



# Healthy Eating Weekly Log

GRADES 4 TO 7

Action Schools! BC

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
<b>Tracking Activities</b>		<b>Tracking Activities</b>		<b>Tracking Activities</b>		<b>Tracking Activities</b>		<b>Tracking Activities</b>	
<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"/> Track Your Colours		<input type="checkbox"/> Track Your Colours		<input type="checkbox"/> Track Your Colours		<input type="checkbox"/> Track Your Colours		<input type="checkbox"/> Track Your Colours	
<input type="checkbox"/> Class Challenge		<input type="checkbox"/> Class Challenge		<input type="checkbox"/> Class Challenge		<input type="checkbox"/> Class Challenge		<input type="checkbox"/> 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	
<b>Tasting Activities</b>		<b>Tasting Activities</b>		<b>Tasting Activities</b>		<b>Tasting Activities</b>		<b>Tasting Activities</b>	
<input type="checkbox"/> Celebrations		<input type="checkbox"/> Celebrations		<input type="checkbox"/> Celebrations		<input type="checkbox"/> Celebrations		<input type="checkbox"/> Celebrations	
<input type="checkbox"/> Plant Parts		<input type="checkbox"/> Plant Parts		<input type="checkbox"/> Plant Parts		<input type="checkbox"/> Plant Parts		<input type="checkbox"/> Plant Parts	
<input type="checkbox"/> Eat Your Colours		<input type="checkbox"/> Eat Your Colours		<input type="checkbox"/> Eat Your Colours		<input type="checkbox"/> Eat Your Colours		<input type="checkbox"/> Eat Your Colours	
<input type="checkbox"/> BC Grown		<input type="checkbox"/> BC Grown		<input type="checkbox"/> BC Grown		<input type="checkbox"/> BC Grown		<input type="checkbox"/> BC Grown	
<input type="checkbox"/> Varieties		<input type="checkbox"/> Varieties		<input type="checkbox"/> Varieties		<input type="checkbox"/> Varieties		<input type="checkbox"/> Varieties	
<input type="checkbox"/> Smoothies		<input type="checkbox"/> Smoothies		<input type="checkbox"/> Smoothies		<input type="checkbox"/> Smoothies		<input type="checkbox"/> Smoothies	
<b>Snacking Activities</b>		<b>Snacking Activities</b>		<b>Snacking Activities</b>		<b>Snacking Activities</b>		<b>Snacking Activities</b>	
<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™	
<input type="checkbox"/> Re-Think Your Drink		<input type="checkbox"/> Re-Think Your Drink		<input type="checkbox"/> Re-Think Your Drink		<input type="checkbox"/> Re-Think Your Drink		<input type="checkbox"/> Re-Think Your Drink	
<b>Learning Activities (Grade 4)</b>		<b>Learning Activities (Grade 4)</b>		<b>Learning Activities (Grade 4)</b>		<b>Learning Activities (Grade 4)</b>		<b>Learning Activities (Grade 4)</b>	
<input type="checkbox"/> Introduction		<input type="checkbox"/> Introduction		<input type="checkbox"/> Introduction		<input type="checkbox"/> Introduction		<input type="checkbox"/> Introduction	
<input type="checkbox"/> 6 A Day		<input type="checkbox"/> 6 A Day		<input type="checkbox"/> 6 A Day		<input type="checkbox"/> 6 A Day		<input type="checkbox"/> 6 A Day	
<input type="checkbox"/> Serving Sizes		<input type="checkbox"/> Serving Sizes		<input type="checkbox"/> Serving Sizes		<input type="checkbox"/> Serving Sizes		<input type="checkbox"/> Serving Sizes	
<input type="checkbox"/> Plant Parts		<input type="checkbox"/> Plant Parts		<input type="checkbox"/> Plant Parts		<input type="checkbox"/> Plant Parts		<input type="checkbox"/> Plant Parts	
<input type="checkbox"/> V & F Story Starters		<input type="checkbox"/> V & F Story Starters		<input type="checkbox"/> V & F Story Starters		<input type="checkbox"/> V & F Story Starters		<input type="checkbox"/> V & F Story Starters	
<input type="checkbox"/> Goal: Try New V & F		<input type="checkbox"/> Goal: Try New V & F		<input type="checkbox"/> Goal: Try New V & F		<input type="checkbox"/> Goal: Try New V & F		<input type="checkbox"/> Goal: Try New V & F	



# Healthy Eating Weekly Log

GRADES 4 TO 7

Action Schools! BC

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
<b>Learning Activities (Grade 5)</b>		<b>Learning Activities (Grade 5)</b>		<b>Learning Activities (Grade 5)</b>		<b>Learning Activities (Grade 5)</b>		<b>Learning Activities (Grade 5)</b>	
<input type="checkbox"/> 6 the Easy Way		<input type="checkbox"/> 6 the Easy Way		<input type="checkbox"/> 6 the Easy Way		<input type="checkbox"/> 6 the Easy Way		<input type="checkbox"/> 6 the Easy Way	
<input type="checkbox"/> Help Yourself to V & F		<input type="checkbox"/> Help Yourself to V & F		<input type="checkbox"/> Help Yourself to V & F		<input type="checkbox"/> Help Yourself to V & F		<input type="checkbox"/> Help Yourself to V & F	
<input type="checkbox"/> BC Grown		<input type="checkbox"/> BC Grown		<input type="checkbox"/> BC Grown		<input type="checkbox"/> BC Grown		<input type="checkbox"/> BC Grown	
<input type="checkbox"/> Goal: Eating BC Grown		<input type="checkbox"/> Goal: Eating BC Grown		<input type="checkbox"/> Goal: Eating BC Grown		<input type="checkbox"/> Goal: Eating BC Grown		<input type="checkbox"/> Goal: Eating BC Grown	
<b>Learning Activities (Grade 6)</b>		<b>Learning Activities (Grade 6)</b>		<b>Learning Activities (Grade 6)</b>		<b>Learning Activities (Grade 6)</b>		<b>Learning Activities (Grade 6)</b>	
<input type="checkbox"/> A Variety of Colours		<input type="checkbox"/> A Variety of Colours		<input type="checkbox"/> A Variety of Colours		<input type="checkbox"/> A Variety of Colours		<input type="checkbox"/> A Variety of Colours	
<input type="checkbox"/> Know Your Nutrients		<input type="checkbox"/> Know Your Nutrients		<input type="checkbox"/> Know Your Nutrients		<input type="checkbox"/> Know Your Nutrients		<input type="checkbox"/> Know Your Nutrients	
<input type="checkbox"/> Goal: Track Your Colours		<input type="checkbox"/> Goal: Track Your Colours		<input type="checkbox"/> Goal: Track Your Colours		<input type="checkbox"/> Goal: Track Your Colours		<input type="checkbox"/> Goal: Track Your Colours	
<b>Learning Activities (Grade 7)</b>		<b>Learning Activities (Grade 7)</b>		<b>Learning Activities (Grade 7)</b>		<b>Learning Activities (Grade 7)</b>		<b>Learning Activities (Grade 7)</b>	
<input type="checkbox"/> Food Advertising		<input type="checkbox"/> Food Advertising		<input type="checkbox"/> Food Advertising		<input type="checkbox"/> Food Advertising		<input type="checkbox"/> Food Advertising	
<input type="checkbox"/> Food Customs		<input type="checkbox"/> Food Customs		<input type="checkbox"/> Food Customs		<input type="checkbox"/> Food Customs		<input type="checkbox"/> Food Customs	
<input type="checkbox"/> Goal: Influences		<input type="checkbox"/> Goal: Influences		<input type="checkbox"/> Goal: Influences		<input type="checkbox"/> Goal: Influences		<input type="checkbox"/> Goal: Influences	
<b>Field Trips</b>		<b>Field Trips</b>		<b>Field Trips</b>		<b>Field Trips</b>		<b>Field Trips</b>	
<input type="checkbox"/> Supermarket		<input type="checkbox"/> Supermarket		<input type="checkbox"/> Supermarket		<input type="checkbox"/> Supermarket		<input type="checkbox"/> Supermarket	
<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	

Other Activities: