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