

# Nutrition Education & Promotion Toolkit

**A Guide for teachers, support staff, and school administrators providing nutrition education in Norfolk Public Schools**

**Provided  
By:**



Norfolk Public Schools recognize the link between student health and learning and the desires to provide a comprehensive program promoting healthy eating and physical activity for all students in the division. It is our goal to create healthy school environments.

By providing this guide our goal is to help teachers, support staff, and school administrators the tools to use evidence-based techniques to encourage healthy nutrition choices as well as consistent messaging across schools, classrooms, gymnasiums, and cafeterias.

## Nutrition Education

Explore the different nutrition lessons available for students.

All lessons can be adapted to meet SOL requirements.



To schedule a Nutrition Education Lesson and order materials needed contact Livia Berg RDN, Nutrition Education and Communications Specialist.

[lberg@nps.k12.va.us](mailto:lberg@nps.k12.va.us) ~ 628-3953

# Table of Contents

## ↓ PAGE

**PAGE 1:**

Themes for every Season

**PAGE 2:**

Learning the 5 Food Groups- Grocery Shopping Activity

**PAGE 3:**

5 Food Groups Relay Race

**PAGE 4:**

Food Crusade- A friendly competition encourages students to create videos about their favorite fruits and vegetables

**PAGE 5:**

Food Explorer- A Scavenger Hunt to Power Up

**PAGE 6:**

Try-Day Fridays (Try something new this Friday)

**PAGE 7:**

Tasty Tuesdays (Taste Testing)

**PAGE 8:**

Can't Beat How I Eat (Fruit & Vegetable Challenge)

**PAGE 9:**

From East to West- Pen Pal Program

**PAGE 10:**

Drink Smart Play Hard

**PAGE 11:**

Guess that Food

**PAGE 12:**

Bingo & Farm to School Activities

**PAGE 13:**

Additional Topic Ideas

**Page 14:**

Classroom Celebrations, Fundraising & Rewards

**\*NOTE:** All activities and lesson plans can be adapted to meet SOL requirements.

# Plans for all year round

## Seasonal Inspiration...

### Spring Has Sprung

March

- National Nutrition Month
- **4th-8th: National School Breakfast Week**
- 22nd: World Water Day

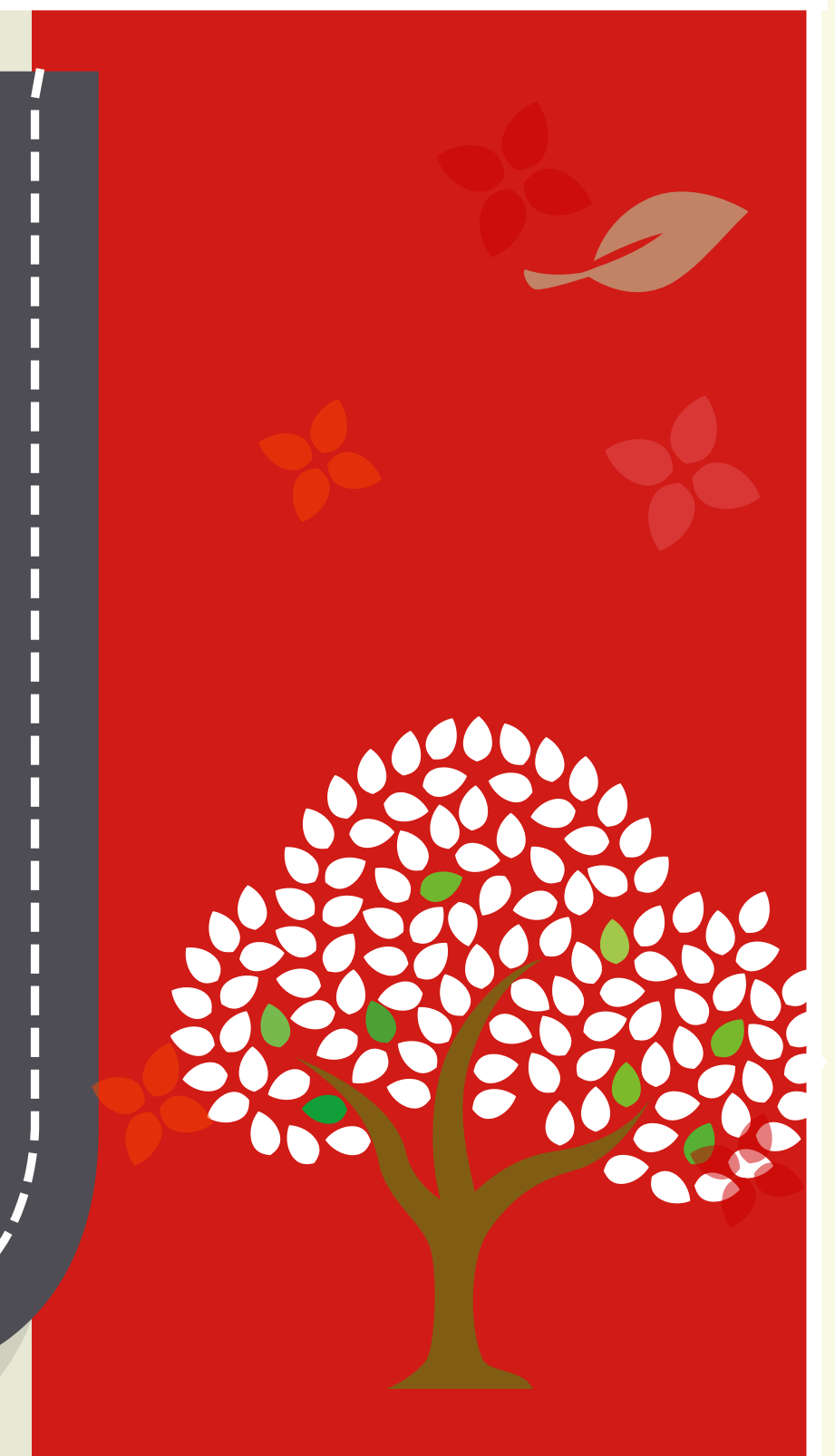
April

- April 6th- Fresh Tomato Day
- April 22nd- Earth Day and National Picnic Day

May

- Mother's Day
- National Bike Month - Bring the Blender Bike to your classroom!
- National Barbecue and Hamburger Month
- National Strawberry, Salad, and Salsa Month

Gardening:  
Talk about Herbs and Spices  
and let kids plant their own  
herb pot!



### Sweet Summertime

- June 11th- National Corn on the Cob Day
- June 18th- International Picnic Day
- Father's Day
- Hydration lessons
- Farmer's Markets & buying local
- Farmer's Market Week- 1st Week of August
- Make Homemade Popsicles



### Autumn Awesomeness

September

- National Hispanic Heritage Month
- National Fruits & Veggies Month (Mushroom and Potato Month too!)
- National Whole Grains Month

October

- National Farm to School Month: Bring a virtual dairy classroom or cows to class!
- 15th - 19th: National School Lunch Week!
- 16th - World Food Day
- 26th - World Pumpkin Day

November

- National Diabetes Month!

Throw a Carnival or  
Harvest Fest for Fall!



### Winter Wonderland

December

- Worldwide Food Service Safety Month
- National Oatmeal Muffin Day

January

- National Soup and Oatmeal Month!
- 4th: National Spaghetti Day
- 14th - 17th: Sugar Awareness Week

February

- American Heart Month
- National Snack Food Month
- Sweet Potato Month



Partner with your School Nutrition Manager to elevate your classroom plans, celebrate "food" days and ask to see their Promo Calendar for more ideas!

