



Take Action: STUDENTS

The Problem

Eating junk + skipping meals + no activity =
fatigue + bad moods + poor concentration + poor grades.

The Facts

- Eating breakfast and healthy foods throughout the day helps you to feel better and do better in school.
- Teens who drink pop are more likely to gain weight.
- Caffeine in pop, coffee and tea can cause jitters and sleeping problems.
- Dieting makes you feel terrible and doesn't lead to long-term weight changes.

The Solution

Healthy eating + physical activity =
energy + motivation + improved concentration + better grades + feeling good.

Some Ideas

- [] Start a student committee to advocate for healthy food and beverage choices in your school's vending machines, cafeteria and store. This project could be part of your Graduation Transitions requirement.
- [] Eat fruits, veggies and healthy foods and drink milk as often as you can—you've got the power to choose.
- [] Drink lots of water to help you stay hydrated and alert. Bring a water bottle to school or buy water instead of pop.
- [] Plan your breakfast in advance or grab something healthy to eat on the run.
- [] Offer ideas for school fundraising that avoid selling junk food.

Check the ideas you like and/or use the back of this page to write your own ideas for improving nutrition at your school.

For more ideas, visit: <http://www.healthyeatingatschool.ca>