

Magnets

Nutrition Lesson(s) Supported:

-Every Nurture Lesson!

Supplies Needed:

- Blank magnets for each child (business card-size)
- Markers (permanent)

Length of Time to Complete:

10 minutes

Audience (grades): K-5

Background:

Sometimes, it is helpful to have reminder so that we continue to make healthier food choices! Magnets can be posted on the fridge to remind a child of an important health tip. Brainstorm as a class helpful tips.

Examples: "Give Me 5!" "Can't read it? Don't eat it!" "Food for Fuel" "'Go' not 'Slow'"

Process:

Have each child decorate a magnet with a healthy tip or food reminder. These magnets can be posted on the fridge as health reminder; when they open the fridge, they will see message for healthy eating. For younger kids, you can have them draw pictures of their favorite 'go' foods.

