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***School Announcements***

The Building Leadership Guide offers daily tips for use by the health champions in your school. Use the short, health focused messages targeted at students daily as principal announcements over the PA system. Each day, the building health champion (principal, counselor, administrative assistant or student) shares a positive nutrition or physical activity message to all students. This guide includes posts for each weekday of the month that are flexible for what best fits your school calendar. Other uses for the school announcementsinclude school newsletter or website content, Facebook posts and Twitter tweets to help keep your students and their families living healthy lifestyles. These announcements are an important function of a school-wide approach to encourage your students to lead a healthy lifestyle.

Announcements are listed by days of the week and focus on healthy behaviors students are hearing about in their classrooms and gymnasium including:

* keeping students active at school and home
* including more fruits and vegetables in meals and snacks
* eating a variety of foods
* hand washing
* choosing water or low-fat/fat-free milk to drink
* making healthy choices during school breakfast and lunch
* Riddle Wednesdays! – tips to help keep students thinking and talking about healthy foods
* Healthy Homework – tips to announce on Fridays as goal setting strategies over the weekend along with follow up announcements if desired.

The announcements include a statement and question to encourage discussion in the classroom. Check off the announcement you have provided to reinforce other healthy messages taught in the classroom, cafeteria and gymnasium.

**October**

**Mondays** – Use the announcement below or read the Healthy Homework follow up

* What did you do to get active and play with someone in your family this weekend? I \_\_\_\_\_\_\_ [rode my bike, raked leaves, walked the dog] with \_\_\_\_\_\_ [my neighbor, husband/wife, daughter/son]. Share one activity with your class.
* Are you having the school lunch today? Make sure you try at least one bite of everything. Have you ever tried something you thought you would not like but liked it when you did? Tell your class what you liked.
* Get your brain and body going by eating a healthy breakfast. Milk with cereal, fruit and yogurt, or even a sandwich will give you energy to learn and grow. What did you have for breakfast today?
* We are a healthy school. When it comes time to celebrate, instead of candy, your teacher will give you a prize like a \_\_\_\_\_ [pencil, sticker, being the line leader or special classroom party]! What prize would you like your teacher to give you?
* Breakfast is a great way to get your day started. Have a glass of fat-free/low-fat milk with your breakfast and soar through your day like a rocket ship.

**Tuesdays**

* When you feel like having something sweet, try some fruit. Fruit it is good for you and tastes great too!
* Who likes dessert? Can you think of one that is good for you? Here is one that is yummy, healthy, and looks good, too. Put some yogurt in a glass, then some fruit, then more yogurt and fruit on top.
* Beans are a very healthy food. Did you know that there are many different types of beans? How many can you name? [lentil, navy, kidney, pinto, black beans].
* You know it is important to eat right and be active. Talk about what it means to eat right in your classroom.
* I love sandwiches for breakfast, lunch or dinner. What healthy foods can you put on a sandwich? [cheese, lettuce, tomato, peanut butter, hummus, etc.]

**Wednesdays – Riddle Wednesday!**

* It is Riddle Wednesday! I have ears but cannot hear. What am I? [corn on the cob]
* It is Riddle Wednesday! I am a vegetable. You can roast my seeds or eat my insides. Sometimes, it is fun to cut faces into me. What am I? [Pumpkin]
* It is Riddle Wednesday! I grow in the ground and am usually orange, but I might be white, purple and yellow too! What am I? [carrot]
* It is Riddle Wednesday! I am a vegetable. You throw away my outside and cook my inside. Then you eat my outside and throw away my inside. What am I? [corn on the cob]
* It is Riddle Wednesday! I am a vegetable that grows best in colder weather. I am hard on the outside. I can be green or orange. What am I? [winter squash – acorn, butternut, spaghetti]

**October**

**Thursdays**

* You work hard all day at school. You need a healthy snack afterschool. Apples with peanut butter or carrot sticks are great choices. What is your favorite healthy snack?
* Did you know that there are many different ways to eat apples? Whole/fresh, applesauce, 100% apple juice or even dried apples. They even make apple chips! What is your favorite way to eat apples?
* Looking for something crunchy on your lunch tray? Try carrot sticks or cucumbers! Both are healthy choices!
* Let’s talk about what foods we like that are also colorful. I like oranges and cantaloupe [the orange melons]. What other fruit or veggie is orange colored?
* Happy, Healthy Halloween! I eat only small amounts of the treats at a time. It is better for you that way! Have a healthy and safe day.

**Fridays - Healthy Homework with optional follow up announcements**

* Your Healthy Homework is to wash your hands before you eat. Not washing your hands before you eat can make you sick. I want you to stay healthy so I can see you every day! Next time you see me, let me know how you did!
	+ **Healthy Homework follow up:** How did the hand washing go? Did it surprise your family? Did it help them remember to wash their hands too?
* Your healthy homework is to play outside today. There are still some warm days left to get out and play!
	+ **Healthy Homework follow up:** Did you get outside to play and complete your Healthy Homework? My family \_\_\_\_\_\_\_\_ (went for a walk, played basketball, etc.). Tell your class how you played over the weekend.
* Your Healthy Homework is to help your family choose a healthy treat to bring to your Halloween party. What will you give to your friends?
	+ **Healthy Homework follow up:** Have you decided what you will bring to your healthy classroom Halloween party? Make a list of all the healthy treats that your class will have.
* Your Healthy Homework is to find a healthy food at home. It might be peanut butter, canned carrots or beans. Talk to your family about how you like to eat these foods.
	+ **Healthy Homework follow up:** What healthy foods did you find in your cupboards? Did you eat any of them with your family?
* Today it is *your* turn to think of Healthy Homework. Raise your hand and tell your class. Your teacher will pick someone’s idea for all of you to try this weekend.
	+ **Healthy Homework follow up:** How did the Healthy Homework go? Your teacher will remind you what you were supposed to do. Raise your hand if you did it.

**November**

**Mondays** – Use the announcement below or read the Healthy Homework follow up

* Did you have a healthy, happy Halloween? Did you remember that your Halloween treats are a sometimes food and that you needed to save room for healthy snacks?
* Do you know how to wash your hands? Use warm water and soap and scrub for 20 seconds. Can you count to 20 and pretend to wash your hands? Practice in your class.
* Make your school lunch healthy. Try new foods. Is there a new food on the school lunch menu this week you would like to try?
* Stay healthy over Thanksgiving break! Talk to your family about what it means to be healthy [eating fruits and veggies, being active, washing hands].
* Who cooks dinner at your house? Do you ever help? Next time, offer to help cook or set the table.

**Tuesdays**

* Fuel up with fruits and veggies! Share with the person sitting next to you your favorite fruit or vegetable.
* Let’s talk about lunch. We have a great vegetable special today \_\_\_\_\_\_. Try it, you might like it!
* Walk, run, skate, or shoot hoops. Find a way to play outside today. What is your favorite outside game?
* Did you know you could make hot chocolate with milk? Milk gives your body the calcium it needs to keep your bones strong. What is your favorite food from the Dairy group?
* It is important to wash your hands to get rid of dirt and germs you cannot see. Be sure to wash your hands before you eat—every time!

**Wednesdays – Riddle Wednesdays!**

* It is Riddle Wednesday! I am thinking of a vegetable that grows underground. What is it? [onions, potatoes, or carrots]
* It is Riddle Wednesday! I am a healthy person who chooses not to eat beef, chicken or fish. What am I? [vegetarian or vegan]
* It is Riddle Wednesday! I am a vegetable that you eat for desert. What am I? [pumpkin or sweet potato]
* It is Riddle Wednesday! I am fruit that is yellow and long. I am a food that monkeys like to eat. What am I? [banana]
* It is Riddle Wednesday! I grow on a bush, am long, stringy and green. What am I? [Green beans]

**November**

**Thursdays**

* MyPlate says to make half of your plate fruits and vegetables. Share with your class your favorite fruit and favorite vegetable.
* Make half your grains whole! Talk about whole grains in your class. I challenge you to try a new whole grain food today, such as oatmeal, cereal, brown rice or popcorn.
* MyPlate tells us to vary our veggies. Vary means to eat many different kinds of vegetables. Try veggies with different colors, shapes and sizes!
* You cannot see your bones, but they are important and need calcium to be healthy. Give your body some milk, cheese or yogurt.
* To end the month, keep trying new foods. Try a new fruit or vegetable in all different colors to eat from the rainbow!

**Fridays - Healthy Homework with optional follow up announcements**

* It is Healthy Homework time! Try not to watch TV for an entire day on Saturday or Sunday. Play outside or do something active inside instead.
	+ **Healthy Homework follow up:** How did you do with your Healthy Homework? What did you do instead of watching TV?
* Your Healthy Homework this weekend is to look at the school lunch menu. Pick two new fruits or vegetables you will try next week.
	+ **Healthy Homework follow up:** How did your Healthy Homework go? What fruits or vegetables did you find on the lunch menu that you will try this week?
* Your Healthy Homework this weekend is to look at a healthy recipe. What is in the recipe that makes it healthy? [veggies, fruit, whole-grains, fat-free/low-fat milk]
	+ **Healthy Homework follow up:** How did your Healthy Homework go? What healthy recipe did you find?
* The weekend is almost here! Your Healthy Homework is to tell someone at home about veggies that like to grow in cold weather. Here are a few to talk about – collard greens, Brussels sprouts and kale. Maybe even draw a picture of what these vegetables look like.
	+ **Healthy Homework follow up:** How did your Healthy Homework go? Who did you tell about cold weather veggies? What veggies did you talk about?
* It is Healthy Homework time! Remember to wash your hands before you eat. How many seconds should you scrub with soap and water? Here is a hint - try singing the Birthday song or ABC song as you wash. [20 seconds]
	+ **Healthy Homework follow up:** Did you remember to wash your hands before eating? Did you use the ABC song or Birthday song to help you count to 20 seconds?

**December**

**Mondays** – Use the announcement below or read the Healthy Homework follow up

* Smoothies are great to eat as a snack or breakfast and they are a fun way to eat fruit. With an adult, put yogurt, fruit and ice in a blender and push go! Yummy!
* It is important to eat a variety of foods. How many different colored foods can you eat today?
* Last month you learned that you should wash your hands for 20 seconds. Do you remember what songs you can sing to count to 20 seconds? [birthday or the ABCs song]
* Remember when I started giving you healthy tips? What tips have you started doing that makes you healthier? Share with your class.
* MyPlate tells us to make half or our grains whole. Share with your class your favorite whole grain food. Mine is \_\_\_\_\_ [whole-wheat bread toasted with peanut butter, brown rice with veggies, whole-wheat tortillas for tacos]!

**Tuesdays**

* You need healthy snacks to grow. Healthy snacks can be yogurt or grapes and a piece of cheese. What healthy snacks give you energy?
* I love the color \_\_\_\_\_ it makes me think of the fruit \_\_\_\_\_\_\_\_\_. Think of a fruit in your favorite color and share it with your class.
* Sandwiches are a good way to eat healthy. Start with whole grain bread. What can you add to keep it healthy? I like low-fat cheese, fresh spinach and little turkey.
* In December, we see many decorations in red, green and blue. Share with your class a fruit or veggie that you like that is red, green or blue.
* Pick something new on the lunch line today. Try it, you may like it!

**Wednesdays - Riddle Wednesday!**

* It is Riddle Wednesday! I am a red fruit. People like to eat me with their holiday dinner. What am I? [cranberries]
* It is Riddle Wednesday! I am a green vegetable that looks like a tree. What am I? [broccoli]
* It is Riddle Wednesday! I am a fruit that is green on the outside and red when you cut me open. You eat me in the summertime. What am I? [watermelon]
* It is Riddle Wednesday! I am small and come in different colors. You have to cook me to make me soft enough to eat. What am I? [dried beans – black beans, pinto beans, garbanzo beans]
* It is Riddle Wednesday! I am an orange vegetable. I have seeds you have to scoop out. You have to cook me to make me soft enough to eat. What am I? [squash]

**December**

**Thursdays**

* Vary your veggies – eat veggies at lunch today that are colorful. Try something different tomorrow.
* Did you know that nuts and vegetables have calcium too? Just like milk and yogurt, almonds and green veggies like collard greens, kale can help your bones too!
* Make half your grains whole. Tell someone in your class what food you eat to make half your grains whole? Brown rice, whole-wheat tortillas, whole-wheat bread?
* Food is fuel! Tell someone in your class which foods keep your body fueled up and healthy.
* The holiday break is just around the corner. Stay healthy by eating healthy, washing your hands and staying active over break.

**Fridays - Healthy Homework with optional follow up announcements**

* Your Healthy Homework this weekend is to get outside and play. What will you do?
	+ **Healthy Homework follow up:** Did you have fun with your Healthy Homework? Raise your hand if you played outside this weekend.
* Here comes the weekend! Try to eat fruits and veggies with meals and snacks. They help keep you healthy!
	+ **Healthy Homework follow up:** How did your Healthy Homework go? Tell your class what fruits and veggies you ate.
* Are you ready for your Healthy Homework? Talk to someone at home about his or her favorite fruit or vegetable. Ask them how they like to eat it [raw, cooked, cut up, mixed in other foods-like chili, spaghetti or soup].
	+ **Healthy Homework follow up:** Did you ask someone what was his or her favorite food? How did they like to eat it?
* Are you ready for the holiday break? Take the time to remember what you have learned in school about being active and eating healthy. Share these tips with your family.
	+ **Healthy Homework follow up:** What did you to keep active and eat healthy over break? What did you share what you know with your family?

**January**

**Mondays** – Use the announcement below or read the Healthy Homework follow up

* Share with your class what you did to stay healthy over break. I stayed healthy by\_\_\_\_\_\_\_\_ [going sledding, drinking water, eating healthy snacks].
* Eating healthy snacks can give your body what it needs to grow and stay strong. What is your favorite healthy snack?
* Being active is important all year round, and it can be fun to play outside in the snow. What is your favorite outdoor winter game?
* Did you know that even in the winter we still sweat? Remember to drink water throughout the day.
* Who brought their lunch from home today? Who wants to share with the class something healthy that is in their lunch?

**Tuesdays**

* School lunch this week looks great! Share with your class what healthy lunch you are having today.
* Do you want to know a yummy way to eat fruit? Dip pieces of fruit into yogurt. Yogurt is a tasty dip and good for your bones too.
* It is fun to play in the snow! What do you like to do outside in the snow – shovel, go sledding or make a snowman?
* Rinsing your fruits and veggies with water before you eat them can help to keep you healthy. Show someone next to you how you might rinse off an apple or grapes.
* Think about your favorite snack. Come up with a fun name for it by adding a word to describe it. Mine could be \_\_\_\_\_\_\_\_ [snazzy strawberries, perfect peanut butter sandwich, zippy zucchini wrap]

**Wednesdays - Riddle Wednesday!**

* It is Riddle Wednesday! I am not a food or drink but I am something you need for good health. What am I? [sleep, exercise, washing your hands]
* It is Riddle Wednesday! You can eat me from a shell, a jar or spread me on bread. I am in the Protein food group. What am I? [peanut]
* It is Riddle Wednesday! I am a little round type of bean. I am brown or red and taste great in soup. I rhyme with dental and rental. What am I? [lentil]
* It is Riddle Wednesday! I am little, blue and round. I taste good in muffins and great on oatmeal. What am I? [blueberry]
* It is Riddle Wednesday! A is for apple, B is for berries, C is for carrots. By the end of next month, can you and your class think of a fruit or vegetable for every letter of the alphabet?

**January**

**Thursdays**

* It is fun to stay healthy together. What tips do you have to share with your class to help keep them healthy?
* It is important to eat breakfast every day. Tell someone in your class what fruit you like to eat for breakfast.
* We want you to be a super reader! Read the school lunch menu to find the vegetables you can choose this week. Share with someone in class what you find.
* Healthy snacks keep you fueled for your day. Focus on fruits to make your snacks healthy!
* Try new foods! You might find something you like!

**Fridays - Healthy Homework with optional follow up announcements**

* The weekend is coming! Your healthy homework is to find a fruit or vegetable that starts with the letter Z.
	+ **Healthy Homework follow up:** How did your Healthy Homework go? What fruit or vegetable that starts with Z did you think of?
* The weekend is almost here! Your Healthy Homework this week is to find fruits and vegetables that start with the letters J, K and L. Try one if you can!
	+ **Healthy Homework follow up:** How did your Healthy Homework go? Did you find fruits or vegetables that start with J, K and L?
* Your Healthy Homework for this weekend is to eat a fruit or vegetable that starts with the first letter of your last name. My last name starts with \_\_\_ so I am going to eat\_\_\_\_ [insert your name and what you will eat as an example].
	+ **Healthy Homework follow up**: Did you eat a fruit or vegetable that starts with the first letter of your last name? Was this one of the letters your class needed to complete your food alphabet riddle?
* How is your class doing with your food alphabet? Do you have a fruit or vegetable for each of the 26 letters? If not, your Healthy Homework is to help your class finish this riddle.
	+ **Healthy Homework follow up:** Did your class solve the food alphabet riddle? Ask a friend at recess or lunch how their class did.
* What did you learn from your teacher about being physically active this month? Try it at home this weekend.
	+ **Healthy Homework follow up:** How were you active this weekend? Did you try hula hooping, jump rope, stretching, dancing? Ask a friend what activity they did this weekend.

**February**

**Mondays** – Use the announcement below or read the Healthy Homework follow up

* Start every day the whole-grain way! What whole grain food could you have for breakfast? [oatmeal, whole grain toast, bagel]
* Valentine’s Day is coming. What red or pink fruit or vegetables do you want to try this month?
* Do you eat the school lunch? If you do, taste every food offered and drink your milk! Remember, variety is key!
* Take out a piece of paper and get ready to fill in the blanks. You should be active \_\_\_\_ minutes a day. [60 minutes] Share your answer with your class.
* Next month is National Reading Month. Did you know that reading and following directions is how we make food? It is called a recipe. Raise your hand if you have ever helped make food by following a recipe.

**Tuesdays**

* Let’s talk about beans. Beans are a healthy choice and can go into almost any food like burritos, salads and chili. What are your favorite foods that have beans?
* Choosing cereals that are whole-grain will help make half your grains whole. What is your favorite healthy cereal?
* Fill half your plate with fruits and veggies! Tell your class how you will do this today.
* Fruits and veggies come in all shapes and sizes. What is the biggest fruit or veggie you can think of? [watermelon, pumpkin, squash]
* What do you like to do instead of watching TV? Tell someone in your class your favorite way to stay active.

**Wednesdays - Riddle Wednesday!**

* It is Riddle Wednesday! MyPlate tells you to make half of me “whole”. “Make half of your \_\_\_\_\_ whole.” What food group am I? [Grains]
* It is Riddle Wednesday! I am a fruit that is red and when cut in half looks like a heart. [strawberry]
* It is Riddle Wednesday! I am a teacher who helps kids be fit and strong. My classroom is the biggest one in the school. Who am I? [Insert your PE teacher’s name here]
* It is Riddle Wednesday. I am a muscle that is inside of you. When you exercise, I get stronger. What am I? [Your heart]
* It is Riddle Wednesday. I am a fruit that is very spiky on the outside and yellow, soft and juicy on the inside. I have “APPLE” in my name and I grow in Hawaii! What am I? [Pineapple]

**February**

**Thursdays**

* When it is cold outside, soup can really warm you up. Try soups with vegetables to stay warm and healthy!
* Breakfast at school can give you energy to learn. What did you eat for breakfast today?
* Is your class having a Valentine’s Day party? Tell someone what a healthy snack for the party might look like?
* Did you know that you can fill up whole-wheat tortillas with veggies or fruits? Try cream cheese with berries or spinach. Share in class what other fruits or veggies can you put into a tortilla.
* Let’s try a new food today. Try a vegetable you have never had before – at lunch or at home - and tell your teacher about it when you come to school tomorrow.

**Fridays - Healthy Homework with optional follow up announcements**

* Happy Friday! Your Healthy Homework is to be active. Go for a walk, dance, shovel snow, or make an indoor obstacle course with your family! Your body will thank you.
	+ **Healthy Homework follow up:** Did your body thank you for being active this weekend? What did you do? Share your healthy activity with someone sitting next to you.
* Your Healthy Homework is to think of one healthy snack you could have at your healthy Valentine’s Day party on Monday.
	+ **Healthy Homework follow up:** My Valentine wish for you is for you to be healthy today, next year and even when you are grown up! What healthy snack do you plan to have at your party today?
* When you go grocery shopping with your family, talk to them about healthy snacks like fruits, vegetables or whole grain crackers. Remind them that these foods are good for your heart and theirs!
	+ **Healthy Homework follow up:** Did you go to the store this weekend? Share with your class the healthy snacks found at the store.
* When you get home, go on a whole-grain hunt. Read cereal boxes and bread wrappers to see if you can find the words “whole-grain” or “whole-wheat”. We need to make half of our grains whole!
	+ **Healthy Homework follow up:** Did you read a cereal box or bread wrapper this weekend? What did you find? Get ready for more healthy reading! Next month, March, is reading and nutrition month.

**March**

**Mondays** – Use the announcement below or read the Healthy Homework follow up

* Did you know your taste buds can change? If you do not like a new food the first time you try it, do not give up. Try it again and you may like it!
* To celebrate National Nutrition Month, drink only low-fat/fat-free milk or water this week.
* Celebrate our healthy school by choosing a new food from lunch today. After lunch tell your teacher what you chose.
* Today is March \_\_\_ [22nd]. At your desk, march your feet or swing your arms while you count to \_\_\_\_ [22]. Small amounts of activity during the day help you learn better.
* It is getting warmer outside – what are you doing to stay active? Tell someone in your class.

**Tuesdays**

* March is National Nutrition Month and Reading Month! This week, find a book that mentions fruits, veggies or eating healthy. Share with your teacher what you find.
* Take out a piece of paper and pencil. Think about the MyPlate poster in our school. Now fill in the blank. We should fill half our plate with \_\_\_\_\_\_\_\_\_\_\_ [fruits and vegetables].
* What is your favorite book that talks about food? Share this with someone in your class.
* Happy St. Patrick’s Day! Are you wearing green today? Another way to celebrate this day is to eat something that is healthy and green such as broccoli, spinach or zucchini.
* Does your family keep a shopping list at home? If so, ask them what fruits or veggies they plan to buy and after shopping taste it together.

**Wednesdays - Riddle Wednesday!**

* It is Riddle Wednesday! How can you knock over a glass and not spill any water? [Fill your glass with milk!]
* It is Riddle Wednesday! I am a red fruit that can stain your hands when you eat me. I grow on bushes. Try putting me on your cereal! What am I? [Berries – blueberries, raspberries, blackberries]
* It is Riddle Wednesday! I am a six letter fruit made up of only three letters. I have one, two and three of each of my letters in my name. What am I? [Banana]
* It is Riddle Wednesday! I am a healthy, whole-grain snack. I am noisy when cooked. What am I? [Popcorn]
* It is Riddle Wednesday! I am a building that has classes, teachers, students and is very healthy. What am I? [Our school! Happy National Nutrition Month!]

**March**

**Thursdays**

* Spring is just around the corner. Did you know that you can grow a vegetable garden on your porch or patio? Find a book that talks about gardens and share with your class what you find.
* Are you a produce picker? Fruits and veggies are sometimes called produce. Pick some produce (fruits and veggies) today!
* We work hard to be a healthy school. Tell someone in your class what a great job they are doing making our school healthy. I saw Mrs./Mr. \_\_\_\_\_\_’s [insert teacher’s name] class \_\_\_\_\_\_ [eating healthy snacks, being active, tasting new foods] to be healthy! Great job!
* People all across the United States are celebrating eating healthy! March is National Nutrition Month. Tell someone next to you what you are doing to be healthy.
* March has five letters. Now think of a healthy food with five letters. Raise your hand to tell your class. Here are some that I thought of. [Apple, bread or grape]

**Fridays Healthy Homework with optional follow up announcements**

* It is Friday and time for Healthy Homework! Your Healthy Homework this weekend is to read the food labels on your favorite cereals with your family. See if you can find the fiber listed on the food label. Write down how many grams of fiber per serving your favorite cereal has. Ask someone at home to help if you need to.
	+ **Healthy Homework follow up:** How was your weekend? Did you find any of your favorite cereals that have more than 3 grams of fiber per serving? Higher fiber cereals will help you stay full to power through your day!
* The weekend is almost here. Your Healthy Homework is to choose healthy drinks. Some great choices are water, milk or 100% fruit juice. What will you choose?
	+ **Healthy Homework follow up:** Did you choose healthy drinks this weekend? Share with your neighbor one of the healthy drinks you chose.
* Here comes the weekend! Your Healthy Homework is to find a newspaper or magazine and read the ads to find healthy foods. Circle everything you find. Ask your family for help if you need it.
	+ **Healthy Homework follow up:** How was your healthy weekend? Did you find many healthy foods when you were reading the ads?
* Your Healthy Homework this weekend is to find out if you have any books about food or being active at home. If you do, read one with someone in your family.
	+ **Healthy Homework follow up:** How did your Healthy Homework go? Did you read a healthy book with your family? If so, share the title of the book with your class.
* It is Healthy Homework time again! This weekend’s Healthy Homework is to get outside! Spring is here and it’s time to play outside!
	+ **Healthy Homework follow up:** How did your Healthy Homework go? Mine was great, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. What did you do to get outside and play?

**April**

**Mondays** – Use the announcement below or read the Healthy Homework follow up

* Today I want to remind you to eat a variety of foods. What is your favorite color? Try to eat a new food of that color in the next day or two. What will you eat?
* Today is the \_\_\_\_\_ [26th], which is a big number. At your desk, stretch your body while you count to \_\_\_\_ [26]. I like it when you are active, it helps you learn better!
* I saw the school lunch menu for the week and saw some yummy, healthy choices. What will I see on your tray this week? Anything colorful or new?
* Focus on fruits and remember to eat some every day. The fruit that is on the school lunch menu today is \_\_\_\_\_\_. If you are getting school lunch today, be sure to eat your \_\_\_\_\_\_\_\_.
* You should be active for 60 minutes (1 hour) each day. Doing a little in the morning, some at recess and more after school adds up! Do you reach that goal?

**Tuesdays**

* Today’s challenge is to eat a new whole grain. Here are some ideas— whole-wheat pasta, bread, crackers or bagel. What will you try?
* The blue skies in Spring remind me of my favorite fruit that is also blue. Can anyone guess what it is? [blueberries]
* MyPlate says “get your calcium rich foods”. What foods have lots of calcium? [All flavors of milk cheese and yogurt] Low-fat types are the best choice. Did you know broccoli has lots of calcium too?
* Have you heard the saying “April showers bring May flowers”? Did you know that some fruits and veggies start as flowers? My favorite veggie that is a flower is yellow squash. It tastes good cooked on the grill. What fruit or veggie do you like to eat?
* Try a new food today! How about a new fruit or veggie at lunch today? I think I am going to try \_\_\_\_\_\_\_\_ today. What will you try?

**Wednesdays – Riddle Wednesdays!**

* It is Riddle Wednesday! Let’s plan a rhyming game. I am a healthy food that rhymes with; 1) please [cheese or peas]; 2) teens [beans or greens; beg [egg]; 3) dice [rice]; 4) reach [peach]. Talk in class about which food groups each of these foods belong.
* It is Riddle Wednesday! You can eat me for breakfast, lunch or snack. Or eat me in a corner, just like little Jack. Hint: I am a purple fruit. [Plum]
* It is Riddle Wednesday! I am a leafy green that is tried and true. Eat me raw and eat me cooked, too. [Spinach]
* It is time for Riddle Wednesday! I make you cry but you’re not sad. Peel me and use me and your body will be glad. [Onion]
* It is Riddle Wednesday! I am a sweet treat that is good for you. What am I? [fruit]

**April**

**Thursdays**

* I am feeling great today because I had a healthy breakfast. I ate \_\_\_\_\_\_\_ [fruit, whole-wheat toast, yogurt]. Remember to eat a healthy breakfast each day!
* Fruits come in all different colors, shapes and sizes just like people. Have you had a green fruit lately? How about a yellow one?
* Let’s talk about dairy foods. Here are 2 ideas that we can all try today—a new flavor of milk or scoop yogurt into an ice cream cone. Can you think of more?
* Red, yellow, pink, green, purple, orange and blue! Fruits and veggies come in all colors of the rainbow. Fill your plate with colors!
* I am thinking of a healthy snack – \_\_\_\_\_\_\_\_ [applesauce, cheese stick, whole-wheat bagel with peanut butter]. Tell your class what healthy snack you like.

**Fridays Healthy Homework with optional follow up announcements**

* The weekend is almost here. Your Healthy Homework is to share something about MyPlate with your family. [Remind the students where they can see the MyPlate poster in your school]
	+ **Healthy Homework follow up:** Were you able to find the MyPlate poster in our school? Tell someone in your class where you can find it.
* Your Healthy Homework is to tell your family that you want to have a healthy weekend and share with them one idea for doing that. I am going to ask my family to \_\_\_\_\_\_ [take a walk, work in the yard, wash the car] with me this weekend.
	+ **Healthy Homework follow up:** How was your healthy weekend? What ideas for being healthy did you share with your family this weekend?
* Your Healthy Homework this weekend is to be a healthy role model for your family. How will show your family to be healthy?
	+ **Healthy Homework follow up:** Did you get your family thinking healthy this weekend? What fun, healthy things did you do? Share one activity with your class.
* It’s time for you Healthy Homework. Because the weather is starting to get nice, go outside and move around until you can feel your heart pumping. Try to play and hour a day.
	+ **Healthy Homework follow up:** How was your weekend? What MyPlate fact did you share with your family? Share this same fact with your class.
* Your Healthy Homework this weekend is, eat smart to play hard! Play outside and choose healthy foods.
	+ **Healthy Homework follow up:** Did you play outside this weekend? What healthy foods did you eat?

**May**

**Mondays** – Use the announcement below or read the Healthy Homework follow up

* (For May 1st) Our healthy school is taking part in ACES day! Along with kids from all over the world, we will get active for 20 minutes starting at 10am. [Explain what will happen at your school]
* I am looking at this week’s school menu week and see a food I have never tried. It is \_\_\_\_\_. I am going to try it. Join me!
* When you get home today, have a healthy snack outside or on your porch. What healthy snack will you choose for your picnic?
* Think about all of the ways and places you will be playing this summer. Remember that being safe is an important part of being active. As a class talk about the things you can do to stay safe this summer.
* Did you have fun playing outside this weekend? Did you remember to play long enough to feel your heart pumping hard? How fast do you think it was going?

**Tuesdays**

* Summertime is a great time to try new fruits and vegetables. My favorite summer veggie is snap peas! I like them because they are crunchy! Talk in class about what is your favorite.
* Now that it is warm outside, I am ready to get out and \_\_\_\_\_\_ [walk the dog, ride my bike, work in the garden]. What do you like to do outside? Share with the person sitting next to you.
* May is a great time to try asparagus! Have you ever tried asparagus? Can you spell it? Work together in class to learn more about asparagus this month.
* The trees are blooming! Have you seen the flowers on the trees? Some will become apples, some pears and some cherries! Share in class what your favorite is.
* Memorial Day is coming up. I want you to try a healthy food that is red, white or blue. Here are some ideas: blueberries, white fat-free/low-fat milk or strawberries.

**Wednesdays – Riddle Wednesday!**

* It is Riddle Wednesday! We all have five senses. Two of them help you decide whether you like a food or not. What are they? [Taste and smell]
* It is Riddle Wednesday! In popularity, I am number three; only apples and bananas are fruits eaten more than me. [Orange]
* It is time for Riddle Wednesday! There is something you can do to make your bones AND muscles stronger, what is it? [Exercise] Get some everyday!
* Happy Riddle Wednesday! I am a vegetable that can grow in Michigan, looks like a leaf and is green. What am I? [spinach, lettuce, kale]
* It is Riddle Wednesday! I am a purple vegetable. I do not grow eggs but my name sounds like I could. What am I [eggplant]

**May**

**Thursdays**

* Have you ever tried frozen corn? How about canned corn? Or corn on the cob? Could you taste the difference? Tell your class which you like best.
* The month of May has how many letters? [3] Can you think of a food with three letters? [egg, cob]
* We talk a lot about fruits and veggies – what words can you think of to describe them? [colorful, crunchy, spicy, sweet, sour]
* Let’s try something new – repeat after me, “My favorite vegetable is \_\_\_\_\_\_\_” and fill in the blank.
* You have learned about the different food groups, now help me finish this sentence, peppers belong in the \_\_\_\_\_\_ group [vegetable]. Ask someone in class to help if you are not sure of the answer.

**Fridays Healthy Homework with optional follow up announcements**

* The weekend is almost here and it is getting nicer every day. Spend at least an hour playing outside each day this weekend as your Healthy Homework assignment.
	+ **Healthy Homework follow up:** Did you play outside this weekend? The weather was\_\_\_\_\_\_! How did you get active?
* Mother’s Day is Sunday. Your Healthy Homework is to celebrate by making a healthy breakfast for your mom, grandma or aunt.
	+ **Healthy Homework follow up:** Did you make a healthy Mother’s Day breakfast? Did she like it? What made it healthy?
* I was just looking at MyPlate and it shows half of the plate is fruits and veggies. I am going to fill half my plate with my favorite fruits and veggies this weekend. Your Healthy Homework is to do the same!
	+ **Healthy Homework follow up:** Did you add more fruits and veggies to your plate this weekend? Tell your class what you ate!
* Summer is almost here. One of your Healthy Homework items for the summer is to plant a vegetable plant and help it grow. Plants like tomatoes grow great in a bucket or pot on your porch. See if you can find a bucket or pot around your house for your plant this weekend.
	+ **Healthy Homework follow up:** Were you able to find a bucket or plant a garden this weekend? If not, there is still a lot of time this summer to do it.
* Healthy Homework time! Your Healthy Homework is to tell someone at home about what you learned in school this week about staying healthy. You could tell them about filling half your plate with fruits and veggies or being active every day. You decide!
	+ **Healthy Homework follow up:** How did your Healthy Homework go? What did you tell someone at home about being healthy?

**June**

**Mondays** – Use the announcement below or read the Healthy Homework follow up

* June is a great time to find lots of fruits and veggies. The sunshine and warm weather help the plants grow. Tell your class if you have some fruit or vegetables growing near your house.
* Eating breakfast fuels your body for the day. Breakfast can be cereal and milk, eggs or even left over pizza. Tell your class what you like to have for a healthy breakfast.
* When it is hot outside, water is your best bet to stay healthy. Talk in class about why we all need to drink water.

**Tuesdays**

* How was your long weekend? Did you eat fruit? Did you try anything new?
* Is there a farmers market near your house? If there is, visit one with your family and see the fruits and veggies for sale.
* Berries like strawberries and raspberries are great snacks and grow great in the warm weather. Tell someone in your classroom which fruit you like best.

**Wednesdays - Riddle Wednesday!**

* It is Riddle Wednesday! Tell me what grows on a tree and has a hard shell. You have to crack it before you can eat it. [nuts like walnuts, pecans]
* It is Riddle Wednesday! I am small, purple and look wrinkled. I started out as a grape. What am I? [raisin]
* It is Riddle Wednesday! I am thinking of someone who is healthy all summer long. Who am I thinking of? [It is you!] Remember to choose healthy foods and be active every day!

**Thursdays**

* Crunch! Pop! Snap! Fruits and veggies make fun sounds when we eat them! What other sounds do they make when you bite into one? Make that sound now!
* What is your favorite way to eat fruits and veggies? Tell someone in your class if like them cooked, raw or both! My favorite is \_\_\_\_\_\_\_ [cooked carrots, cucumber slices, fresh green beans].
* We all worked together this year to make our school a healthier place to be. I am proud of all your hard work. Share one of the things you did with the class. Can you keep it going all summer long?

**Fridays - Healthy Homework with optional follow up announcements**

* Your Healthy Homework is to read, read, and read this summer. Find books that remind you to eat healthy and be active. Check your library!
	+ **Healthy Homework follow up:** If you went to the library, what books did you find about eating healthy and being active?
* Remember when you are playing outside in the heat to drink water. Keep a cup or bottle with you at all times.
	+ **Healthy Homework follow up:** Did you remember to drink water when playing outside?
* Here is your recipe for a healthy summer: eat healthy, play a lot and read often.