



## Healthy School Campaign

# I Got Caught Being Healthy



Time Required: 15 Minutes Prep, 15 minutes for discussion

**March:**

**Nutrition Month**

**Goal:** Students will bring healthy snacks to school, make healthy lunch choices, and engage in physical activities during lunch or recess.

**Objectives:**

- Learn to choose healthy snacks.
- Learn to choose healthy foods during lunchtime.
- Participate in physical activity during recess or lunch.

### Prep:

- Make 3-5 copies of the healthy tickets and cut out the tickets. Alternatively, tickets can be printed on address labels (formatted for Avery 5960) and be passed out as stickers.

### About the Nutrition Month Campaign:

- In honor of Nutrition Month during the month of March, teachers and school staff will award stickers to students getting “caught” making healthy choices (eating fruits, vegetables, and other healthy foods, drinking water, etc.) in the cafeteria, in the classroom, and on the playground.
- Tickets will also be awarded to students “getting caught” engaging in physical activities (playing a sport running, jumping rope, dancing, etc.) during recess.
- Students can display their “I got caught being healthy” tickets on a poster in your classroom, collect them individually, or bring them home to share with their family.

### Classroom Activity Suggestions:

- Lead a classroom discussion on:
  - What are some examples of healthy snacks and not so healthy snacks students can bring to eat?
  - Why is it important to bring healthy snacks to school? Sugary treats are not helpful during learning time. They give us a burst of energy, but then we get sleepy, and it’s hard to concentrate!
  - Why is it important to engage in physical activities during recess time? It is important to get the “wiggles” out, and give our brain some oxygen, so we are ready to learn when recess is over.
- Create a chart to count how many healthy choices are made each day.
- Turn it into a contest! Challenge other classrooms to see how many healthy tickets they can collect during the whole month!
- Set a goal for a number of tickets to collect. If you reach the goal, have a Nutrition Month potluck in your classroom to celebrate healthy choices all month. Have students bring items from the food groups to build a healthy plate. Refer to [myplate.gov](http://myplate.gov) for ideas.

