

Nutrition Education Ideas

Nutrition education is a critical part of the FFVP's success. Here are some of the activities the Indiana FFVP schools are using to educate their students.

- Daily announcements with fun nutrition facts.
- Let the students help create fruit and veggie posters and bulletin boards.
- A fruit and vegetable poetry contest.
- Create a school newsletter that the students can take home to share with their parents.
- Invite parents, grandparents, or guardians to observe or participate in the activities.
- Organize a field trip with the teachers and principle to visit a local farm, orchard, or farmer's market. Or invite them to the school to talk to the students.
- Talk to your librarian about displaying books that have a food or nutrition theme.
- Invite parents to lunch and give a presentation on healthy portion sizes, easy ways to be more active, and ways to add more fruit and vegetables to meals and snacks.
- Add fruit and vegetable information to your school's website.
- Plant an outside garden or a potted garden indoors.
- Hold *Produce and a Movie*.
- Have a mystery fruit or vegetable of the week.
- Have the students vote on the next fruit or vegetable.
- Hold a fruit or vegetable drawing/coloring contest.
- Invite professionals such as Dentists, Dietitians, or Doctors to talk about the importance of eating fruits and vegetables.
- Use lesson plans to incorporate fruit and veggies into curriculum, such as math, science, English, art, and music! (visit our website at http://www.doe.in.gov/food/freshfruit_veg_program.html for lesson plans.)