

Healthy Eating Door Decorating Challenge

Grade: 1 - 8

Facility: Classroom

Materials: Variety of art materials

Activity Description:

Raise awareness about Healthy Eating in your school by getting every classroom involved in a Healthy Eating Door Decorating Challenge.



Overview:

Have each class decorate their classroom door in a fun way that will promote the importance of healthy eating and active living to the rest of the school.

The decorated doors could be judged by a panel of members from the School Nutrition Action Committee (can include; parents, teachers, public health, community members, etc.)

A winning class in each of the primary, junior and intermediate levels could win a prize (e.g. extra time in the gym or a free healthy class lunch).