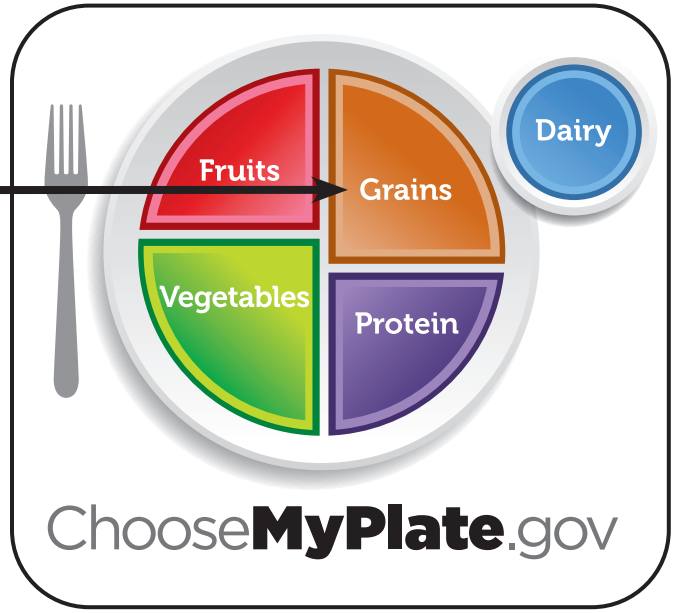
CAFETERIA SIGNS

On each page of this file is a different sign related to nutrition. The messages and concepts contained in the signs are discussed in the classroom and in physical education class and are included in video messages. Posting signs will help reinforce these important nutrition and physical activity messages and concepts. Review the signs and choose several for posting each Wellness Week. Following are some general guidelines for using the signs.

- Students are learning concepts related to these signs. Posting them will reinforce concepts students learn in the various **FFL: Elementary** activities.
- Look through all of the signs before making choices.
- Consider printing all the signs at once and saving them in a folder to reuse during different Wellness Weeks.
- A separate file (G10) in the General → General Signs folder contains nutrition signs called the ABCs of Nutrition. This file contains 26 signs, one for each letter of the alphabet with related nutrition images. These signs can be used with or instead of signs from this file for a given Wellness Week.

FITNESS FOR LIFE Elementary School

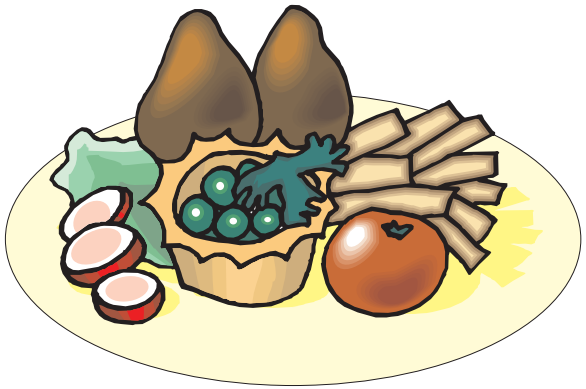
Orange is for grains!

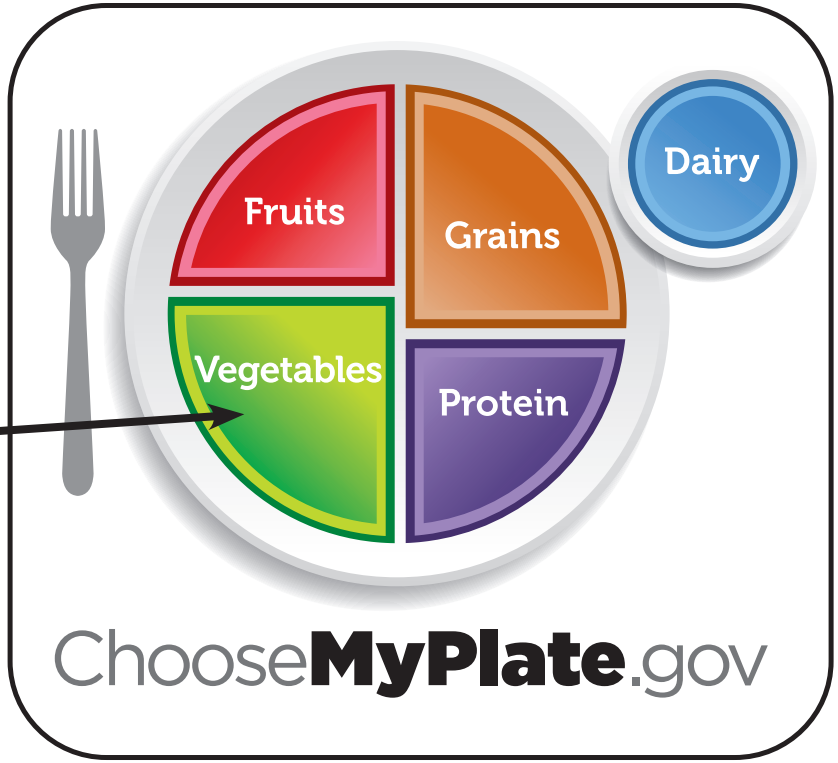


From **Fitness for Life: Elementary School** by Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Greiner, 2010 (Champaign, IL: Human Kinetics). MyPyramid for Kids from U.S. Department of Agriculture.

FITNESS FOR LIFE Elementary School

Green is for veggies!





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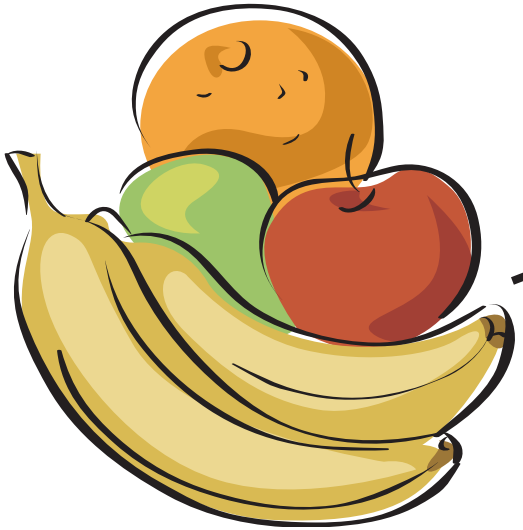
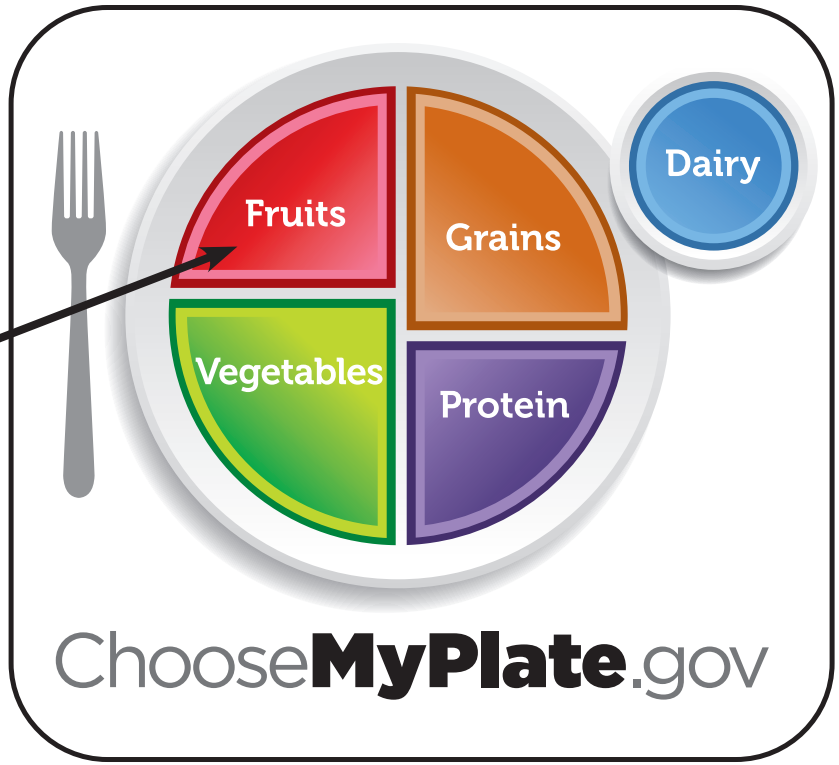
FITNESS FOR LIFE Elementary School





Red is for fruits!

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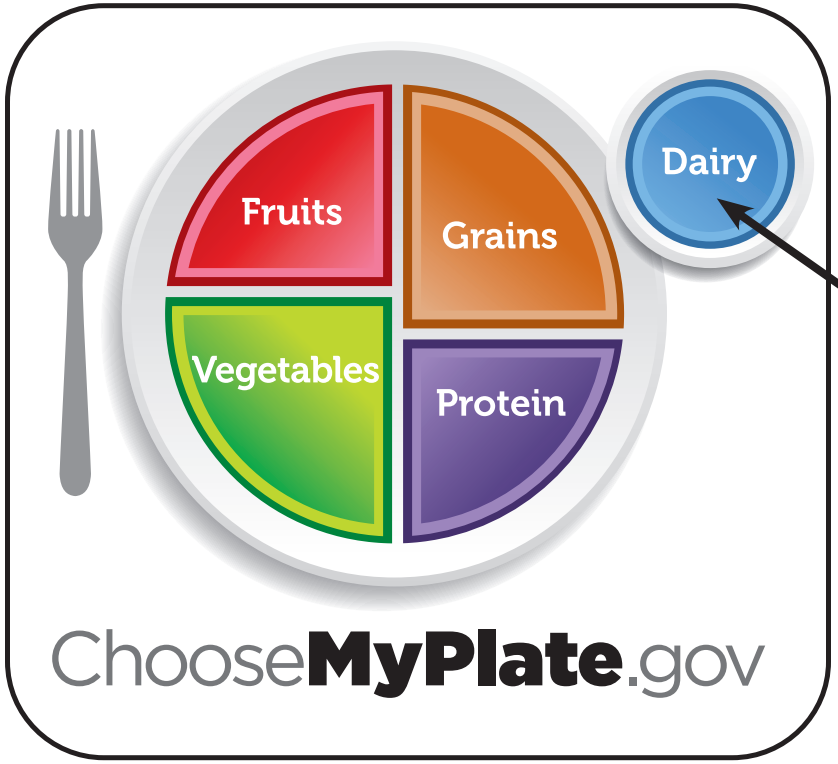
FITNESS FOR LIFE Elementary School

Blue is for dairy!



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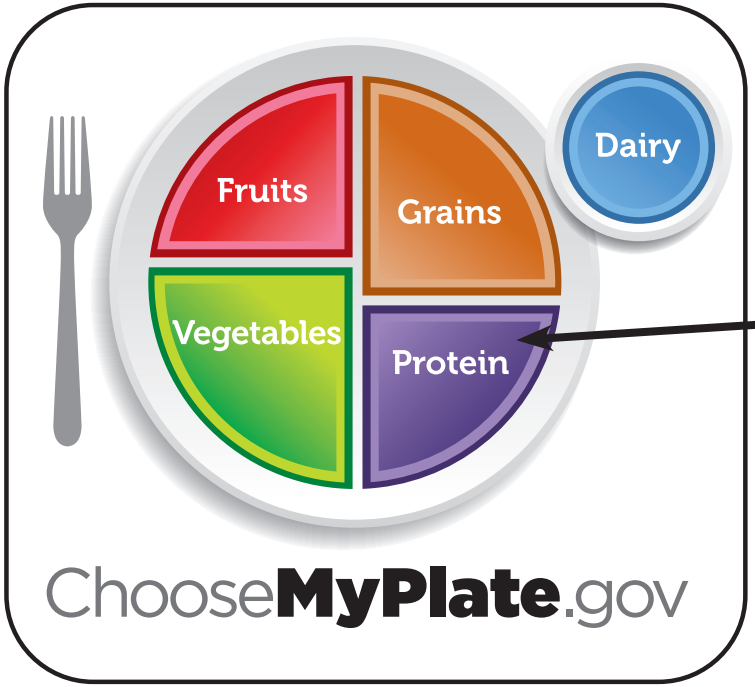
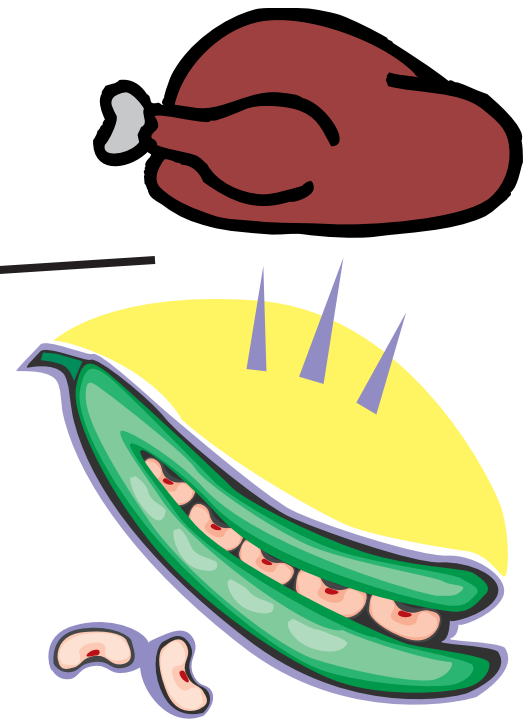
FITNESS FOR LIFE Elementary School

Purple is for protein!





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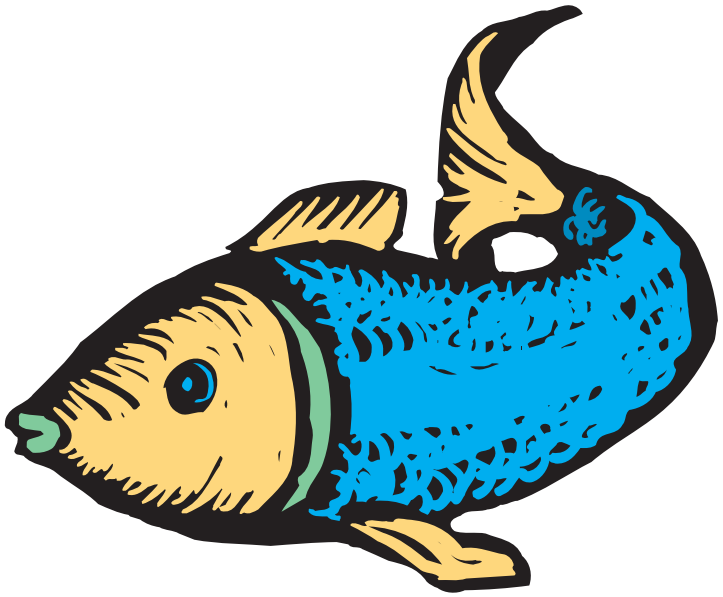
FITNESS FOR LIFE Elementary School

Fish oils are healthy fats.



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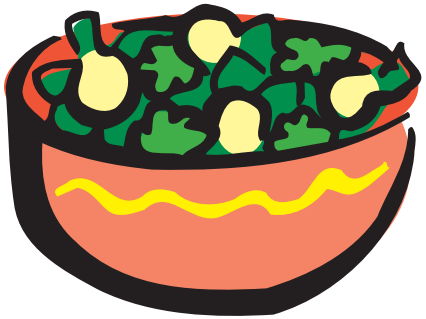
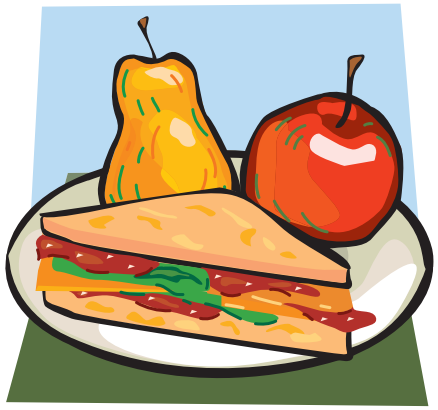
FITNESS FOR LIFE Elementary School



Life is full of choices. Choose healthy foods!



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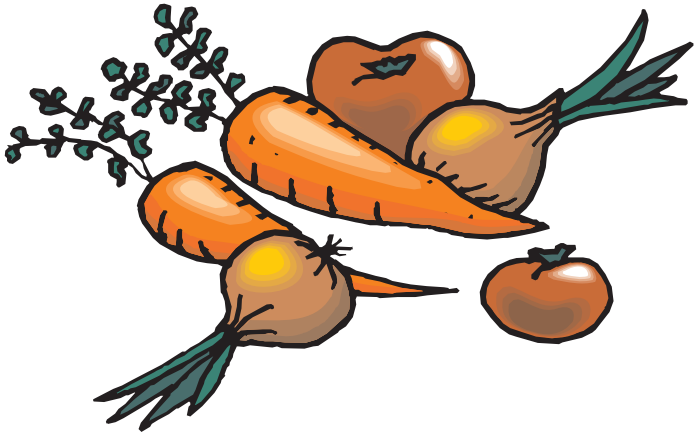
FITNESS FOR LIFE Elementary School



Be wise.
Eat well and exercise!

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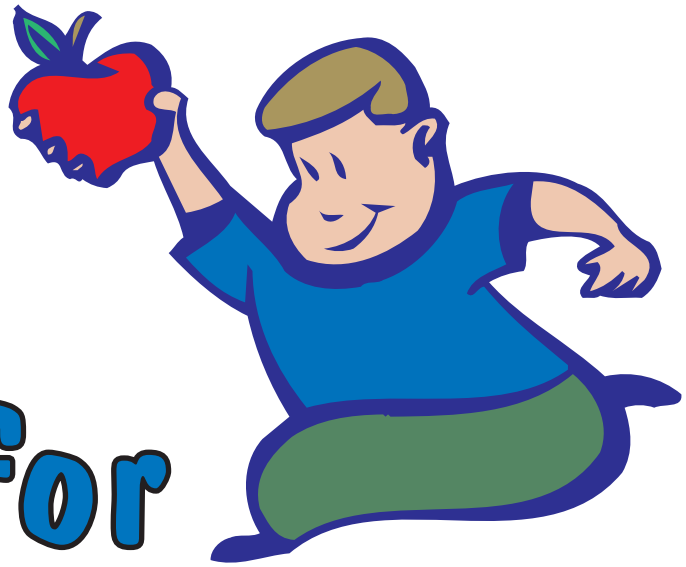
FITNESS FOR LIFE Elementary School

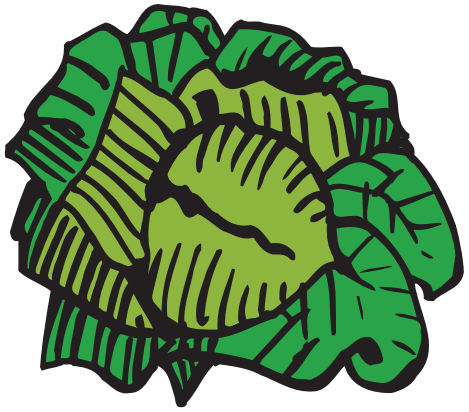


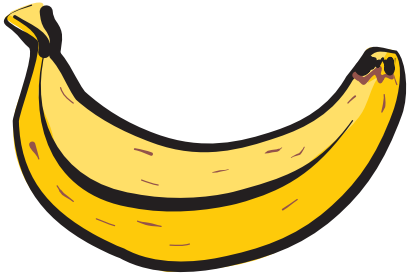
Food is fuel for learning and moving. Choose wisely!

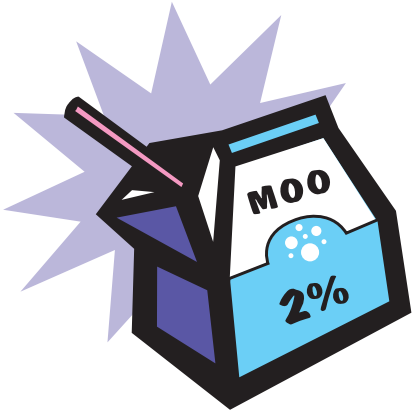
From **Fitness for Life: Elementary School** by Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Greiner, 2010 (Champaign, IL: Human Kinetics).

FITNESS FOR LIFE Elementary School

Did you eat the rainbow way today?







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FITNESS FOR LIFE Elementary School

Eat the rainbow way: every color, every day!

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FITNESS FOR LIFE Elementary School

Did you eat your 5 to 9 today?

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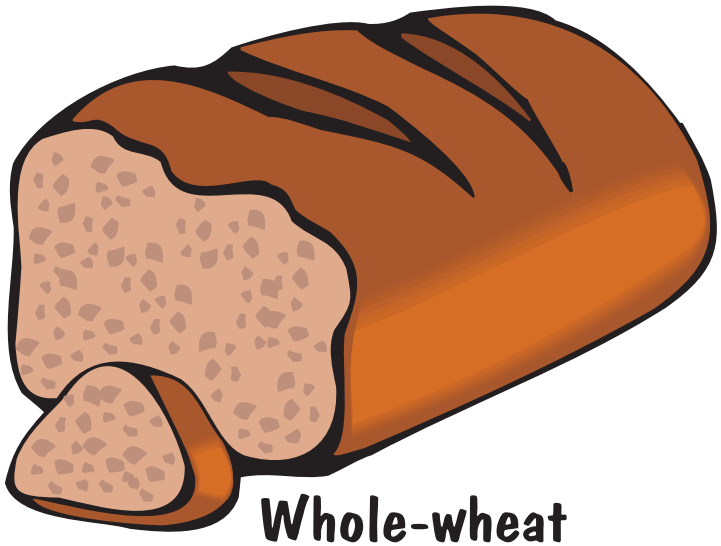
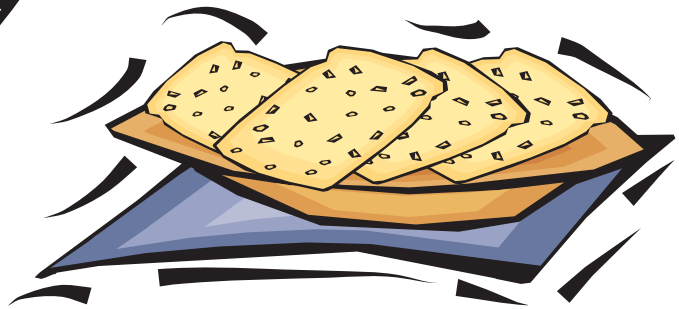
FITNESS FOR LIFE Elementary School

Make half your grains whole!

Oatmeal



Whole-wheat bread



Whole-wheat crackers

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FITNESS FOR LIFE Elementary School

Protein power! Get strong, live long!

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FITNESS FOR LIFE Elementary School

You are what you eat. Choose wisely!

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FITNESS FOR LIFE Elementary School

Avoid empty calories!

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