



Action Schools! BC

Classroom Healthy Eating Action Pack

CONTENT CHECKLIST

GRADES K TO 3

Resources (in Box)

- 5 A Day Adventures CD-ROM
- Action Pages!
- AS! BC Colourful Choices Poster (F)
- AS! BC Edible Plant Parts Poster (F)
- AS! BC Fruit Poster (F)
- AS! BC Promotional Poster (F)
- AS! BC Vegetable and Fruit Challenge Chart (F)
- AS! BC Vegetable and Fruit Food Guide Serving Sizes for Canada Poster (F)
- AS! BC Vegetables Poster (F)
- BC Dairy Foundation Nutrition Education Brochure
- BC School Fruit and Vegetable Nutritional Program Brochure
- Breakfast For Learning Card
- Canada's Food Guide (F) (First Nations, Inuit and Métis)
- Classroom Healthy Eating Action Resource – Grades K to 7 (F)
- Dial-A-Dietitian (now Dietitian Services at HealthLink BC, call 811)
- Fruit Facts Book
- Growing Vegetable Soup Book
- It's a Fruit, It's a Vegetable, It's a Pumpkin Book
- Smart Fruit & Veggie Songs CD
- Vegetables and How They Grow Book
- Veggie & Fruit Fun! Activity Booklet

Tools and Supplies (in Red Pack)

- AS! BC Placemats (30) (F)
- Bingo Game (F)
- Bracelets (144)
- Colander
- Cutting Board
- Measuring Cups
- Peeler
- Root Viewer
- Scrub Brush
- Who am I? Flashcards

Family Healthy Living Kit

- 5 A Day Adventures CD-ROM
- 3 Bean Bags/3 Scarves
- 1 Chinese Jump Rope
- AS! BC – Healthy Eating Brochure
- Bake Better Bites Recipes
- Canada's Food Guide (F)
- Canada's Physical Activity Guide (F)
- Family Healthy Living Kit Booklet
- Kids In Motion CD
- 1 Skip Rope
- Bingo Game (F)
- Who am I? Flashcards

GRADES 4 TO 7

Resources (in Box)

- 5 A Day Adventures CD-ROM
- Action Pages!
- AS! BC Colourful Choices Poster (F)
- AS! BC Edible Plant Parts Poster (F)
- AS! BC Fruit Poster (F)
- AS! BC Promotional Poster (F)
- AS! BC Vegetable and Fruit Challenge Chart (F)
- AS! BC Vegetable and Fruit Food Guide Serving Sizes for Canada Poster (F)
- AS! BC Vegetables Poster (F)
- BC Dairy Foundation Nutrition Education Brochure
- BC School Fruit and Vegetable Nutritional Program Brochure
- Breakfast For Learning Card
- Canada's Food Guide (F) (First Nations, Inuit and Métis)
- Classroom Healthy Eating Action Resource – Grades K to 7 (F)
- Dial-A-Dietitian (now Dietitian Services at HealthLink BC, call 811)
- Sip Smart! BC

Tools and Supplies (in Red Pack)

- AS! BC Placemats (30) (F)
- Bracelets (144)
- Colander
- Cutting Board
- Measuring Cups
- Peeler
- Scrub Brush
- Who am I? Flashcards

(F) Available in French – Request a French Healthy Eating Package