**March is Nutrition Month! Make a Change: One Meal at a Time**

Nutrition Month is an excellent time of year to highlight healthy eating in your classroom and school. The Alberta Health Services theme this year is Make a Change: One Meal at a Time. With our busy lifestyle and an abundance of packaged or fast food, some kids may not be learning how to prepare healthy meals or snacks.

Get kids started with the essential ingredients – knowledge of healthy food choices and basic cooking skills.

[](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cooking-club.pdf)**Try out some of the activities in the** [**Cooking Club Manual**](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cooking-club.pdf) **which provides a hands-on opportunity for students to learn about healthy eating and valuable cooking skills.**

For example:

Lesson Two: Canada’s Food Guide

* Lesson plan: Canada’s Food Guide Discussion Questions and Food Journal
* Recipe: Rainbow Mini Pizzas

Lesson Plan Five: Label Reading (Breakfast)

         Lesson plan: Know Your Facts! (discussion questions on the health benefits of breakfast with a label reading activity using breakfast cereal examples

         Recipes: Green Granny Pancakes and Fruit Puree & Yogurt Topping

Lesson Six: Cooking and Eating Together

         Lesson Plan: Cooking and Eating Together Discussion Questions

         Recipe: Bean and Corn Quesadillas

**You can also use the materials at our Nutrition Month webpage** ([www.ahs.ca/NutritionMonth](http://www.ahs.ca/NutritionMonth)) **to support Nutrition Month promotion in your school, in your classroom and with parents.**

* **Weekly Tip Sheets:** Weekly key messages to post or share
* **Nutrition Month Posters:** Choose one or more
* **Display Materials:** Create a weekly display
* **Enjoy Your Meal Experience:** A new 1 page resource
* **Conversation Cards:** Fun and engaging question cards to use at meals