

# Healthy Meals Goal at Merritt Secondary School

**Contact:**

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**School:**

Merritt Secondary School

**People Involved:**

Grades 9-12, Physical Education 9 and 10; PE teacher and 300 junior students

**Process:**

We asked each of the 300 junior students to track what they eat and the quantities of what they eat for 3 days. Afterwards we discussed how they can make changes to their diet even if it is one day a week they make an effort to eat healthier. The students and I have started a contest that once a week they record their eating and see if the changes they have made are healthier. We have just started and things are going well - we are keeping track of the weeks giving points to teams (students put themselves into teams) so there is bragging rights at the end of the year.

And the students learn to set goals towards healthier eating.

**Key Changes or Results:**

The key change would be seeing that students are becoming aware of the food choices they are making. I often hear students talk about food choices in the hallway especially at break time. I also have at least a couple students a day make a point of showing me the healthier choices they have made.

**Challenges:**

As warmer weather approaches students are more inclined to leave the school at lunch - many will head towards downtown, where 7-11, fast food, etc are readily available. Some how students need to have that reminder of making a healthier choice OR at least moderate the junk food (not every day).

**Solutions/Keys to Success:**

I believe a key to success is having an open discussion at all times. Also, I will take my junior PE classes to 7-11 and look at the calories in something like a Slurpee - so students know what they are drinking. I show a visual demonstration on how much sugar is in a slurpee and ask students if they would eat that much sugar (min. 14 tsp) straight from the sugar bowl.

**Next Steps:**

TBD

