



SUCSEED IN HEALTH

Example Activities:

- Explore healthy meal options that incorporate fruits and vegetables
- Create a list of school lunch ideas that use fresh, healthy ingredients
- Familiarize students with Canada's Food Guide and discuss the importance of a balanced diet
- Harvest the produce from your system to make salad, BLT sandwiches, or tacos for lunch
- Brainstorm healthy alternatives for common unhealthy foods that are high in sugar and fat
- Make a menu for a restaurant featuring healthy, delicious food and drink options
- Go on a nature walk or scavenger hunt to find various items associated with growing, healthy eating, and agriculture