

# Fairfax County School Health Promotion March & April Morning Announcements



## Power Up A Healthy Plate

### Announcements (Elementary)

#### Two-Way Student/Teacher Dialogue

##### START

Teacher: Who can tell me an interesting fact about rainbows?

Student: I can! Rainbows help keep us healthy and strong.

Teacher: Really? How so?

Student: Well, my parents always tell me that I should fill my plate with foods representing the colors of the rainbow. They say fresh foods give you all the energy and nutrients you need to be your best.

Teacher: That's true. Eating healthy foods not only builds strong muscles and helps prevent illness, but it gives you the energy you need to do the things you love to do – like learning at school and playing outdoors, or

...

Student: Or trying to find a pot of gold at the end of the rainbow!

##### END

