



“How wonderful it is that nobody need wait a single moment before starting to improve the world.” -Anne Frank

Class Projects

Homework never stops - so why not make it fun?

- Evaluate the nutrient profile of your school food
- Make a video promoting healthy eating, cycling, hand washing, drinking water, etc.
- Interview your kitchen staff and write a report about their job
- Survey your local biking/walking environment and write a report about the barriers to physical activity that you observe
- Downsize/expand recipes for math class. Make a cookbook with family sized recipes.
- Research composting. What are the benefits and challenges?
- Evaluate what foods your school culinary course prepares – can they be healthier?
- Count how many students wear bike helmets at your school – do they wear them correctly?
- Conduct a safe cycling survey at your school. Are there sidewalks, crosswalks, bikes lanes, clear intersections? Present your findings.
- High schools/open campus schools: Record what type of food is available in a ½ mile radius from the school. Evaluate the healthfulness of these choices.
- Make a class Zine focused on health. Each group/person writes an article, draws a comic, creates an advertisement. Distribute widely.
- Use digital photos to tell a story about a bike or walking route.
- Go Viral! Create a video about an important topic. Show it to your friends. Post it online.
- Research recess before lunch. What are the costs/benefits? Ask your school what it would take!
- Visit your school kitchen – write a report on what you saw (good & bad)



“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You’re on your own. And you know what you know. And YOU are the one who’ll decide where to go...” -Dr. Seuss

Your School

Be a leader! Make your school a healthier place.

- Speak up – attend a board meeting to voice your opinion about school food
- Start a school club: health, sustainability, cycling, culinary, etc
- Take a tour of your school cafeteria and kitchen
- Ask your school if they can offer alternative PE classes – dance, martial arts, biking, etc.
- Choose healthy fundraising events such as walk-a-thons or car washes
- Start a mentoring program with younger students to encourage physical activity or healthy eating
- Watch Food, Inc. – discuss
- Get to know your kitchen staff – profile one of them for the school newspaper
- Say THANK YOU to the kitchen staff – write individual or a classroom card
- Create school commuter groups – meet and ride together
- Ask a local bike shop to teach free bike mechanic classes
- Make posters about healthy food or bike commuting
- Survey the snacks/goodies offered in school offices – can they be improved?
- Find out what types of snacks your vending machines serve. Request changes you would like to see.
- Encourage classmates to ride bikes/ walk to school. Teach them why! (Fun, healthy, environmentally responsible)
- Organize a bike skills/safety fair. Invite bike shops and local riders.
- Start a cycling club. Go on group bike rides or enter a fun race.
- Ask kitchen staff if they can add more local foods into your school lunches
- Campaign for the removal of a specific unhealthy food from the lunchroom (candy, flavored milk, fried foods, etc.)



“There is nothing like a dream to create the future.”
-Victor Hugo

- Have you student club conduct ‘local food of the month’ tasting tables during lunch hour
- Talk to the school board about meal changes you would like to see
- Start a ‘Food’ committee in your Student Government organization
- Ride to school once a week with your friends
- Start a gardening, cycling, cooking or health promotion club
- Conduct a helmet fitting assembly
- Request a smoothie party for your next class party

Home Life

- Ask if you can choose one healthy family meal each week
- Organize themed family dinners once a week. Try “Foods that start with...” or “Breakfast for dinner”
- Encourage your parents to read labels
- Challenge your family to live soda-free

Super Cool Kids Creating Change

MISSOULA COYOTE YOUTH CHOIR: GROW YOUR OWN FOOD

http://www.youtube.com/watch?v=d1Gm6F_8pJg

REAL FOOD NOW: NEW ORLEANS STUDENTS SPEAK UP

<http://www.youtube.com/watch?v=ZPaxPacSm5c>

WHAT KIDS CAN DO

<http://www.whatkidscando.org/>

A 5TH GRADE LUNCH TEAM: WAUKEGAN, ILLINOIS

<http://www.jamieoliver.com/us/foundation/jamies-food-revolution/news-content/fifth-grade-lunch-team-tackle-school-foo>

RESTAURANTEUR TRAINING & HEALTHY EATING: FUN & FOOD FOR CLASS CREDIT

<http://ellicottcity.patch.com/articles/kids-on-the-path-to-healthy-eating-and-maybe-careers>

For additional resources, please visit:
<http://schoolfoodtour.org>

