

## ***5-2-1-Almost None* Bulletin Boards**

### **Ideas for Relating 5-2-1-Almost None to Subject Areas**

Subject	Bulletin Board Title	Relate to 5-2-1-Almost None
<b>Drama</b>	GRRRRRREAT...	Ways to eat fruits and vegetables
	In the Spotlight	New fruit or vegetable, new physical activity
	Presenting...	Fruit or vegetable of the week
<b>Mysteries</b>	It's No Mystery Why...	Fruits and vegetables and physical activity are good for you—explore reasons
	Solve the Case of...	There's nothing to do... by creating your own physical activity (VERB materials)
	Mission Possible	5-2-1-Almost None goals
	Follow the Clues	Fruit and vegetable trivia
	Good Detectives THINK	Create your own physical activity—VERB materials
<b>News/Writing</b>	Extra! Extra! Read All About It	New fruit or vegetable discovered (see Science-Be a Scientist)
	Who's who in Fruits and Vegetables...	Fruit and vegetable trivia
	Good News	Praise classrooms or individuals for 5-2-1-Almost None healthy behaviors
	Newsflash!	Feature healthy fruits and vegetables offered in school lunches
	Have You Heard?	Relate to cafeteria options or event promotion
	Introducing...	5-2-1-Almost None all-stars or events
<b>Science</b>	Dig Up the Facts on...	The food you eat by reading food labels
	Be A Scientist	Create an imaginary fruit from a combination of real ones, draw it and name it
<b>Social Studies/Writing</b>	Dear Mr. President	Letter about needing physical activity time in school
	Our School Today	What would you change about healthy eating, physical activity, TV viewing, sugary beverages in your school? What do you like?
	This is MY Country	What would you change about healthy eating, physical activity, TV viewing, sugary beverages you ran the country? What do you like?
	Our Community	Where can we be active? Where can we get healthy foods?
	America the Beautiful	Which fruits/vegetables are grown in which states?

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<b>Space/Exploration</b>	Explore New Worlds	New fruits and vegetables
	Aim High	More than 5 fruits and vegetables a day
	Stay in Orbit	How do students stay healthy? Share challenges and tips.
	Up, Up, and Away	How many ways can you get off the couch and be active? How many activities involve "airtime?"
	Zoom Ahead	Promote vigorous physical activities that involve speed
	10-9-8-7-6-5-4-3-2-1- Blast Off...	To physical activity
	Ignite your engine...	By eating breakfast. Explore healthy breakfast options.
	Shoot for the Moon	Goals for physical activity, less screen time, more fruits and vegetables, fewer sugary drinks
	Out of This World	Fruit and vegetable sampling
	New Experiences Open Doors to New Adventures	New physical activity like yoga or food related activity like apple picking
<b>Sports</b>	On your Mark, Get Set, GO!	Physical activity or a 5-2-1-Almost None challenge
	Finish line	Relate to a 5-2-1-Almost None challenge or the Passport to Health
	Step across the state	Passport to Health
	You'll Flip Over...	Physical activity
	Spring into Action	Physical activity
	Busy hands and feet	Ideas for physical activity
<b>Time</b> (relate to time recommendations for 5-2-1-Almost None)	Make time for...	Physical activity
	Time is short!	Quick recipes for healthy snacks
	Time Flies When You're Having Fun	Fun physical activities
<b>Tools</b>	Nail Down Nutrition Facts	Healthy eating
	Brain Builders	Nutrients in fruits and vegetables, whole grains, food pyramid
	Build a ...	New physical activity game, healthy breakfast, healthy lunch, healthy dinner, etc.)

Excerpted and modified from <http://teachingtips.com/articles/Dbulletinboards1.html>