

Elk Grove Unified School District

Creating Healthy Environments in the Classroom

In the United States, over 15% of school-aged children and adolescents are overweight- three times the number of overweight children in 1980. Over the last two decades, this number has increased by more than 50% and the number of “extremely” overweight children has nearly doubled. Only 2% of school-aged children consume the recommended daily number of servings from all five major food groups! Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child.

Ideas for Creating Healthy Environments

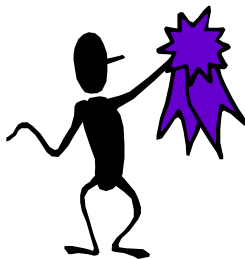


Activities to Celebrate the Child:

- Plan special party games and activities. Give erasers, pencils, or stickers as prizes.
- Give the children extra recess time. For birthdays, let the birthday child choose an activity to lead.
- Instead of a party, organize a special community service project.
- Have a healthy snack-eating contest. Make a chart of the student's favorite healthy foods.

Ideas for Alternatives to Using Food as a Reward:

- Make deliveries to the office
- Sit by a friend
- Eat lunch with the teacher
- Eat lunch in the classroom
- Fun video
- Extra recess
- No homework coupons
- School supplies
- Extra art time
- Paperback book
- Dance to favorite music at recess
- Stickers, pencils, bookmarks
- Play a favorite game
- Pick their own classroom job
- Reads a book to the class
- Show and tell



Healthy Food Ideas*

- Fruit smoothies
- Fresh fruit assortment
- Dried fruit, 100% fruit snacks
- Waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- Angel food cake, plain or topped with fruit
- Pizza with low-fat toppings
- Ham, cheese or turkey sandwiches or wraps (low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds *

For a detailed list of healthy snacks ideas, visit www.cspinet.org/healthysnacks

***Check for food allergies before serving.**