

2.7 Additional Activity: Kindergarten to Grade 8 *Paint Your Plate! Challenge*

What is the Paint Your Plate! Challenge?

A challenge that encourages teachers, students and their families to eat the daily amount of vegetables and fruit as recommended by *Canada's Food Guide*. It offers a fun and engaging way to encourage students in your class/school to eat more vegetables and fruit.

Why have the Paint Your Plate! Challenge?

- To help students and their families understand the importance of eating vegetables and fruit
- To increase students' knowledge of eating the recommended number of servings of vegetables and fruit each day
- To increase students' skills in choosing the recommended number of servings of vegetables and fruit
- To increase the variety of vegetables and fruit where food is available and/or sold in the school

How does the Paint Your Plate! Challenge work?

The challenge can be a school-wide event that involves every class or it can be run by an individual teacher within one classroom. Promote the challenge to the School Council, student council, teachers, support staff and school volunteers. If you decide to run the challenge as a school-wide initiative, you may want to form a short-term committee (eg, principal/vice-principal, parents, teachers, students) to plan, lead and evaluate the challenge and to coordinate the school-wide promotions.

Once you select a start date, each classroom can move forward. These steps are required to run the challenge:

- Teachers provide classroom healthy eating education that includes the key messages related to vegetables and fruit.
- Students and their families receive the Student Record Sheet that participants will use to record the daily intake of vegetables and fruit for one week. Students track the number of vegetables and fruit they eat over seven days, as well as the variety of vegetables and fruit by colour. Family members are encouraged to track their vegetable and fruit intake along with the students.
- Teachers collect tracking sheets and determine the winning family/class. For example, the class with the best tracking sheet return percentage wins.
- Before and during the challenge, school-wide promotions (eg, daily PA announcements, poster contest, newsletter inserts, and fact sheets for parents) take place. Offering these activities before and during the challenge will help students and their families to learn practical tips for eating more vegetables and fruit.

Paint Your Plate! Challenge Instructions

Are you up for the Challenge? Contact your school's public health nurse or your local public health dietitian to help bring this program to life in your school. They can provide information about what is involved in each of these areas and what has worked well in other schools, and can help in the overall planning process.

If you've decided to promote vegetables and fruit, follow these easy steps to make *Paint Your Plate!* come alive in your school!

Prior to the Challenge

1. Photocopy and send Parent/Guardian Flyer home with each student to prepare parents for the upcoming event. (see page 87)
2. Begin classroom healthy eating education about vegetables and fruit. Review the Teacher Backgrounder, including the key messages, and use the Curriculum-Matched Lessons to reinforce *Canada's Food Guide* and highlight vegetables and fruit.
3. Photocopy the *Paint Your Plate!* Challenge Parent/Guardian Letter and send home with students. (see page 89)
4. Prepare copies of student record sheets: Seven-Day Challenge: Student Record Sheet and the One-Day Colour Challenge: Student Record Sheet.
5. Promote the *Paint Your Plate!* Challenge Week in your class/school using the morning announcements.

During the Challenge

1. Encourage classes or students to create vegetables and fruit bulletin boards or door displays to launch the challenge week on day one (See Section 2.5 Additional Activities: Vegetables and Fruit Bulletin Board and Door Display Ideas for more information).
2. Provide students with copies of the Seven-Day Challenge: Student Record Sheet and One-Day Colour Challenge: Student Record Sheet
3. Continue with classroom teaching and activities.
4. Promote the challenge using the morning announcements.
5. Continue to send home vegetables and fruit resources (See 4.0 *In the Home*).

After the Challenge

1. Determine a challenge winner. If the challenge has been school-wide, select a classroom winner by greatest percentage of tracking sheets turned in and classroom door decorating or, if a classroom challenge only, choose a participating student via ballot.
2. Provide the *Paint Your Plate!* Challenge certificate for each student who returned the tracking sheets.

After the Challenge (cont'd)

3. Celebrate – classroom and/or school celebration. See section 3.2 *Classroom Celebration* for a list of celebration ideas.
4. Send Parent/Guardian Wrap-Up Letter with the Parent/Guardian Evaluation home for parents/guardians.
5. Have leader/organizer (principal, teacher, volunteer, etc) complete the *Paint Your Plate! Create a Masterpiece* Vegetables and Fruit Action Guide for Schools Evaluation (Appendix 1).
6. Have teachers complete the Teacher Summary Sheet. Return the Teacher Summary Sheet, Student Record Sheets (Seven-Day and One-Day Colour Challenge Recording Sheets), Parent/Guardian Evaluation and the Vegetables and Fruit Action Guide for Schools Evaluation to your local public health unit.

How to Promote This Challenge School-Wide

- Send through your school newsletter, Internet posting or homemade posters by the students.
- Display the *Paint Your Plate!* Challenge bulletin board in a prominent area to advertise to students and parents visiting the school.
- Have students read the *Paint Your Plate!* morning announcements daily.
- Encourage teachers to regularly promote this event during the challenge week. Teachers can review and consider additional classroom activities. See section 2.0 *In the Classroom*.



Paint Your Plate! Challenge



Attention All Parents and Guardians!

Paint Your Plate! Vegetables and Fruit Challenge is coming to your child's school and we invite you to participate in your home as well!

Be a great role model...enjoy eating veggies and fruit with your children!

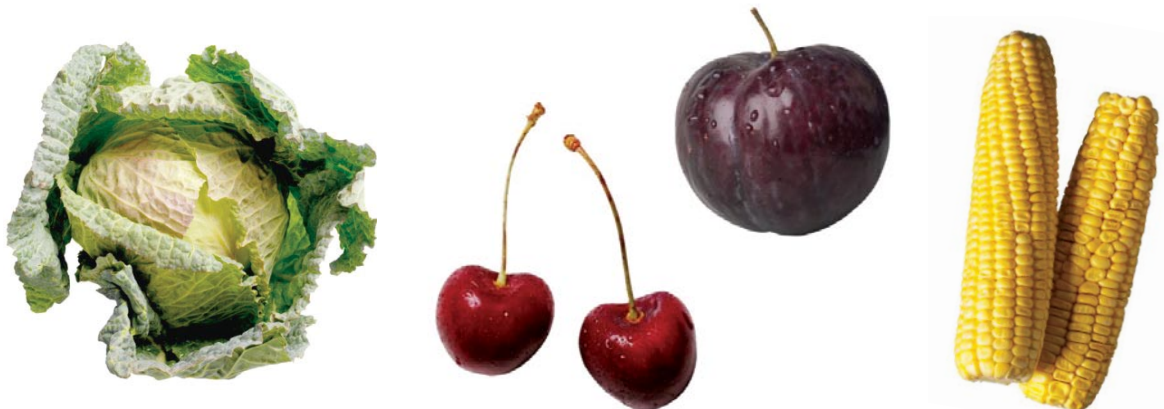
The *Paint Your Plate!* program will teach your children about nutrition and provide them with skills to reach the recommended number of servings of vegetables and fruit now and for the rest of their lives.

Teachers will lead healthy eating lessons in the classroom for one month prior to the *Paint Your Plate!* Challenge.

Join the fun. Make it a family event!

Paint Your Plate! with brightly coloured vegetables and fruit to create a masterpiece and achieve good health.

Watch for the parent resources coming home with your children.



Paint Your Plate! Challenge

Dear Parent/Guardian:

Your child's class/school has been invited to take part in a vegetables and fruit challenge supported by your local public health unit. The *Paint Your Plate!* Challenge aims to have students, teachers and their families eat the daily amount of vegetables and fruit recommended by *Canada's Food Guide* for one week and, hopefully, for a lifetime!

How does *Paint Your Plate!* work?

- Next week, your child will receive a form to record the number of servings of vegetables and fruit he or she eats each day for one week.
- Students will be encouraged to eat one or more servings of vegetables and fruit at every meal and snack.
- Students will be asked to record the total number of servings of vegetables and fruit eaten at all meals and snacks for each day of the challenge week using the *Paint Your Plate!* Student Record Sheets.

Students will be learning about healthy eating and vegetables and fruit in the classroom. You can support your child by reviewing the information brought home on vegetables and fruit and taking the challenge together. Please help your child complete the Student Record Sheets and record his or her vegetables and fruit intake together.

For participating in the challenge, all students will receive a certificate and the class will be eligible to participate in a draw for a vegetables and fruit celebration.

An evaluation form will be sent home with your child at the end of the challenge. Please complete it and send it back with your child the following day.

Thanks for helping with this important nutrition education!

Please alert the school if your child has a food allergy!



Paint Your Plate! Seven-Day Challenge: Student Record Sheet















Use this chart to track the number of vegetables and fruit you eat over the next **seven days**. Can you meet your *Canada's Food Guide* daily goal? Each time you eat one serving, check it off. Add up the number you eat each day in the right-hand column. Double your fun by challenging others in your family to track their vegetables and fruit intake, too!

What is One Food Guide Serving?

- 1 medium fresh vegetable or fruit,
- 250 mL (1 cup) salad, or raw leafy vegetables,
- 125 mL (1/2 cup) cooked leafy vegetables,
- 125 mL (1/2 cup) cut up raw, cooked, frozen or canned vegetables or fruit,
- 60 mL (1/4 cup) dried fruit, or
- 125 mL (1/2 cup) 100 per cent unsweetened vegetable or fruit juice.

What's my goal?

Age	Number of Food Guide Servings
Children (Girls and Boys) 4-8 years	5
9-13 years	6

Date	Vegetables ✓ (eg, carrots, broccoli, salad, tomato juice, potatoes...)	Fruit ✓ (eg, grapes, oranges, melons 100 % unsweetened juice, bananas...)	Daily Total
			
			
			
			
			
			
			

Name: _____

Class: _____

How did you score?

0-2 servings day – Keep Trying
 3-4 servings a day – Good Start
 5-6 servings a day – Awesome



Paint your plate.
Create a masterpiece.

Paint Your Plate! Create a Masterpiece
 Vegetables and Fruit Action Guide for Schools
 NHEP ©2007

Paint Your Plate! One-Day Challenge: Student Record Sheet

Learn about the colour groups in the chart below.

<i>What Are the Five Colour Groups?</i>	
<i>Vegetables & Fruit Colour Groups</i>	<i>Vegetables & Fruit Examples by Colour</i>
Red	Cherries, red apples, red cabbage, cranberries, red grapes, red onions, pink/red grapefruit, watermelons, red peppers, beets, red tomatoes, raspberries, radishes, rhubarb
Yellow/Orange	Apricots, oranges, papayas, sweet potatoes, cantaloupes, peaches, lemons, yellow peppers, yellow squashes, carrots, mangoes, nectarines
Green	Avocados, limes, cucumbers, artichokes, green beans, green apples, asparagus, green cabbage, green grapes, broccoli, green peppers, brussels sprouts, peas, kiwis, spinach
Blue/Purple	Blackberries, plums, prunes, blackcurrants, blueberries, eggplants, figs, raisins, purple grapes, purple endive
White/Tan Brown	Bananas, garlic, onion, brown pears, parsnips, turnips, ginger, mushrooms, cauliflower

Use this chart to track your vegetables and fruit intake by colour for one day of the challenge. See if you can reach the goal of eating at least five or six servings, one from each colour group!

<i>Number</i>	<i>Colour</i>	<i>Name of the Vegetable or Fruit</i>
1	Red	
2	Yellow/Orange	
3	Green	
4	Blue/Purple	
5	White/Tan/Brown	
Bonus	Any Colour	

Did you reach the goal of eating at least five or six servings, one from each colour group? Which colour group did you miss? Check the colour chart above and try a vegetable or fruit in that colour group.

Name: _____

Classroom: _____

Return to Your Teacher



Paint Your Plate! Challenge

Morning Announcements

Use these announcements to promote the school-wide *Paint Your Plate!* Challenge and to remind participating students to complete their Student Record Forms.

The Week Before the Challenge Begins

Next week we are launching the *Paint Your Plate!* Challenge to encourage everyone to eat five or six servings of vegetables and fruit each day. Your teacher will give you more information about the challenge. Take home the Parent Letter and ask your parents to take part in the challenge with you. With your participation, your class could win a vegetables and fruit celebration!

The Friday Before the Challenge Begins

Don't forget, on Monday we launch the *Paint Your Plate!* Challenge. To get started, do you know how many servings of vegetables and fruit you should eat every day? If you said five or six, depending on your age ... you were right! One serving is equal to one whole fruit like an apple or pear, or half a juice box of 100 per cent unsweetened fruit juice, or one large serving spoon of cooked vegetables. Get ready to *Paint Your Plate!*

Day One

Paint Your Plate! ... with vegetables and fruit! Today is the first day of our week-long *Paint Your Plate!* Challenge. Your teacher will give you a Student Record Sheet today so that you can keep track of all the vegetables and fruit you eat in the next week. Get your whole family involved in the *Paint Your Plate!* Challenge.

Day Two

Did you remember to check mark your record sheet for all the veggies and fruit that you ate yesterday? Pick one day of the Challenge also to take the One-Day Colour Challenge. For one day, record all the different colours of veggies and fruit that you eat. A great way to help you reach your goal is to eat a healthy breakfast. Have a small glass of juice, then put sliced banana on cereal or add canned fruit to yogurt. *Paint Your Plate!* with vegetables and fruit!



Paint Your Plate! Challenge

Morning Announcements (cont'd)

Use these announcements to promote the school-wide *Paint Your Plate!* Challenge and to remind participating students to complete their Student Record Forms.

<p>Day Three</p>	<p>Today is day three of the <i>Paint Your Plate!</i> Challenge. Veggies and fruit give you the energy to grow, play, learn and stay healthy. They make great snacks. Fill your lunch box with choices such as mini carrots with dip, vegetable juice boxes, individual fruit cups, grapes or apples. Don't forget to fill out your record sheet every day.</p>
<p>Day Four</p>	<p>Vegetables and fruit taste great! You should now be on day four of the <i>Paint Your Plate!</i> Challenge record sheet. Remember to use the Student Record Sheet every day to record the number of servings of vegetables or fruit that you eat. Many children do not eat nearly enough vegetables and fruit every day, so I hope you are trying to eat more!</p>
<p>Day Five</p>	<p>Tomorrow and Sunday are the last two days of our <i>Paint Your Plate!</i> Challenge. Remember to keep track of your veggies and fruit all weekend. If you haven't already taken the One-Day Colour Challenge, do it on the weekend. Go for colours – red, yellow, orange, green, blue, brown, white or tan veggies and fruit for better health. <i>Paint Your Plate!</i> with vegetables and fruit!</p>
<p>After the Challenge</p>	<p>Did you return your completed record sheet to your teacher today? Hope you enjoyed this activity! For great health throughout your life, continue to follow <i>Canada's Food Guide</i> every day. Thanks for participating in the <i>Paint Your Plate!</i> Challenge.</p>



Paint Your Plate! Challenge Certificate

Congratulations!

(name)

You have successfully completed the Paint Your Plate! Challenge.

*For great health throughout your life, continue to follow
Canada's Food Guide every day.*



*Paint your plate.
Create a masterpiece.*

(date)

(signature)



Date: _____

Dear Parent/Guardian:

Thank you for participating in the *Paint Your Plate!* Challenge. We encourage you and your family to continue to take the *Paint Your Plate!* Challenge every day, and to eat the daily amount of vegetables and fruit as recommended by *Canada's Food Guide*.

Please take this opportunity to provide feedback on the *Paint Your Plate!* Challenge by completing the evaluation and sending it back to the school with your child. Thank you in advance for your comments.

(Name, title)

Paint Your Plate! Challenge Evaluation

Please return this evaluation to the school tomorrow. Your comments are important to us.

1. **Did you enjoy the *Paint Your Plate!* Challenge?**

Yes No

If no, please explain: _____

2. **Did you find the instructions for the *Paint Your Plate!* Challenge easy to follow?**

Yes No

If no, please explain: _____

3. **Is this a good month to run the *Paint Your Plate!* Challenge?**

Yes No

If no, please explain: _____



4. Were there any challenges to packing vegetables and fruit in your child's lunch?

Yes No

If yes, please check off all that apply:

<i>Challenges</i>	✓	<i>Comments</i>
<i>Child is a "picky" eater</i>		
<i>Child has allergies</i>		
<i>Not sure what to pack</i>		
<i>Don't buy vegetables and fruit</i>		
<i>Other:</i>		

5. Did you receive any of the following resources to help with the challenge?

<i>Resources</i>	<i>Yes</i>	<i>No</i>	<i>If yes, how was it helpful?</i>
<i>Paint Your Plate! at Breakfast, Lunch and Dinner</i>			
<i>Tips for Getting Children to Eat More Vegetables and Fruit</i>			

6. Do you have any other comments or suggestions regarding the *Paint Your Plate!* Challenge promotion? _____

If you would like your name to be entered in a draw to win a prize, please provide the following:

Name: _____

Phone number: _____

School name: _____



Paint Your Plate! Challenge Teacher Summary Sheet

Teacher's name: _____

School: _____

Phone number: _____

Number of students: _____

Please return the following items:

- Teacher Summary Sheet
- Student Record Sheets (Seven-Day Challenge and One-Day Colour Challenge)
- Parent/Guardian Evaluations
- Vegetables and Fruit Action Guide for Schools Evaluation (see appendix)

Please return to _____ (public health dietitian)
by _____ (date). If you have any questions, please call _____
_____ (public health nurse/dietitian) at _____ (phone number).

