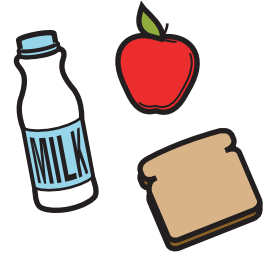




# The Write Stuff

## A Healthy School Environment Classroom-Cafeteria Connection



### Materials and Advance Prep:

- Contact teachers and school newsletter editors for input and buy-in on your plans.
- Chalk board or poster board.
- Optional: nutrition education materials

### What to Do:

- Invite five classes to the cafeteria. Explain that the school newsletter will be featuring a series of articles on healthy eating and healthy choices in school. Assign each class a Food Group and invite kids in each class to write an article about that Food Group. Each teacher will choose one for the school newsletter.
- For example, the Milk Food Group article will need to tell kids why milk and dairy foods are important and list ways students can make sure they get the three servings they need everyday, especially in the cafeteria.

Run through MyPyramid, the Food Guidance System available on [www.MyPyramid.gov](http://www.MyPyramid.gov). Stress the reason we need each Food Group and how many servings kids need each day.

Draw a simple outline of the cafeteria on a chalk board or poster board. Identify the different areas where kids can get food. These may include the a la carte line, pasta bar, deli-bar, milk station, regular hot lunch line, salad bar, etc. Label these on the drawing. Briefly discuss each of these and the Food Group choices kids can make in these different areas.

If time allows, draw the entire school and repeat the discussion focusing on school-wide choices.

Then direct kids to write the articles and have fun. Refer them to the Kids' section of [www.NutritionExplorations.org](http://www.NutritionExplorations.org) for more information on healthy eating.

### Variations

You could do this in conjunction with the after-school care program at your school as well.

### Going further

You could also work with those (or other) classes on taking a student poll on Five Food Group choices, developing "advertising" materials for Five Food Group choices, etc.

### Thank you!