



NOURISH TO FLOURISH

2025 Nutrition
Month Guide

for Elementary
School Teachers

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Introduction



Dear Teacher,

Nutrition Month is an important time to raise awareness about the role of healthy eating in the overall well-being of students. As teachers, you play a crucial role in shaping students' attitudes toward nutrition by fostering healthy habits that can last a lifetime. This document serves as a guide to help you integrate nutrition-focused activities, lessons, and discussions into your classroom.

By engaging students in interactive learning experiences, promoting nutritious food choices, and encouraging a positive relationship with food, we can create a school environment that supports both physical and mental health. Together, we can empower students to make informed dietary choices and develop a foundation for lifelong wellness.

This guide is filled with ideas and resources to make your Nutrition Month planning easy and user-friendly. All activities suggested in this guide were screened by an EMSB dietitian to make sure that they are fun, informative and, most importantly, easy to do in class! Keep reading to find out more about our theme, *Nourish to Flourish*, and discover our resources.

Nutritionally yours,

Your EMSB Dietitian



The Theme

Before checking out our resources, familiarize yourself with this year's theme : *Nourish to Flourish*. The aim is to look at food under a different light and honor the different roles that it plays in our lives.

This year's theme **NOURISH TO FLOURISH** highlights the importance of food in 3 spheres of our lives:

How food nourishes :

the body



Food is fuel

Food is the fuel used by our bodies on a daily basis. Our bodies need a variety of nutrients, like vitamins, minerals and macronutrients to properly function and keep us healthy.



vitamin C

boosts



immune system



calcium & vitamin D

strenghtens



bones

the soul



Food is comfort

Food is deeply connected to the soul and emotions, serving as a source of comfort, nostalgia, and even healing. Certain flavors and scents can evoke memories, transporting us to moments of joy, love, or warmth. Food nourishes the spirit, offering solace in times of sadness and celebration in moments of happiness.

the community



Food is sharing

Food connects families at the dinner table, strengthens friendships through shared meals, and unites communities through traditions and celebrations. By celebrating food as a source of togetherness, we can inspire students to develop a deeper respect for where their food comes from, the people who prepare it, and the traditions that shape their eating habits.

Use our resources to honor and celebrate the different roles of food in our lives with your students.

Organizing your Nutrition Month

Here are a few suggestions of activities that you can complete with your students during Nutrition Month to highlight the *Nourish to Flourish* theme.



Reading



Consult Nutrition Month reading resources tailored by EMSB librarians

Cooking Workshops



Try one of these easy and fun recipes with your students (no baking required!).



click on any picture to access the resource



Calendar

in conjunction with the resources in our *Nourish to Flourish* guide.

MARCH 2025 K4 – K5				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LET'S GET THE PARTY STARTED!	4 MARCH BREAK	5 MARCH BREAK	6 MARCH BREAK	7 MARCH BREAK
10 In-Class Activity Kick-off nutrition month with the "Fishing for Food" activity	11 Draw Me... A picture of your favorite meal!	12 Snack Stop Ask students to bring a red snack to school	13 Show and Tell Share the picture you drew on Tuesday and explain to the class why you like it	14 Read a Book Read one of our suggested books on Sora with your students
17 In-Class Activity Try the "Food: A Source of Energy" resource.	18 Food Faces Use images of foods to create a face or a portrait!	19 Hydration Station Prepare a water bar with different fruits, vegetables and herbs that students can put in their water.	20 Search and Find Try one of the Search and Find images	21 Read a Book Read one of our suggested books to your students
24 Online Game Try the suggested online game	25 Coloring Time! Download and print out some of our food coloring pages and have	26 Cooking Recipe Try one of our suggested classroom friendly recipes	27 Nursery Rhymes Do the activity labeled "human body" in the resource section of the website!	28 Read a Book Read one of our suggested books to your students

Need inspiration? Use our calendar template to follow along during Nutrition Month

Activities



Keep scrolling to find classroom activities for your students to complete this month!

All activities are user-friendly, fun and simple to follow!





ACTIVITIES

Select activities based on your grade

K4 - K5

Cycle 1

Cycle 2

Cycle 3

K4 – K5



click on any picture to access the resource

Use our calendar in conjunction with these resources!

In-Class Activity



Food: A Source of Energy

Learn about food and energy. Includes a short video, a nursery rhyme and other in-class activities.

In-Class Activity



Fishing for Food

In-class activity (includes short video, teacher's guide, printable material and answer key)



Interactive Online Game



Rainbow Meal

In this interactive game, sort out the different foods by color to unlock full potential.

Teacher's guide [here](#)



Coloring Pages



Delicious coloring

Coloring pages with different types of food.

Game



Search and Find

Collection of "Search and Find" images to print or project on smartboard.

French available [here](#)

Nursery Rhymes



Pat le mille-pattes

Students will discover different facets of food while signing and dancing.



Nutrition Passport



If you've ordered your Nutrition Passport this year, now is a great time to use it!

Cycle 1



click on any picture to access the resource

Use our calendar in conjunction with these resources!



In-Class Activity



Discover Canada's Food Guide

In-class activity (includes short video, teacher's guide, printable material and answer key)



In-Class Activity



Hydration

Learn about the importance of hydration. Includes short video, teacher's guide, printable material and answer key.

FR

In-Class Activity



Inspecteur légumes

Discover local and imported fruits and vegetables. Includes Prezi and teacher's guide.

FR

Coloring Pages



Coloring

Fun food-related coloring pages.

Game



Food bingo

This kit includes calling cards and 30 different bingo cards.

Instructions [here](#)

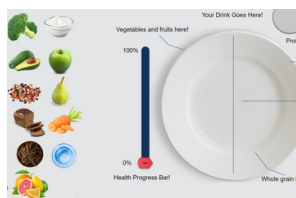
Handout



Monster Sized Hunger

Fun and short nutrition-related word games.

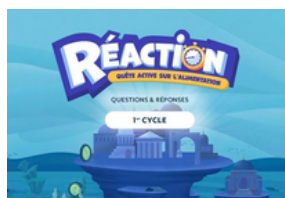
Interactive Online Game



My Super Duper Super

In this quick interactive game, students can sort out foods into the right food group.

Video



Réaction Active Quest

15-minute interactive video. makes students move while learning about nutrition.

FR

Video



Food Guide's Healthy Habits

Series of 5 videos (some only in French) on healthy eating habits.

Cycle 2



click on any picture to access the resource

Use our calendar in conjunction with these resources!

In-Class Activity



Pack a Snack

In-class activity (includes short video, teacher's guide, printable material and answer key)

FR

In-Class Activity



Macronutrients

Learn about the importance of macronutrients. Includes short video, teacher's guide, printable material and answer key.

FR

In-Class Activity



Le marché en cours

This activity will familiarize students with the differences in new and old food systems.

FR

Coloring Pages



Coloring

Fun food-related coloring pages.

Game



Food bingo

This kit includes calling cards and 30 different bingo cards.

Instructions [here](#)

Handout



C.F.G. Mission

Discover the Food Guide with these short nutrition-related games.



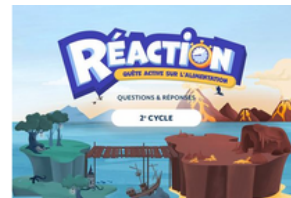
In-Class Activity



Deconstructing the Cereal Box

Get students thinking about the role of advertising in consumer products and design their own cereal box.

Video



Réaction Active Quest

15-minute interactive video. makes students move while learning about nutrition.

FR

Video



Food Guide's Healthy Habits

Series of 5 videos (some only in French) on healthy eating habits.

Cycle 3



click on any picture to access the resource

Use [our calendar](#) in conjunction with these resources!



In-Class Activity



Deconstructing the Cereal Box

Get students thinking about the role of advertising in consumer products and design their own cereal box.

In-Class Activity



Vitamins and Minerals

In-class activity (includes short video, teacher's guide, printable material and answer key).

FR

In-Class Activity



Un voyage dans le temps

This activity will familiarize students with the differences in new and old food systems.

FR

Coloring Pages



Coloring

Fun food-related coloring pages.

Game



Food bingo

This kit includes calling cards and 30 different bingo cards.

Instructions [here](#)

Handout



C.F.G. Lab

Discover the Food Guide with these short nutrition-related games.

Video

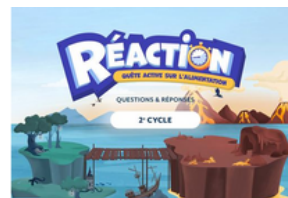


Body Image

Short video on body image.

FR

Video

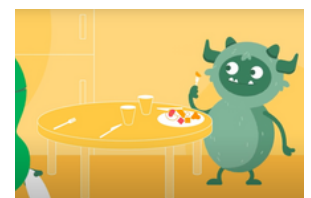


Réaction Active Quest

15-minute interactive video. makes students move while learning about nutrition.

FR

Video



Food Guide's Healthy Habits

Series of 5 videos (some only in French) on healthy eating habits.

A small black silhouette of an ant is positioned on the top edge of a dark green rounded rectangular sign. The background of the entire image is a vibrant green with stylized, overlapping blades of grass in various shades of green.

WEBSITES



Want more places to look for activities? Check out these websites



click on any picture to
access the resource



Rain or Shine

Health and wellness
resources for educators
and parents.

Éducation Nutrition



User-friendly
nutrition resources
for teachers.

Available in EN & FR



Food Is Science

Lesson Plans to teach
grade and topic specific
curriculum expectations.

Grades 3 to 6



La marmite éducative

Collection of
nutrition resources
for educators.



Cubes Énergie

Download their ready-
to-use activity booklet,
tailored to each age
group, and have fun!

Available in FR