/her stamp a 'frequent purchaser card' that tracks the number of times students purchase these healthier foods. As an incentive, offer the 10<sup>th</sup> item free of charge.</p>
<p><b>Cafeteria Make-Over</b></p> <p><u>Purpose:</u> To develop an eating area in the school that students' feel pride in, feel comfortable using and is safe.</p> <p>Depending on what you choose to implement, the Foundations can be either:</p> <p><b>SOCIAL &amp; PHYSICAL ENVIRONMENTS STUDENT ENGAGEMENT</b></p>	<p>Just like the TV show, Restaurant Makeover, give your cafeteria a healthy new look. Work with the Art Department and design murals and posters that promote healthy eating to display in the cafeteria.</p> <p>Consider adding some life to your cafeteria by adding plants, painting the walls a bright colour and changing the lighting. Speak to your administration about adding circle tables and chairs. Make your cafeteria comfortable and inviting.</p> <p>Take before and after pictures, and promote the redesigned cafeteria through your school's PA system, newsletter and website. Consider giving a name to your cafeteria that reflects your healthy eating messages like the Crazy Carrots or Screaming Avocados.</p> <p>Here is an example of a cafeteria in Stratford that focuses on healthy eating.  <a href="http://screamingavocado.blogspot.ca/p/little-about-screaming-avocado.html">http://screamingavocado.blogspot.ca/p/little-about-screaming-avocado.html</a></p>

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<p><b>*Participate in the ‘You’re the Chef’ training for Youth</b></p> <p><u>Purpose:</u> To develop planning and facilitation skills in youth, and increase knowledge and skills on vegetable and fruit.</p> <p>Depending on what you choose to implement, the Foundations can be either:</p> <p><b>STUDENT ENGAGEMENT HOME, SCHOOL &amp; COMMUNITY PARTNERSHIPS</b></p>	<p>‘You’re the Chef’ is a vegetable and fruit promotion program that includes basic cooking lessons to help students establish better eating habits. The program is run by volunteers: parent, teacher, or secondary school student who are interested in helping grade 6, 7 and 8 kids cook and eat healthy. These volunteer leaders receive a 4-hour training session by York Region on healthy schools, nutrition education, food safety and recipe preparation. Once receiving the training, the secondary school students can facilitate the 4-week program to elementary school students. Ask your guidance department how you can receive community hours for participating in this program.</p>
<p><b>Use social media to increase awareness about a nutrition issue</b></p> <p><u>Purpose:</u> To learn about nutrition issues of concern to youth and how to broadly communicate this information to the school community to advocate for change.</p> <p>Depending on what you choose to implement, the Foundations can be either:</p> <p><b>STUDENT ENGAGEMENT</b></p>	<p>Choose a food or nutrition issue that affects high school students and make it come alive through sharing through various internet platforms.</p> <p>Some examples include:</p> <p>‘<i>stick it to fast food</i>’, has a Facebook page that received a lot of media attention and asked students to make a pledge around fast food.</p> <p><a href="http://www.myfoodmyway.com">www.myfoodmyway.com</a> was developed by students, that strive to include student voice in school foods</p>

\* These programs are booked through York Region Community & Health Services @ Health Connection 1-800-361-5653