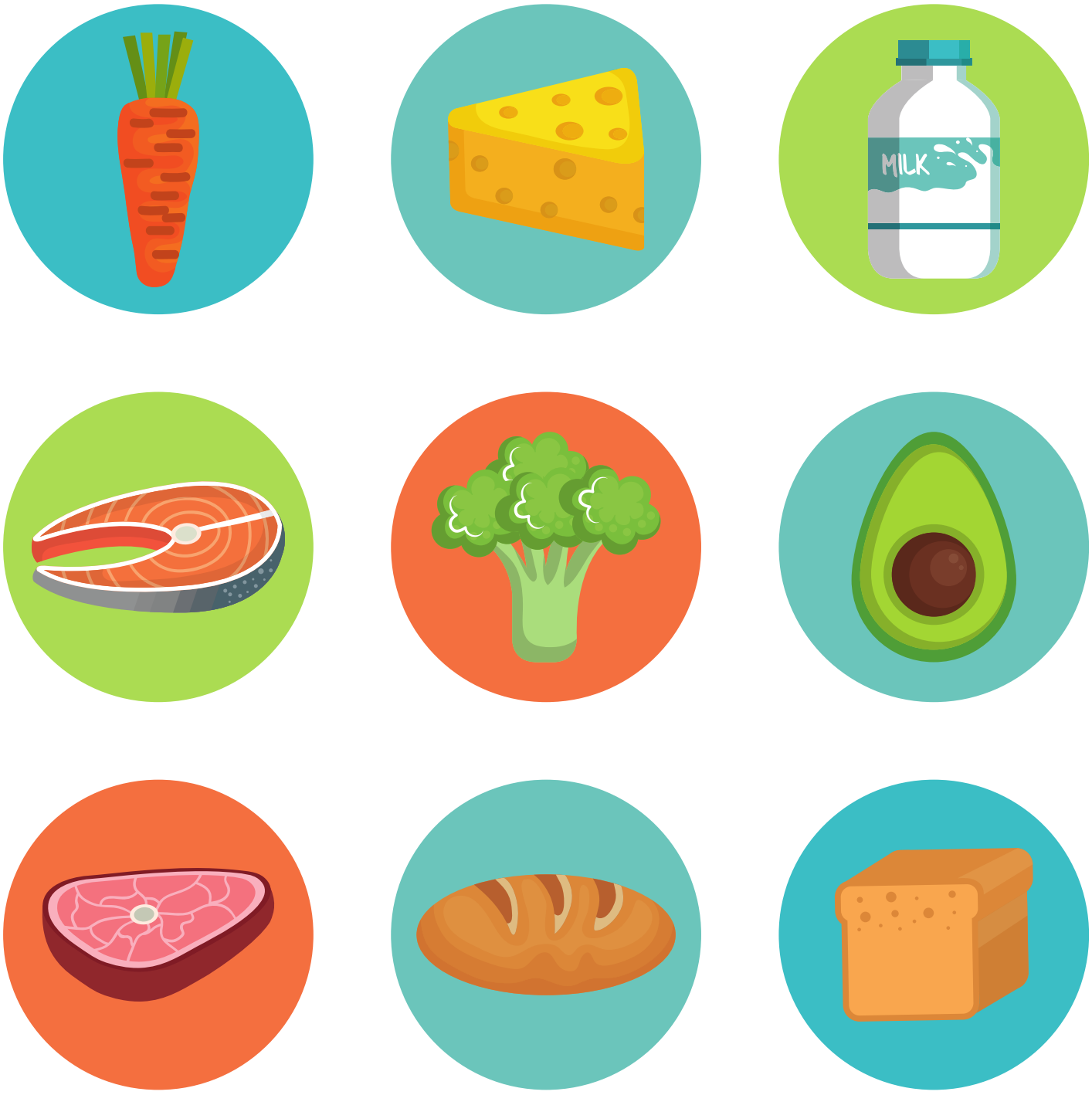
4-H YOUTH DEVELOPMENT
UTEXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE



NUTRITION MONTH ACTIVITIES

Make every bite count

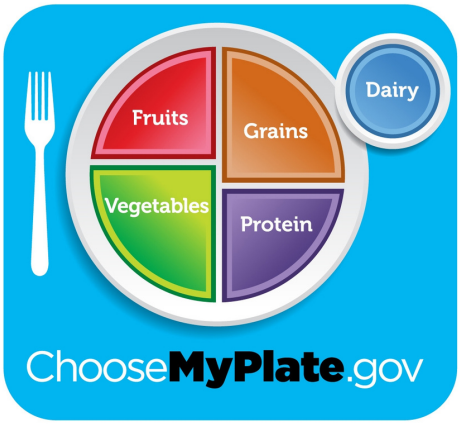
30 WAYS TO CELEBRATE NATIONAL NUTRITION MONTH

MY NAME:_____

DAY 1

MY GOAL FOR TODAY IS TO

Learn about **MyPlate**



This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

How much effort did I put in?

DAY 2

MY GOAL FOR TODAY IS TO

Celebrate Taco Tuesday with **homemade tacos**

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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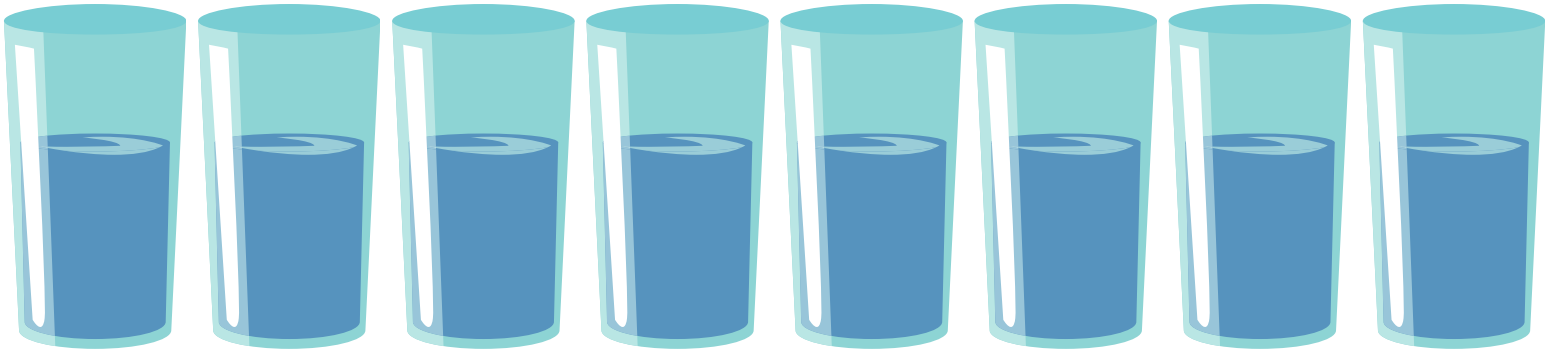
Was I able to meet my goal?

How much effort did I put in?

DAY 3

MY GOAL FOR TODAY IS TO

Drink more water ideally 8 glasses or 64 oz.



This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

How much effort did I put in?

DAY 4

MY GOAL FOR TODAY IS TO

Instead of ice cream try a blended banana soft serve. **Try this recipe!**

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 5

MY GOAL FOR TODAY IS TO

Take a break from eating in front of the TV or computer! Eat slowly and enjoy every bite.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 6

MY GOAL FOR TODAY IS TO

Try a green smoothie for breakfast or a snack.

You can try this recipe!

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

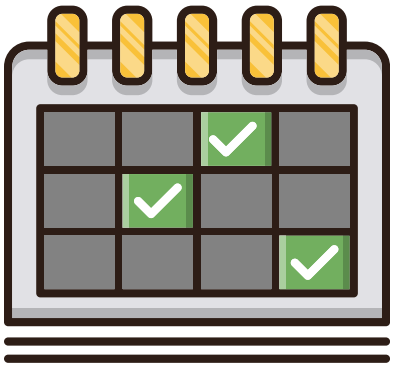
DAY 7

MY GOAL FOR TODAY IS TO

Make a meal plan for the week

Single dish planning

Weekly meal plan template



This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 8

MY GOAL FOR TODAY IS TO

Prepare satisfying snacks in advance.

Fill your pantry and fridge with healthy snacks, pre-portioned, and ready-to-go so you can easily grab them on busy days and avoid unhealthy options.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

How much effort did I put in?

DAY 9

MY GOAL FOR TODAY IS TO

Plan a taste with your family.

Purchase some new foods you may have not tried before. You can even add a little more fun by blind folding the taste tester and having them guess what the food is!

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 10

MY GOAL FOR TODAY IS TO

Try a new nut or seed today.

Consider almonds, pistachios, pecans, walnuts, sunflower seeds, pumpkin seeds, etc. Enjoy by themselves or add to a salad!

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 11

MY GOAL FOR TODAY IS TO

Organize a drawer or cabinet in the kitchen.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

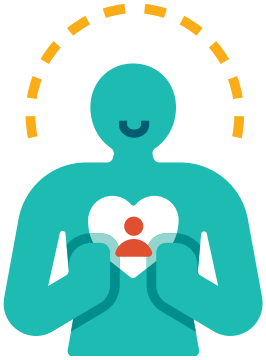
How much effort did I put in?

DAY 12

MY GOAL FOR TODAY IS TO

Practice **intuitive eating** today. Listen to your body's hunger and fullness cues.

Learn more here.



This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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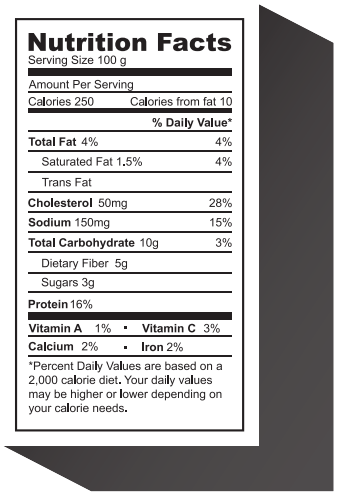
Was I able to meet my goal?

How much effort did I put in?

DAY 13

MY GOAL FOR TODAY IS TO

Learn about nutrition facts labels and how to read one. **Read how here.**



Nutrition Facts
Serving Size 100 g

Amount Per Serving
Calories 250 — Calories from fat 10

	% Daily Value*
Total Fat 4%	4%
Saturated Fat 1.5%	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 3g	
Protein 16%	

Vitamin A 1% • **Vitamin C** 3%
Calcium 2% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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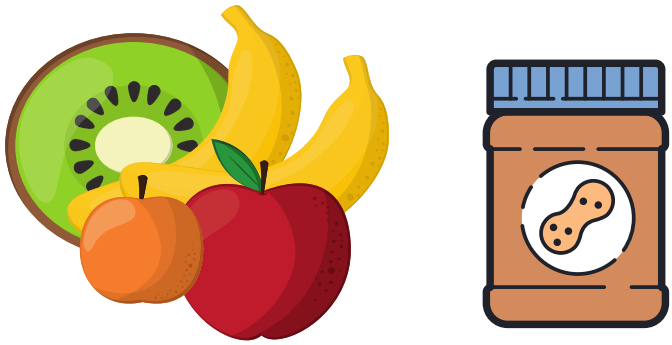
Was I able to meet my goal?

How much effort did I put in?

DAY 14

MY GOAL FOR TODAY IS TO

Curb your sweet cravings today with fresh fruit and peanut butter instead!



This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

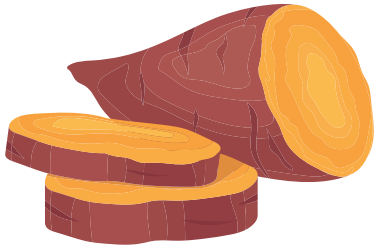
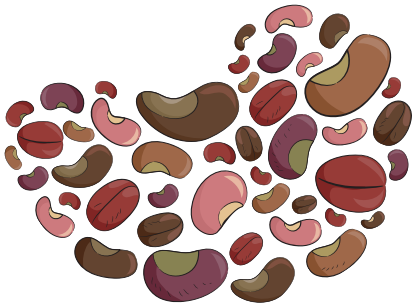


How much effort did I put in?

DAY 15

MY GOAL FOR TODAY IS TO

Search foods that are nutritious but less expensive. For example, beans, lentils, oats, eggs, sweet potatoes, etc.


This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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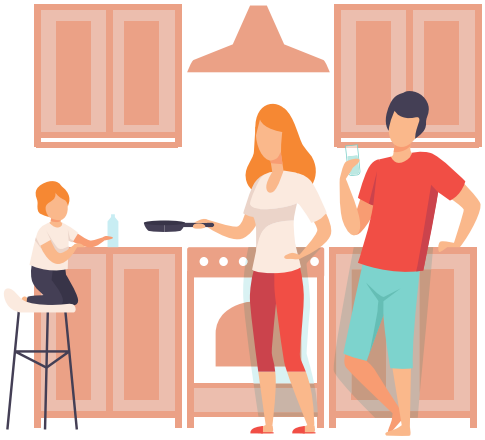
Was I able to meet my goal?

How much effort did I put in?

DAY 16

MY GOAL FOR TODAY IS TO

Plan a family dinner night where each member of the family makes a healthy dish.



This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 17

MY GOAL FOR TODAY IS TO

Determine where to shop for groceries this week. You can look in your local newspaper and online or at the store for sales and coupons.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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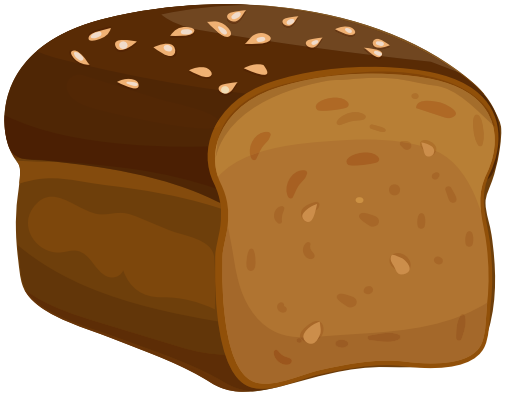
Was I able to meet my goal?

How much effort did I put in?

DAY 18

MY GOAL FOR TODAY IS TO

Trade in white rice, pasta, and bread for whole grain alternatives.



This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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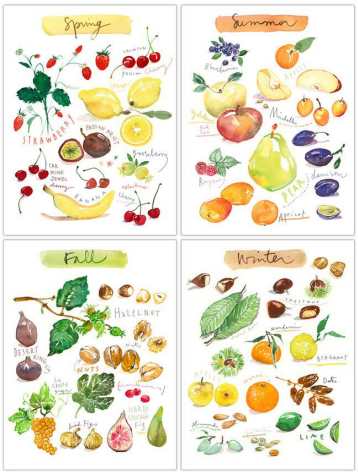
Was I able to meet my goal?

How much effort did I put in?

DAY 19

MY GOAL FOR TODAY IS TO

Research what fresh fruits and veggies are currently in season. These are easier to find in the store and are often cheaper than those not in season.



This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

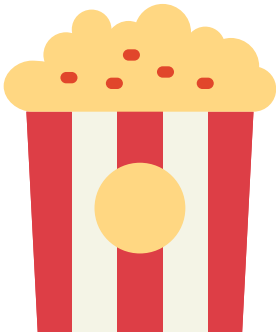
How much effort did I put in?

DAY 20

MY GOAL FOR TODAY IS TO

Make some homemade popcorn for a family movie night.

Click here for a recipe



This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

How much effort did I put in?

DAY 21

MY GOAL FOR TODAY IS TO

Get active today! Children and teens should get 60 minutes or more of physical activity each day.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 22

MY GOAL FOR TODAY IS TO

Eat the rainbow today! See how many different colors of fruits and veggies you can eat today.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

How much effort did I put in?

DAY 23

MY GOAL FOR TODAY IS TO

Make an effort to reduce food waste.

Check what foods you have on hand before going to the store. Plan meals to include ingredients you already have.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

How much effort did I put in?

DAY 23

MY GOAL FOR TODAY IS TO

Make an effort to reduce food waste.

Check what foods you have on hand before going to the store. Plan meals to include ingredients you already have.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

How much effort did I put in?

DAY 24

MY GOAL FOR TODAY IS TO

Go fast food free for a week!

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 25

MY GOAL FOR TODAY IS TO

Plan to eat as a family at least a few times for the next week. Set a regular mealtime.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 26

MY GOAL FOR TODAY IS TO

Make a chia seed jam. Eat it with some whole grain toast or mixed in with plain yogurt.

Give this recipe a try.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 27

MY GOAL FOR TODAY IS TO

Visit a local farmer's market.

Find one near you here.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

How much effort did I put in?

DAY 28

MY GOAL FOR TODAY IS TO

Try quinoa instead of rice or pasta with a meal today.

Here is a simple recipe.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?

How much effort did I put in?

DAY 29

MY GOAL FOR TODAY IS TO

Play the Snack Shack challenge to test your knowledge about healthy snack choices.

Visit the FDA's website.

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

DAY 30

MY GOAL FOR TODAY IS TO

Is there a fruit or veggie that you maybe do not love? Consider trying it again. Serve it in a new way. You may like it this time around!

This is what I can do to meet my goal today:

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One thing I could do to share with someone else about what I learned is:

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Was I able to meet my goal?



How much effort did I put in?

REFLECTING ON MY EXPERIENCE

How did participating in these nutrition activities make you feel?

How could you teach others about nutrition?

What does healthy eating mean to you?

Why do you think it is important to make healthy food choices?

What are some ways you can continue to make healthy food choices in your every day life?