



Healthy Eating Presentations and Poster Making in School

Target Risk Factor:

Healthy Eating

Target Population:

Preschool (6 yrs & under)

Project Lead(s):

Josephine Harper (ADI)

Thelma Mason (CHR)

Esther Mason (CHR)

Marilyn McDougall (CHR)

Community:

St. Theresa Point

RHA:

Burntwood

Project Partners:

St. Theresa Point Elementary School and High School, students and teachers

Project Details:

Multiple event or ongoing project

Description:

Presentation on healthy eating and teaching nutrition in elementary school using the Canada Food Guide and the Aboriginal Traditional food guide. We had hands-on activities and students made own posters of the Canada & Traditional food guides.

Time:

The time to develop and length of this project was 3 months.

Objectives:

Promote healthy eating and making healthier choices among our children, youth and teachers. We want to prevent or prolong the onset of diabetes in our community.

Planning Supports:

We used the Canada and Aboriginal food guides to develop the project. We utilized our community elders for their knowledge and wisdom of traditional foods. The high school students assisted by drawing from the Canada food guide.

Results:

The number of participants varied from classroom to classroom, approximately 12 students per classroom. There are 24 classrooms in the elementary school. No evaluation was initiated; from my observation, however, the students were actively involved and enjoyed themselves.

What worked:

The posters worked, they were left at the school for display and used as a teaching guide and reminder of healthy eating.

What didn't work and any changes made:

We did not have enough posters but were able to make additional posters. Transportation was also a challenge.

Unexpected Outcomes:

After the school year during the Bannock Festival some children and youth approached me and remembered me presenting in their classroom. They followed me around talking about healthy eating and asking if I was making healthy choices. The presentations appear to have made an impact on their choice of foods, as well as being more conscious of others' choices.

Other notes:

We are in the planning stages of next school year for presentations with Junior High and High school students.

Resources**Volunteers:**

Community Health Representatives, students, teachers, elders and a home care worker

Facilities:

School and Health Centre

Equipment:

Paper, markers, books, pencils, crayons, Canada food guide and traditional food guide

Other:

Vehicle

Total Costs:

Approximately \$1500.00

Materials developed for program:

Pamphlets guide both Canada's and Traditional
Printed more copies in black and white- students coloured
Handouts- Children's book "Good Snack"
Posters-students made

Healthy Together Now / CDPI

Contact Information:

Bruce Krentz

Burntwood Regional Health Authority

bkrentz@brha.mb.ca