



Action Schools! BC

Healthy Eating Weekly Log

GRADES K TO 3

Submit in excel format or fax to 604.333.3579

School Name & SD#: _____

Teacher: _____

Grade: _____ Division: _____

Week of: _____

MONDAY	DUR	TUESDAY	DUR	WEDNESDAY	DUR	THURSDAY	DUR	FRIDAY	DUR
Tracking Activities		Tracking Activities		Tracking Activities		Tracking Activities		Tracking Activities	
<input type="checkbox"/> V & F Diary		<input type="checkbox"/> V & F Diary		<input type="checkbox"/> V & F Diary		<input type="checkbox"/> V & F Diary		<input type="checkbox"/> V & F Diary	
<input type="checkbox"/> V & F Sticker Competition		<input type="checkbox"/> V & F Sticker Competition		<input type="checkbox"/> V & F Sticker Competition		<input type="checkbox"/> V & F Sticker Competition		<input type="checkbox"/> V & F Sticker Competition	
<input type="checkbox"/> Bracelet Fun		<input type="checkbox"/> Bracelet Fun		<input type="checkbox"/> Bracelet Fun		<input type="checkbox"/> Bracelet Fun		<input type="checkbox"/> Bracelet Fun	
<input type="checkbox"/> Tracking Your Colours		<input type="checkbox"/> Tracking Your Colours		<input type="checkbox"/> Tracking Your Colours		<input type="checkbox"/> Tracking Your Colours		<input type="checkbox"/> Tracking Your Colours	
<input type="checkbox"/> V & F Class Challenge		<input type="checkbox"/> V & F Class Challenge		<input type="checkbox"/> V & F Class Challenge		<input type="checkbox"/> V & F Class Challenge		<input type="checkbox"/> V & F Class Challenge	
<input type="checkbox"/> Placemat Activity		<input type="checkbox"/> Placemat Activity		<input type="checkbox"/> Placemat Activity		<input type="checkbox"/> Placemat Activity		<input type="checkbox"/> Placemat Activity	
Tasting Activities		Tasting Activities		Tasting Activities		Tasting Activities		Tasting Activities	
<input type="checkbox"/> Tasting Parties		<input type="checkbox"/> Tasting Parties		<input type="checkbox"/> Tasting Parties		<input type="checkbox"/> Tasting Parties		<input type="checkbox"/> Tasting Parties	
<input type="checkbox"/> Food Safety		<input type="checkbox"/> Food Safety		<input type="checkbox"/> Food Safety		<input type="checkbox"/> Food Safety		<input type="checkbox"/> Food Safety	
<input type="checkbox"/> Salad Patch		<input type="checkbox"/> Salad Patch		<input type="checkbox"/> Salad Patch		<input type="checkbox"/> Salad Patch		<input type="checkbox"/> Salad Patch	
Snacking Activities		Snacking Activities		Snacking Activities		Snacking Activities		Snacking Activities	
<input type="checkbox"/> Healthy T Days		<input type="checkbox"/> Healthy T Days		<input type="checkbox"/> Healthy T Days		<input type="checkbox"/> Healthy T Days		<input type="checkbox"/> Healthy T Days	
<input type="checkbox"/> Crunch & Sip™		<input type="checkbox"/> Crunch & Sip™		<input type="checkbox"/> Crunch & Sip™		<input type="checkbox"/> Crunch & Sip™		<input type="checkbox"/> Crunch & Sip™	
Learning Activities (K)		Learning Activities (K)		Learning Activities (K)		Learning Activities (K)		Learning Activities (K)	
<input type="checkbox"/> What is a V or F?		<input type="checkbox"/> What is a V or F?		<input type="checkbox"/> What is a V or F?		<input type="checkbox"/> What is a V or F?		<input type="checkbox"/> What is a V or F?	
<input type="checkbox"/> Which Runner Wins?		<input type="checkbox"/> Which Runner Wins?		<input type="checkbox"/> Which Runner Wins?		<input type="checkbox"/> Which Runner Wins?		<input type="checkbox"/> Which Runner Wins?	
<input type="checkbox"/> Invisible Salt		<input type="checkbox"/> Invisible Salt		<input type="checkbox"/> Invisible Salt		<input type="checkbox"/> Invisible Salt		<input type="checkbox"/> Invisible Salt	
<input type="checkbox"/> I Spy Advertising		<input type="checkbox"/> I Spy Advertising		<input type="checkbox"/> I Spy Advertising		<input type="checkbox"/> I Spy Advertising		<input type="checkbox"/> I Spy Advertising	
Learning Activities (Grade 1)		Learning Activities (Grade 1)		Learning Activities (Grade 1)		Learning Activities (Grade 1)		Learning Activities (Grade 1)	
<input type="checkbox"/> Pumpkins, Pumpkins		<input type="checkbox"/> Pumpkins, Pumpkins		<input type="checkbox"/> Pumpkins, Pumpkins		<input type="checkbox"/> Pumpkins, Pumpkins		<input type="checkbox"/> Pumpkins, Pumpkins	
<input type="checkbox"/> Getting to Know the Runners		<input type="checkbox"/> Getting to Know the Runners		<input type="checkbox"/> Getting to Know the Runners		<input type="checkbox"/> Getting to Know the Runners		<input type="checkbox"/> Getting to Know the Runners	
<input type="checkbox"/> What Salt Does		<input type="checkbox"/> What Salt Does		<input type="checkbox"/> What Salt Does		<input type="checkbox"/> What Salt Does		<input type="checkbox"/> What Salt Does	
<input type="checkbox"/> Be an Ad Detective		<input type="checkbox"/> Be an Ad Detective		<input type="checkbox"/> Be an Ad Detective		<input type="checkbox"/> Be an Ad Detective		<input type="checkbox"/> Be an Ad Detective	



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MONDAY	DUR	TUESDAY	DUR	WEDNESDAY	DUR	THURSDAY	DUR	FRIDAY	DUR
Learning Activities (Grade 2)		Learning Activities (Grade 2)		Learning Activities (Grade 2)		Learning Activities (Grade 2)		Learning Activities (Grade 2)	
<input type="checkbox"/> Edible Plant Parts		<input type="checkbox"/> Edible Plant Parts		<input type="checkbox"/> Edible Plant Parts		<input type="checkbox"/> Edible Plant Parts		<input type="checkbox"/> Edible Plant Parts	
<input type="checkbox"/> What's in Your Runner?		<input type="checkbox"/> What's in Your Runner?		<input type="checkbox"/> What's in Your Runner?		<input type="checkbox"/> What's in Your Runner?		<input type="checkbox"/> What's in Your Runner?	
<input type="checkbox"/> Which is the Better Choice?		<input type="checkbox"/> Which is the Better Choice?		<input type="checkbox"/> Which is the Better Choice?		<input type="checkbox"/> Which is the Better Choice?		<input type="checkbox"/> Which is the Better Choice?	
<input type="checkbox"/> Have I Got Your Attention?		<input type="checkbox"/> Have I Got Your Attention?		<input type="checkbox"/> Have I Got Your Attention?		<input type="checkbox"/> Have I Got Your Attention?		<input type="checkbox"/> Have I Got Your Attention?	
Learning Activities (Grade 3)		Learning Activities (Grade 3)		Learning Activities (Grade 3)		Learning Activities (Grade 3)		Learning Activities (Grade 3)	
<input type="checkbox"/> 5 A Day the Colour Way		<input type="checkbox"/> 5 A Day the Colour Way		<input type="checkbox"/> 5 A Day the Colour Way		<input type="checkbox"/> 5 A Day the Colour Way		<input type="checkbox"/> 5 A Day the Colour Way	
<input type="checkbox"/> Choose Your Drinks Wisely		<input type="checkbox"/> Choose Your Drinks Wisely		<input type="checkbox"/> Choose Your Drinks Wisely		<input type="checkbox"/> Choose Your Drinks Wisely		<input type="checkbox"/> Choose Your Drinks Wisely	
<input type="checkbox"/> Go for Low		<input type="checkbox"/> Go for Low		<input type="checkbox"/> Go for Low		<input type="checkbox"/> Go for Low		<input type="checkbox"/> Go for Low	
<input type="checkbox"/> What are You Advertising?		<input type="checkbox"/> What are You Advertising?		<input type="checkbox"/> What are You Advertising?		<input type="checkbox"/> What are You Advertising?		<input type="checkbox"/> What are You Advertising?	
Field Trips		Field Trips		Field Trips		Field Trips		Field Trips	
<input type="checkbox"/> Supermarket Tour		<input type="checkbox"/> Supermarket Tour		<input type="checkbox"/> Supermarket Tour		<input type="checkbox"/> Supermarket Tour		<input type="checkbox"/> Supermarket Tour	
<input type="checkbox"/> Farm Visit		<input type="checkbox"/> Farm Visit		<input type="checkbox"/> Farm Visit		<input type="checkbox"/> Farm Visit		<input type="checkbox"/> Farm Visit	
<input type="checkbox"/> Pumpkin Patch		<input type="checkbox"/> Pumpkin Patch		<input type="checkbox"/> Pumpkin Patch		<input type="checkbox"/> Pumpkin Patch		<input type="checkbox"/> Pumpkin Patch	
Supplementary		Supplementary		Supplementary		Supplementary		Supplementary	
<input type="checkbox"/> Family Healthy Living Kit		<input type="checkbox"/> Family Healthy Living Kit		<input type="checkbox"/> Family Healthy Living Kit		<input type="checkbox"/> Family Healthy Living Kit		<input type="checkbox"/> Family Healthy Living Kit	
<input type="checkbox"/> Fruit & Veggie Bingo Game		<input type="checkbox"/> Fruit & Veggie Bingo Game		<input type="checkbox"/> Fruit & Veggie Bingo Game		<input type="checkbox"/> Fruit & Veggie Bingo Game		<input type="checkbox"/> Fruit & Veggie Bingo Game	
<input type="checkbox"/> Who Am I? Flashcards		<input type="checkbox"/> Who Am I? Flashcards		<input type="checkbox"/> Who Am I? Flashcards		<input type="checkbox"/> Who Am I? Flashcards		<input type="checkbox"/> Who Am I? Flashcards	
<input type="checkbox"/> Smart Fruit & Veggie Songs CD		<input type="checkbox"/> Smart Fruit & Veggie Songs CD		<input type="checkbox"/> Smart Fruit & Veggie Songs CD		<input type="checkbox"/> Smart Fruit & Veggie Songs CD		<input type="checkbox"/> Smart Fruit & Veggie Songs CD	
Other		Other		Other		Other		Other	