



Action Schools! BC

Classroom Healthy Eating Action Pack

CONTENT CHECKLIST

Grades K to 3

Resources (in Box):

- Action Pages!
- Action Schools! BC Classroom Healthy Eating Action Resource – Grades K to 7
- Action Schools! BC Colourful Choices Poster (F)
- Action Schools! BC Edible Plant Parts Poster (F)
- Action Schools! BC Fruit Poster (F)
- Action Schools! BC Poster (F)
- Action Schools! BC Vegetable and Fruit Challenge Chart (F)
- Action Schools! BC Vegetable and Fruit Food Guide Serving Sizes for Canada Poster (F)
- Action Schools! BC Vegetables Poster (F)
- BC Dairy Foundation Nutrition Education Brochure
- BC School Fruit and Vegetable Nutritional Program Brochure
- Being Me: Promoting Positive Body Image (provided at workshop)
- Canada's Food Guide (F)
- Canada's Food Guide (First Nations, Inuit and Métis)
- Canada's Food Guide: A Resource for Educators and Communicators (F)
- DASH BC Card
- Dietitian Services at HealthLink BC Card, call 811
- Fruit Facts Book
- Growing Vegetable Soup Book
- It's a Fruit, It's a Vegetable, It's a Pumpkin Book
- Sip Smart! BC Drink Cut-outs (photocopied) (provided at workshop)
- Smart Fruit & Veggie Songs CD
- Vegetables and How They Grow Book
- Veggie & Fruit Fun! Activity Booklet

Tools and Supplies (in Red Pack):

- Action Schools! BC Placemats – Vegetable and Fruit Food Guide Serving Sizes for Canada/Four Food Groups (30) (F)
- Fruit & Veggie Bingo Game (F)
- Bracelets (144)
- Cutting Board
- Measuring Cups
- Measuring Spoons
- Peeler
- Plastic Cubes (provided at workshop)
- Root Viewer
- Scrub Brush
- Who am I? Flashcards

Family Healthy Living Kit:

- Action Schools! BC Family Healthy Living Kit Booklet
- 3 Bean Bags
- 1 Chinese Jump Rope
- 3 Scarves
- 1 Skip Rope
- Fruit & Veggie Bingo Game (F)
- Canada's Food Guide (F)
- Canada's Food Guide (First Nations, Inuit and Métis)
- Canadian Physical Activity Guidelines (F)
- Kids In Motion CD
- Sip Smart! BC Booklet for Families
- Who am I? Flashcards

Grades 4 to 7

Resources (in Box):

- Action Pages!
- Action Schools! BC Classroom Healthy Eating Action Resource – Grades K to 7
- Action Schools! BC Colourful Choices Poster (F)
- Action Schools! BC Edible Plant Parts Poster (F)
- Action Schools! BC Fruit Poster (F)
- Action Schools! BC Poster (F)
- Action Schools! BC Vegetable and Fruit Challenge Chart (F)
- Action Schools! BC Vegetable and Fruit Food Guide Serving Sizes for Canada Poster (F)
- Action Schools! BC Vegetables Poster (F)
- BC Dairy Foundation Nutrition Education Brochure
- BC School Fruit and Vegetable Nutritional Program Brochure
- Being Me: Promoting Positive Body Image (provided at workshop)
- Canada's Food Guide (F)
- Canada's Food Guide (First Nations, Inuit and Métis)
- Canada's Food Guide: A Resource for Educators and Communicators (F)
- DASH BC Card
- Dietitian Services at HealthLink BC Card, call 811
- Sip Smart! BC What Size is Your Drink? Poster
- Sip Smart! BC Binder, including Laminated Drink Cut-outs
- Sip Smart! BC How Much Sugar is in Your Drink? Poster

Tools and Supplies (in Red Pack):

- Action Schools! BC Placemats – Vegetable and Fruit Food Guide Serving Sizes for Canada/ Four Food Groups (30) (F)
- Bracelets (144)
- Cutting Board
- Measuring Cups
- Measuring Spoons
- Peeler
- Scrub Brush
- Who am I? Flashcards
- PROVIDED AT WORKSHOP:**
- Baseball (sponge)
- Egg (sponge)
- Plastic Cubes
- Tennis Ball (sponge)

(F) Available in French ■ Request a French or an Aboriginal Healthy Eating Package