



CONTEST IDEAS FOR TEACHERS

Secondary Schools

Video Contest

Organize a video contest using the theme of Huddle Up for Breakfast that can be used on morning announcements. Students must create a breakfast commercial that is one minute or shorter and demonstrates:

- Why breakfast is important for learning
- What kinds of choices are available at school for breakfast
- The importance of dairy at breakfast

Art Contest

Let your students' inner artist shine by hosting an art contest. Students must create a unique piece of art (poster, book cover, collage, etc.) that illustrates how a healthy breakfast and being physically active affects their body and mind.

Presentations

Use PowerPoint or other forms of media to create short presentations on topics such as:

- Why breakfast is important
- Healthy, balanced breakfast choices
- The importance of dairy at breakfast
- Why the balance of food and physical activity is important each day