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

MARCH 2025 K4-K5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LET'S GET THE PARTY STARTED!	4 M	5 ARCH BRI	6 EAK	7
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 click here
 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 students color them	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



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endar in conjunction with the res ed in our <i>Nourish to Flourish</i> guid	ources le.	RCH 20	25 Cycle	1
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LET'S GET THE PARTY STARTED!	4 M	5 ARCH BRI	6 E A K	7
10 In-Class Activity Kick-off nutrition month with the "Discover Canada's Food Guide" 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 <u>click here</u>
17 In-Class Activity Try the "Hydration" 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 Read a Book Read one of our suggested books to 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 "Monster Sized Hunger" handout	28 Read a Book Read one of our suggested books to your students

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MARCH 2025

TUESDAY

MONDAY

3	4	5	6
LET'S GET THE PARTY STARTED!	M	ARCH BRI	EAK
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 Share th Share th on Tuese the cla
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 F Play Bi
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 Have stu "C.F.G.



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FRIDAY

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now and Tell

he picture you drew sday and explain to ass why you like it

Food Bingo

a game of "Food Singo" with your students

Handout

udents complete the . Mission" handout

14 **Read a Book**

Read one of our suggested books on Sora with your students

<u>click here</u>

²¹ Play a Podcast

Listen to one of our suggested podcasts with your students

²⁸ Play a Podcast

Listen to one of our suggested podcasts with your students

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-	e resources guide.	RCH 20	25 Cycl
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 LET'S GET THE PARTY STARTED!	4 M	5 ARCH BRE	6 AK
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 d on Tuesday and explain the class why you like
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 "Foo Bingo" 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 t "C.F.G. Lab" handout
	MONDAY MONDAY 3 LET'S GET THE PARTY STARTED! 10 In-Class Activity Kick-off nutrition month with the "Vitamins and Minerals" activity 17 Coloring Time Download and print out some of our food coloring pages and have students color them 24 Interactive Video Try the "Réaction Active Quest" with students	MONDAYTUESDAY34LET'S GET THE PARTY STARTED!4IO In-Class Activity Kick-off nutrition month with the "Vitamins and Minerals" activity11 Cereal Box Start the "Deconstructing the Cereal Box" activity.17Coloring Time Download and print out some of our food coloring pages and have students color them18 Cereal Box Continue the "Deconstructing the Cereal Box" activity.24Interactive Video Quest" with students25 Cereal Box Continue or finish the "Deconstructing the Cereal Box" activity.	MONDAYTUESDAYWEDNESDAY345LET'S GET THE PARTY STARTED!4510 In-Class Activity Kick-off nutrition month with the "Vitamins and Minerals" activity11 Cereal Box Start the "Deconstructing the Cereal Box" activity.12 Snack Stop Ask students to bring a red snack to school Image: Image: Ima

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FRIDAY

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14 **Read a Book**

Read one of our suggested books on Sora with your students

<u>click here</u>

²¹ Play a Podcast

Listen to one of our suggested podcasts with your students

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