

Steps to Health Activities

Taste tests are NOT required for Steps to Health programs and you may choose to do these activities in lieu of taste tests.

Physical Activities:

- Energizers -lesson 3 ABC's of a Healthy School Environment
- Kids Club physical activities
- Color Me Healthy Songs/Dances -- liven it up for older kids
- Go to the Farm - Physical Activity role play

Use some of the activities found on the [NC Steps to Health](#) website.

[Kids' Corner](#) Activities from Nutrition.gov –

- Explore Digital Nutrition Resources like -- Blast Off! ; A Color Adventure!
- MyPlate for Kids

[FoodHero.org](#)

- Art and coloring sheets
 - Kids can create their own cafeteria marketing/nutrition education posters
- Online games and fun

Try using YouTube Learning Song videos for a dance party

Create a Student Nutrition Action Committee (SNAC) to help influence nutrition environment in the school

Investigate what the school lunch menu includes during the time you are teaching.

- Are there lunch items that go with the lesson that you are teaching this week that students can proactive the sensory experience?
- Ask the children what items that had for lunch fit into the lesson you are teaching,