



# Nutrition Activities in Any Classroom

For Junior and Senior High

A Teacher's Guide



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## **Instructions on How to Use the Teacher's Guide**

This guide contains everything you need to offer interactive nutrition education to your junior high and high school students, including printable station titles, instructions, worksheets and activity materials. Each station can be completed as a stand-alone activity. They do not have to be completed in the same order as in the guide. An overview of the stations is located in **Table 1**. References available upon request.

### **Each station contains:**

#### **Activity Description**

#### **Key Messages**

#### **Station Materials**

- Includes hand-outs and other materials needed for the students to complete the activity
- The Canada Food Guide Snapshot can be ordered [here](#). It can take several weeks for the resource to arrive.

#### **Set-Up**

- It is recommended to review the hand-outs and activity materials in advance of facilitating the station.

#### **Answer Key for the Activity**

#### **Discussion Questions and Answers**

#### **Supplementary Information and Resources**

- Provides optional additional background information for the teacher to extend learning on the topic.

## **Ideas on How to Use the Activity Stations in your Classroom**

1. **Semester-long stations:** Provide an overview of each station at the start of the semester. Post stations on the classroom walls for students to complete at their own pace over the semester.
2. **Student-directed projects:** Provide an overview of each station allowing individual students (or groups of students) to choose a station for their self-directed project. Students can present their findings back to the class.
3. **Complete 1 station per class:** ~45 minutes per activity and discussion. Follow 3 simple steps:
  - a. Introduce the key nutrition messages and outcomes of the station.
  - b. Have students complete the station worksheet (individually or in groups).
  - c. Go over worksheet answers (if applicable). The follow-up discussion questions can be used in class discussion, small group or individual work.