



MORNING ANNOUNCEMENTS

NUTRITION MONTH

MARCH, 2023

KINDERGARTEN- GRADE 5

- **BREAKFAST IS AN IMPORTANT MEAL TO START OFF YOUR DAY. A HEALTHY BREAKFAST HELPS OUR BODIES GROW, STAY HEALTHY AND BE READY TO LEARN. WHAT IS YOUR FAVOURITE BREAKFAST FOOD?**
 - **BUILD A HEALTHY BREAKFAST BY INCLUDING FOODS LIKE VEGETABLES, FRUIT, GRAIN PRODUCTS LIKE CEREAL OR TOAST, AND PROTEIN FROM EGGS, NUTS OR SEEDS.**
 - **IF YOU CAN'T EAT BREAKFAST AT HOME TALK TO YOUR TEACHER TO SEE IF THEY CAN HELP. TEACHERS ARE HERE TO HELP AND SUPPORT STUDENTS TO BE THE BEST THAT THEY CAN BE!**
 - **TALK TO YOUR FRIENDS ABOUT THEIR FAVOURITE THINGS TO EAT FOR BREAKFAST. WE CAN GET NEW IDEAS WHEN WE TALK WITH OTHERS. TRY SOMETHING NEW THAT YOU HAVE NOT TRIED BEFORE AND ENCOURAGE YOUR FRIENDS TO DO THE SAME. TALK TO EACH OTHER ABOUT WHAT YOU THOUGHT OF THE NEW FOOD.**
 - **THINK ABOUT THE COLOURS IN A RAINBOW. OVER A WEEK SEE HOW MANY DIFFERENT COLOURS YOU CAN INCLUDE IN YOUR BREAKFASTS. HERE ARE SOME IDEAS: RED- TOMATO OR STRAWBERRIES, ORANGE- AN ORANGE OR CHEESE, YELLOW- BANANA, GREEN- KIWI OR AVOCADO, BLUE- BLUEBERRIES**
 - **TRY EATING WHOLE FRUIT AND VEGETABLES INSTEAD OF DRINKING JUICE. JUICE IS MISSING FIBRE AND OTHER IMPORTANT NUTRIENTS. THE NEXT TIME YOU HAVE CEREAL FOR BREAKFAST TRY ADDING A BANANA OR SOME BERRIES.**
 - **ARE YOU INTERESTED IN MAKING YOUR LUNCH MORE INTERESTING? TRY A COLOUR THEME. SELECT A COLOR AND ONLY EAT ITEMS THAT ARE THAT COLOR DURING THE MEAL. FOR EXAMPLE, HAVE AN OUTRAGEOUS ORANGE LUNCH, CHOOSE A CHEESE PITA POCKET, ORANGE PEPPER SLICES AND CARROT STICKS, PEACH YOGURT.**
 - **GRAPES ARE A FRIENDLY LITTLE FRUIT. THEY ALWAYS COME IN A BUNCH. THEY ARE PERFECT TO KEEP YOU COMPANY DURING SNACKS OR LUNCH.**
 - **ARE YOU INTERESTED IN HELPING THE ENVIRONMENT: TRY THESE TIPS: USE REFILLABLE WATER BOTTLES, USE CLOTH NAPKINS, USE REUSABLE CONTAINERS FOR LUNCH FOOD, USE LUNCH BAGS THAT CAN BE WASHED AND REUSED.**
 - **HOW CAN YOU TURN ONE KIND OF FRUIT INTO ANOTHER?**
ANSWER: IF YOU PUT TWO APPLES TOGETHER YOU WOULD HAVE A PAIR!
 - **WHICH VEGETABLE'S NAME AND FIRST LETTER ARE EXACTLY THE SAME?**
ANSWER: PEA
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- **WHAT DO YOU CALL TWO BANANA PEELS?
ANSWER: A PAIR OF SLIPPERS!**
- **WHAT DID THE TOMATO SAY TO THE OTHER VEGETABLES?
ANSWER: GO AHEAD I'LL CATCH UP!**
- **WHY DID SANTA PLANT A VEGETABLE GARDEN?
ANSWER: SO HE COULD HO, HO, HO!**
- **DO YOU KNOW: MOST PARENTS ARE HAPPY TO GET LUNCH IDEAS FROM THEIR KIDS? HELP YOUR PARENTS BY ASKING THEM TO MAKE EXTRA PORTIONS OF YOUR FAVOURITE FOODS SO YOU CAN TAKE THEM TO SCHOOL THE NEXT DAY FOR LUNCH.**
- **THERE ARE NO GOOD OR BAD FOODS, BUT SOME FOODS SHOULD BE EATEN MORE THAN OTHERS. YOUR BODY NEEDS OVER 50 NUTRIENTS EVERY DAY. THE BEST WAY TO MAKE SURE THAT YOU GET ALL OF THESE NUTRIENTS IS TO EAT A WIDE VARIETY OF HEALTHY FOODS EACH DAY!**
- **ASK YOUR PARENT IF YOU CAN GO TO THE GROCERY STORE TO HELP SHOP FOR THE FAMILY. WHEN YOU ARE THERE, EXPLORE THE STORE AND TALK WITH THEM ABOUT NEW, HEALTHY FOOD THAT YOU WANT TO TRY!**
- **HELP DO THE COOKING AT HOME! COOKING CAN BE FUN, AND YOU CAN LEARN HOW FOODS ARE PREPARED. PLUS, YOUR PARENTS WILL ENJOY AN EXTRA SET OF HANDS.**
- **DID YOU KNOW THAT OVER HALF OF YOUR BODY IS WATER! EVERY PART OF YOUR BODY NEEDS WATER TO WORK WELL; INCLUDING YOUR BRAIN. TRY TO DRINK 1 TO 2 LITRES OF WATER EACH DAY.**



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MIDDLE SCHOOL

- **BREAKFAST IS AN IMPORTANT MEAL TO START OFF YOUR DAY. AFTER A GOOD NIGHT'S SLEEP, STUDENTS NEED TO REFUEL. A HEALTHY BREAKFAST HELPS THE BODY TO RESTORE ENERGY RESERVES AND PROVIDES NUTRIENTS TO GET YOUR DAY OFF TO A GREAT START.**
 - **BUILD A HEALTHY BREAKFAST BY INCLUDING FOODS LIKE VEGETABLES, FRUIT, GRAIN PRODUCTS LIKE CEREAL OR TOAST, AND PROTEIN FROM EGGS, NUTS OR SEEDS.**
 - **PLAN AHEAD SO THAT THERE IS TIME FOR BREAKFAST IN THE MORNING. MAKE SURE TO COMPLETE YOUR HOMEWORK AND HAVE YOUR BAGS PACKED AND READY BEFORE GOING TO BED.**
 - **IF YOU ARE RUNNING LATE GRAB A PIECE OF FRUIT, A MUFFIN, DRY CEREAL OR YOGURT TO TAKE WITH YOU. IF YOU DON'T HAVE TIME TO EAT BEFORE YOUR FIRST CLASS HAVE YOUR SNACK DURING YOUR MORNING BREAK.**
 - **TALK TO YOUR FRIENDS ABOUT THEIR FAVOURITE THINGS TO EAT FOR BREAKFAST. WE CAN GET NEW IDEAS WHEN WE TALK WITH OTHERS. TRY SOMETHING NEW THAT YOU HAVE NOT TRIED BEFORE AND ENCOURAGE YOUR FRIENDS TO DO THE SAME. TALK TO EACH OTHER ABOUT WHAT YOU THOUGHT OF THE NEW FOOD.**
 - **WHAT AM I? I'M A FRUIT THAT ORIGINATES FROM NEW ZEALAND. I HAVE BROWN FUZZY SKIN AND SHARE MY NAME WITH A FLIGHTLESS BIRD. WHAT AM I?**
 - **IF YOU GUESSED "KIWI" YOU'RE RIGHT. CUT ME IN HALF AND EAT ME WITH A SPOON OR PEEL ME AND SLICE ME. I'M DELICIOUS AND A GREAT SOURCE OF VITAMIN C.**
 - **DID YOU KNOW THAT THE SAYING "COOL AS A CUCUMBER" IS TRUE? THE INSIDE OF A CUCUMBER IS AT LEAST 10 DEGREES COOLER THAN THE OUTSIDE AIR. SO, TRY CUCUMBERS FOR A COOL SNACK! OR ADD CUCUMBER SLICES TO YOUR WATER BOTTLE FOR A REFRESHING TASTE.**
 - **TRYING TO SAVE MONEY? PACKAGED LUNCH FOODS ARE EXPENSIVE AND CONTAIN A LOT OF FAT AND SALT. INSTEAD, USE A PLASTIC CONTAINER WITH A FEW COMPARTMENTS OR A COUPLE OF SEPARATE CONTAINERS AND ADD YOUR FAVOURITE FOODS. DIFFERENT COMBINATIONS COULD INCLUDE CUT UP VEGETABLES AND FRUIT, SALSA, CRACKERS, PANCAKES, CHEESE PIECES, SLICED MEAT, TUNA, BOILED EGGS OR LOW-FAT DIP. EVERY DAY COULD BE AN ADVENTURE.**
 - **HOW CAN YOU TURN ONE KIND OF FRUIT INTO ANOTHER?**
ANSWER: IF YOU PUT TWO APPLES TOGETHER YOU WOULD HAVE A PAIR!
 - **WHICH VEGETABLE'S NAME AND FIRST LETTER ARE EXACTLY THE SAME?**
ANSWER: A PEA
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- **DO YOU KNOW: MOST PARENTS ARE HAPPY TO GET LUNCH IDEAS FROM THEIR KIDS? HELP YOUR PARENTS BY ASKING THEM TO MAKE EXTRA PORTIONS OF YOUR FAVOURITE FOODS SO YOU CAN TAKE THEM TO SCHOOL THE NEXT DAY FOR LUNCH.**
- **DO YOU LIKE BEING FOOLED... TRICKED... TAKEN? MANY PACKAGED FRUIT SNACKS ARE CANDY IN DISGUISE. THEY MAY CONTAIN A VERY SMALL AMOUNT OF FRUIT, BUT NOT ENOUGH TO COUNT. INSTEAD, WE ARE EATING SUGAR, ARTIFICIAL FLAVOURS AND COLOURS, AND PRESERVATIVES. DON'T BE FOOLED BY FANCY PACKAGING WITH PICTURES OF FRUIT AND WORDS SUCH AS "REAL FRUIT". READ THE NUTRITION LABEL TO GET THE INSIDE STORY ON THE FOOD YOU EAT. ENJOY FRUIT EVERY DAY AND SAVE THE CANDY FOR A "SOMETIMES TREAT".**
- **IT CAN TAKE UP TO 20 TIMES OF TRYING A NEW FOOD TO DECIDE IF YOU LIKE IT OR NOT. TRY A NEW VEGETABLE LIKE ASPARAGUS, BEETS OR RADISHES. IF YOU DON'T LIKE IT THE FIRST TIME, TRY IT AGAIN. EVENTUALLY IT COULD BECOME ONE OF YOUR FAVOURITES!**
- **DID YOU KNOW THAT OVER HALF OF YOUR BODY IS WATER! EVERY PART OF YOUR BODY NEEDS WATER TO WORK WELL; INCLUDING YOUR BRAIN. TRY TO DRINK 1 TO 2 LITRES OF WATER EACH DAY. TRY ADDING SOME SLICED CUCUMBER, A FEW BERRIES, MINT OR A SLICE OF LEMON TO ADD A PUNCH OF FLAVOUR!**

NUTRITION MONTH

MARCH, 2023

HIGH SCHOOL

- **AFTER A GOOD NIGHT'S SLEEP, STUDENTS NEED TO REFUEL. A HEALTHY BREAKFAST HELPS THE BODY TO RESTORE ENERGY RESERVES AND PROVIDES NUTRIENTS TO GET YOUR DAY OFF TO A GREAT START. BUILD A HEALTHY BREAKFAST WITH VEGETABLES, FRUIT, WHOLE GRAINS AND PROTEIN FOODS.**

- **SET A S.M.A.R.T. GOAL FOR BREAKFAST. FOR EXAMPLE, I WILL SET MY ALARM 10 MINUTES EARLIER SO THAT I HAVE TIME FOR BREAKFAST.**

- **SMOOTHIES ARE A GREAT OPTION FOR BREAKFAST. CREATE YOUR OWN SMOOTHIE RECIPE USING A VARIETY OF FRUIT, VEGETABLES (SPINACH OR AVOCADO WORK GREAT), MILK OR PLANT-BASED ALTERNATIVE, YOGURT AND SEEDS. CONSIDER MAKING YOUR SMOOTHIE BEFORE BED AND PLACE IT IN THE FRIDGE SO IT IS READY IN THE MORNING.**

- **IF YOU ARE RUNNING LATE GRAB A PIECE OF FRUIT, A MUFFIN, DRY CEREAL OR YOGURT TO TAKE WITH YOU. IF YOU DON'T HAVE TIME TO EAT BEFORE YOUR FIRST CLASS HAVE IT DURING YOUR MORNING BREAK.**

- **WE ALL DO BETTER WHEN WE START THE DAY RIGHT. RESEARCH SHOWS THAT SIMPLY EATING BREAKFAST CAN CHANGE YOUR LIFE IN A POSITIVE WAY. BREAKFAST DOES NOT HAVE TO BE COMPLICATED. START WITH A WHOLE GRAIN AND ADD VEGETABLES OR FRUIT AND A PROTEIN CHOICE, LIKE EGG, HUMMUS OR NUT BUTTER.**

- **WHAT AM I? I'M A FOOD WITH CULTURE. I MAY BE PLAIN OR FLAVOURED WITH FRUIT. I CAN BE A SOURCE OF PROTEIN IN YOUR MEAL. WHAT AM I?
ANSWER: YOGURT**

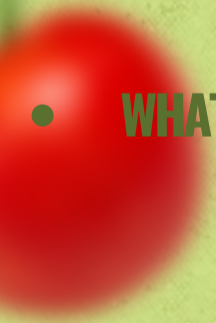
- **THIS IS A TEST: CAN YOU NAME THE ONE FOOD THAT SUPPLIES ALL FIFTY NUTRIENTS THAT OUR BODIES NEED FOR GOOD HEALTH?**

- **IF YOU CAN'T COME UP WITH AN ANSWER, YOU'RE RIGHT! THERE IS NO SINGLE FOOD THAT SUPPLIES EVERYTHING WE NEED! THAT IS WHY IT IS IMPORTANT TO EAT A VARIETY OF FOODS. IT ALSO MAKES LIFE MORE INTERESTING.**

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- **TAKE YOUR TIME AND SAVOR YOUR FOOD! EAT SLOWLY, ENJOY THE TASTE AND TEXTURES AND PAY ATTENTION TO HOW YOU FEEL. EATING VERY QUICKLY MAY CAUSE YOU TO EAT TOO MUCH. BE MINDFUL. THINK ABOUT YOUR 5 SENSES AS YOU ARE EATING YOUR FOOD.**
- **TRY NOT TO SKIP MEALS, ESPECIALLY BREAKFAST! SKIPPING MEALS PUTS STRESS ON YOUR BODY AND ACTUALLY SLOWS DOWN BODY PROCESSES.**
- **WHAT DO YOU CALL A BAND OF BERRIES PRACTICING MUSIC?
ANSWER: A JAM SESSION**
- **TRYING TO SAVE MONEY? PACKAGED LUNCH FOOD ARE EXPENSIVE AND CONTAIN A LOT OF FAT AND SALT. USE A PLASTIC CONTAINER WITH A FEW COMPARTMENTS OR COUPLE OF SEPARATE CONTAINERS. ADD YOUR FAVORITE FOODS DIFFERENT COMBINATIONS COULD INCLUDE CUT UP VEGETABLES AND FRUIT, SALSA, CRACKERS, PANCAKES, CHEESE PIECES, SLICED MEAT, TUNA, BOILED EGGS OR LOW-FAT DIP. EVERY DAY COULD BE AN ADVENTURE.**
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