

Use this calendar in conjunction with the resources proposed in our *Nourish to Flourish* guide.

MARCH 2025

K4 – K5


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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MARCH 2025

Cycle 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>LET'S GET THE PARTY STARTED!</p>	<p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>MARCH BREAK</p>			
<p>10 In-Class Activity</p> <p>Kick-off nutrition month with the “Discover Canada’s Food Guide” activity</p>	<p>11 Draw Me...</p> <p>A picture of your favorite meal!</p>	<p>12 Snack Stop</p> <p>Ask students to bring a red snack to school</p> 	<p>13 Show and Tell</p> <p>Share the picture you drew on Tuesday and explain to the class why you like it</p>	<p>14 Read a Book</p> <p>Read one of our suggested books on Sora with your students</p> <p>click here</p>
<p>17 In-Class Activity</p> <p>Try the “Hydration” resource.</p>	<p>18 Food Faces</p> <p>Use images of foods to create a face or a portrait!</p>	<p>19 Hydration Station</p> <p>Prepare a water bar with different fruits, vegetables and herbs that students can put in their water.</p>	<p>20 Food Bingo</p> <p>Play a game of “Food Bingo” with your students</p>	<p>21 Read a Book</p> <p>Read one of our suggested books to your students</p>
<p>24 Interactive Video</p> <p>Try the “Réaction Active Quest” with students for an active break!</p>	<p>25 Coloring Time!</p> <p>Download and print out some of our food coloring pages and have students color them</p>	<p>26 Cooking Recipe</p> <p>Try one of our suggested classroom friendly recipes</p>	<p>27 Handout</p> <p>Have students complete the “Monster Sized Hunger” handout</p>	<p>28 Read a Book</p> <p>Read one of our suggested books to your students</p>

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MARCH 2025

Cycle 2

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 LET'S GET THE PARTY STARTED!	4	5	6	7
MARCH BREAK				
10 In-Class Activity Kick-off nutrition month with the “Pack a Snack” 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 click here
17 In-Class Activity Try the “Macronutrients” 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 Food Bingo Play a game of “Food Bingo” with your students	21 Play a Podcast Listen to one of our suggested podcasts with your students 
24 Interactive video Try the “Réaction Active Quest” with students for an active break!	25 Coloring time! Download and print out some of our food coloring pages and have students color them	26 Cooking Recipe Try one of our suggested classroom friendly recipes	27 Handout Have students complete the “C.F.G. Mission” handout	28 Play a Podcast Listen to one of our suggested podcasts with your students

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MARCH 2025

Cycle 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
LET'S GET THE PARTY STARTED!	MARCH BREAK			
10 In-Class Activity Kick-off nutrition month with the “Vitamins and Minerals” activity	11 Cereal Box Start the “Deconstructing the Cereal Box” activity.	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 click here
17 Coloring Time Download and print out some of our food coloring pages and have students color them	18 Cereal Box Continue the “Deconstructing the Cereal Box” activity.	19 Hydration Station Prepare a water bar with different fruits, vegetables and herbs that students can put in their water.	20 Food Bingo Play a game of “Food Bingo” with your students	21 Play a Podcast Listen to one of our suggested podcasts with your students 
24 Interactive Video Try the “Réaction Active Quest” with students for an active break!	25 Cereal Box Continue or finish the “Deconstructing the Cereal Box” activity.	26 Cooking Recipe Try one of our suggested classroom friendly recipes	27 Handout Have students complete the “C.F.G. Lab” handout	28 Play a Podcast Listen to one of our suggested podcasts with your students

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