2017-2018
Monthly Nutritional Themes Grades K - 12
White Plains Physical Education

September – Eating a Healthy Breakfast

October - Food Groups

November – Hydration / Drinking water over sugary drinks

December – Sugar

January – Fruits & Vegetables

February – Sleep & Relaxation

March – Making Healthy Food Choices

April – Portion sizes

May – Food Labels / Hydration (Elementary)

June – Review

***Grades K - 2 will revisit the Sept - Jan themes in Feb - June