**NUTRITION & FITNESS 2022 March 1, 2022**

**Today’s Agenda (Day 113)**

1. HOUSEKEEPING

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1. HOMEWORK CHECK

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1. CLASS ACTIVITY

🡪CONT’D: Nutrition – Unit 2 – Managing Your Food, Nutrition, and Health

\*Lesson 2 – Managing Information Overload

\*Lesson 3 – Taking Charge of Your Health

🡪LAUNCH: March is Nutrition Month Project

🡪 RESULTS REVIEW: Basic Fitness Assessment

1. ~~Trunk Lift~~
2. Sit and Reach
3. Curl Ups
4. Push Ups
5. 20 m Cadence Run

HOMEWORK:

* COMPLETE:

REMINDERS:

**NUTRITION & FITNESS 2022 Activity**

**March is Nutrition Month**

DIRECTIONS: Create a group of THREE. Review the themes and sub-themes for Nutrition Month. Choose from or create your own activity to highlight/address the theme your group has chosen. Choose an age group with which to work. Get approval from teacher for theme, age group and activity.

Presentations to elementary or middle school class will be during the week of March 21 – 24, 2022.

**Themes:**

Unlock the Potential of Food

Ingredients for a Healthier Tomorrow

Celebrate a World of Flavors

**Sub-Themes:**

* Eat a Variety of Nutritious Foods
* Incorporate Cultural Foods & Traditions
* Plan Healthful Meals and Snacks
* Create Tasty Foods at Home
* Try Flavors and Foods from Around the World

\*Demo special menu items from international cuisines/regional foods

\*Personalizing Your Plate to Include Foods from Other Cultures—Asian Indian, Chinese, Filipino, Latin American, Middle Eastern, Vietnamese

* Food Security

\*Recipes for Breakfast and Lunch Programs

\*Organize food drive

* Food Literacy

\*Food Safety Tips

\*Make an e-book of recipes

\*Recipe Challenge of favorite plant-forward recipes

* Food Sustainability

\*“How I can Eat a More Sustainable Diet”

\*“Healthy Eating and the Environment”

\*“Tips on Reducing Food Waste at Home”

* Dietitians’ Day

**Activity Ideas:**

* Plan cooking demo or nutrition event
* “Nutrition Question of the Day” – poster contest?
* 20 Ways to Enjoy More Fruits and Vegetables
* My Plate and Nutrition Labels Demo and Review
* Start school vegetable garden
* Develop lesson plan for ingredients and baking
* Conduct a “MyPlate Champion” Challenge
* Organize a sports nutrition education session that children can participate in
* Cooking demo for budget-friendly recipe
* Organize socially-distanced healthy potluck
* Decorate cafeteria with March is Nutrition Month posters or banners, table tents, brochure, bookmarks, recipe handouts
* Conduct exercise classes with a post-activity snack
* Smart Snacking Tips for …..(age group specific, like kids, teens, adults…)
* Healthy Tips for Eating on the Run
* Healthy Eating Tips for Vegetarians
* Smart Tips to Build a Healthy Salad
* Smart Ways to Make Physical Activity Part of Your Day
* Make an age-appropriate (with a theme) Nutrition Coloring Book, Nutrition Sudoku, Nutrition Crossword Puzzle, Nutrition Month Word Search
* “Fueling for Exercise”
* “Decoding Food Labels”
* “Nutrition: The Fundamentals”
* “Recipe Makeover”