



Healthy Eating Weekly Log

GRADES K TO 3

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
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"/> 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	
Tasting Activities		Tasting Activities		Tasting Activities		Tasting Activities		Tasting Activities	
<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	
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™	
<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	
Learning Activities		Learning Activities		Learning Activities		Learning Activities		Learning Activities	
<input type="checkbox"/> Introduction		<input type="checkbox"/> Introduction		<input type="checkbox"/> Introduction		<input type="checkbox"/> Introduction		<input type="checkbox"/> Introduction	
<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"/> Size, Shape, Colour		<input type="checkbox"/> Size, Shape, Colour		<input type="checkbox"/> Size, Shape, Colour		<input type="checkbox"/> Size, Shape, Colour		<input type="checkbox"/> Size, Shape, Colour	
<input type="checkbox"/> Variety Within a Family		<input type="checkbox"/> Variety Within a Family		<input type="checkbox"/> Variety Within a Family		<input type="checkbox"/> Variety Within a Family		<input type="checkbox"/> Variety Within a Family	
<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"/> Where Do V & F come from?		<input type="checkbox"/> Where Do V & F come from?		<input type="checkbox"/> Where Do V & F come from?		<input type="checkbox"/> Where Do V & F come from?		<input type="checkbox"/> Where Do V & F come from?	
<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	



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MONDAY	DUR	TUESDAY	DUR	WEDNESDAY	DUR	THURSDAY	DUR	FRIDAY	DUR
Learning Activities cont'd		Learning Activities cont'd		Learning Activities cont'd		Learning Activities cont'd		Learning Activities cont'd	
<input type="checkbox"/> Growing		<input type="checkbox"/> Growing		<input type="checkbox"/> Growing		<input type="checkbox"/> Growing		<input type="checkbox"/> Growing	
<input type="checkbox"/> Growing Vegetable Soup		<input type="checkbox"/> Growing Vegetable Soup		<input type="checkbox"/> Growing Vegetable Soup		<input type="checkbox"/> Growing Vegetable Soup		<input type="checkbox"/> Growing Vegetable Soup	
<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"/> Serving Size		<input type="checkbox"/> Serving Size		<input type="checkbox"/> Serving Size		<input type="checkbox"/> Serving Size		<input type="checkbox"/> Serving Size	
<input type="checkbox"/> What's in My Lunchbox?		<input type="checkbox"/> What's in My Lunchbox?		<input type="checkbox"/> What's in My Lunchbox?		<input type="checkbox"/> What's in My Lunchbox?		<input type="checkbox"/> What's in My Lunchbox?	
<input type="checkbox"/> V & F Poems		<input type="checkbox"/> V & F Poems		<input type="checkbox"/> V & F Poems		<input type="checkbox"/> V & F Poems		<input type="checkbox"/> V & F Poems	
<input type="checkbox"/> Food Puzzle Game		<input type="checkbox"/> Food Puzzle Game		<input type="checkbox"/> Food Puzzle Game		<input type="checkbox"/> Food Puzzle Game		<input type="checkbox"/> Food Puzzle Game	
Field Trips		Field Trips		Field Trips		Field Trips		Field Trips	
<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	
Supplementary		Supplementary		Supplementary		Supplementary		Supplementary	
<input type="checkbox"/> V & F Bingo		<input type="checkbox"/> V & F Bingo		<input type="checkbox"/> V & F Bingo		<input type="checkbox"/> V & F Bingo		<input type="checkbox"/> V & F Bingo	
<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 and Veggie CD		<input type="checkbox"/> Smart Fruit and Veggie CD		<input type="checkbox"/> Smart Fruit and Veggie CD		<input type="checkbox"/> Smart Fruit and Veggie CD		<input type="checkbox"/> Smart Fruit and Veggie CD	
<input type="checkbox"/> 5 A Day CD ROM		<input type="checkbox"/> 5 A Day CD ROM		<input type="checkbox"/> 5 A Day CD ROM		<input type="checkbox"/> 5 A Day CD ROM		<input type="checkbox"/> 5 A Day CD ROM	
<input type="checkbox"/> V & F Songs		<input type="checkbox"/> V & F Songs		<input type="checkbox"/> V & F Songs		<input type="checkbox"/> V & F Songs		<input type="checkbox"/> V & F Songs	
<input type="checkbox"/> V & F Jokes and Riddles		<input type="checkbox"/> V & F Jokes and Riddles		<input type="checkbox"/> V & F Jokes and Riddles		<input type="checkbox"/> V & F Jokes and Riddles		<input type="checkbox"/> V & F Jokes and Riddles	
<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	
Other:									