

Make healthy choices for a healthy body.

WE eat well



ACTION PLANNING



ORGANIZATION



LEADERSHIP SKILLS

3

SUSTAINABLE DEVELOPMENT GOAL 3: GOOD HEALTH AND WELL-BEING

AN INITIATIVE OF



MADE POSSIBLE BY




A special thank you to President's Choice Children's Charity™ for making this campaign possible.

President's Choice Children's Charity™ believes nothing will create better conditions for success than feeding our kids, which is why they've pledged \$150M over the next 10 years to tackle childhood hunger and deliver nutrition education to children across Canada. Together with WE, they will educate and enable youth to take action on the issue of nutrition in their schools, in their homes and in their communities.

NUTRITION + AWARENESS = CHANGE

It's important to eat nutritious foods to keep your energy levels up and your body and mind in good health. That is why it is important to develop healthy eating habits at a young age, so that as adults you have the right tools and knowledge to lead an overall healthy lifestyle.

With the WE Eat Well campaign, promote healthy eating and inspire your school and community to lead a more nutrient-filled, active life.



FACT: Eating breakfast regularly before school may improve memory, problem solving and concentration skills that are important to learning and achieving high grades.

Ways to Take Action

Take a healthy eating pledge and share facts to spread awareness.



At School

- Organize a healthy food challenge for the week or month and share your experiences on social media. Post interesting facts, healthy recipes and raise awareness.
- Host a class food label challenge to learn and educate others about ingredients in your food.



At Home

- Go on a grocery store tour when shopping with your family. Look at food labels and ingredients so you pick the healthier food options.
- Cook together as a family and try new recipes for nutritious meals.



As a Community

- Research and create posters to promote healthy eating in your neighbourhood.
- Organize a neighbourhood picnic where everyone brings their own nutritious meal to share.



Tech for Good Badge

Healthy eating is not only empowering and good for you, it can be fun too! Create a social media account to post short, fun cooking lesson videos to share with everyone. Think of a hashtag to share and promote healthy eating. Don't forget to show us what you did by tagging [#WEatWell](#).

Go further: Create an online cookbook that focuses on healthy, nutritious meals and share it with your online community.

In the Classroom

With our Classroom Resources, educators can integrate service-based learning into their curriculum to broaden students' understanding of issues they are passionate about. Download Healthy Food for Healthy Bodies at WE.org/weeatwell for lesson plans and ideas to learn more about healthy eating.

Healthy Food for Healthy Bodies

Grade Level	Subject Connection	Learning Goals	Skills Developed
Kindergarten to Grade 12	<ul style="list-style-type: none"> Health and Physical Education Language 	<ul style="list-style-type: none"> Understand the connection between food choices and the needs of growing and changing bodies. Recognize factors that influence food choices. Use their knowledge to make healthy food choices and share what they have learned with others. 	<ul style="list-style-type: none"> Action planning Research and writing Argument formation Organization Reflection Information literacy Critical thinking Leadership skills



Campaign in Action

As part of WE Eat Well, students at George Kennedy Public School had the opportunity to participate in a cook off hosted in partnership with President's Choice Children's Charity™. Students were asked to prepare a nutritious meal for a panel of judges in a Master Chef challenge. This event inspired the school to take further action around healthy eating and now the Master Chef participants are helping to hand out healthy snacks and healthy food pledges to all students!

Get Doing

STEP 1

Investigate and Learn

Learn more about healthy eating by researching facts on nutritious foods that help maintain a healthy body! Start by using the Nutrition Issue Card and then test your knowledge with this quiz.



CHECKLIST

- Check out the Nutrition Issue Card
- Create an Action Plan
- Visit WE.org/weeatwell for more resources
- Put up campaign posters
- Watch and share the campaign video
- Print out and distribute the resources
- Share facts about healthy nutrition
- Take a WE Eat Well pledge
- Share on social media with [#WEeatWell](https://twitter.com/WEeatWell)
- Plan your WE DayX
- Complete your Campaign Impact Survey
- Complete your Tech for Good badge survey

Test Your Knowledge

1. Why do we need to eat a combination of food groups?
 - A. It would be boring to eat the same foods all the time.
 - B. We don't need to eat all the food groups.
 - C. Each food group helps a different part of our bodies.
2. Which of these fruits helps boost liver functions?
 - A. Apple
 - B. Grapefruit
 - C. Pear
3. What minerals are bananas rich in?
 - A. Iron
 - B. Calcium
 - C. Potassium
4. Spinach is high in _____.
 - A. Protein
 - B. Fat
 - C. Vitamin K
5. Which of these foods is not a healthy breakfast?
 - A. Eggs and toast
 - B. Sugary cereals
 - C. Fruit smoothie

1. C | 2. B | 3. C | 4. C | 5. B

Create a few of your own multiple choice questions to quiz your friends and family! _____

STEP 2

Action Plan

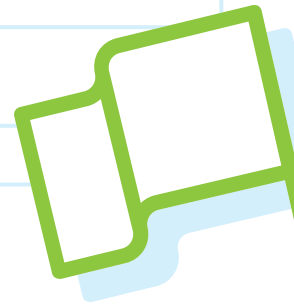
Let's make healthy choices for a healthy body! Before you kick-off your campaign, reach out to your WE Schools Program Manager to receive healthy fact backgrounders. By sharing these facts with others, you can lead your school in making healthier nutrition choices.

Set Your Goal

How many people do you want to get involved with this campaign? _____

How many social media posts do you want to share during the campaign? _____

When will you hold your WE Eat Well campaign? _____



Assign Roles

You've set your goal, now you need to make it happen. Use this chart to organize tasks among group members.

Task	Group Member(s) Responsible
School announcements	
Social media posts	
Posters around the school	
Research facts	

Weekly Planner

Use this weekly planner to organize when you will post your nutrition facts on social media!

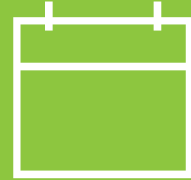
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Afternoon							
Evening							

STEP 3

Take Action

With every fact you post, you will be spreading awareness about the benefits of healthy eating to your classmates, helping them lead more nutrient-filled lives.

Tip: Plan a theme for each day so that you educate others on a variety of facts.



Don't forget to share pictures of your healthy snacks, along with facts and tips, on social media with [#WEeatWell](#).

Reflect

What was the response like to your WE Eat Well social media posts? _____

What would you do differently next time? _____

Did you face any challenges? How did you overcome them? _____

How will you continue to lead a nutrient-filled future and raise awareness about healthy eating? _____

STEP 4

Report and Celebrate

Report

How many people did you reach through awareness-raising? _____

How did you measure your success? (E.g., number of mentions on social media.) _____

What healthy-eating tips did you come up with as a group to share with your peers? _____

How many people took a pledge? _____

How hard was it to follow through on your healthy eating pledges? _____

Has your educator contacted your WE Schools Program Manager about filling out an Impact Survey? _____

Celebrate

Make sure you celebrate and share the success of your campaign, and reward yourselves for all your hard work.

- Share photos of your actions with your school, community and WE Schools Program Manager.
- Record the highlights of your event day and create a video.
- Celebrate impacts through a class party, assembly or WE DayX.

Thank everyone who supported your campaign!

Use this space to brainstorm ways you can thank everyone who participated in your campaign.

