**Healthy Nutrition Environment Squad Worksheet**

* **You have been called on to investigate areas of the school where food is sold.**
* **Word has it that food choices made at school have a great influence on what students eat over-all.**
* **The mission of your class squad is to find out if your school supports a healthy nutrition environment.**
* **Are there healthy choices available?**

1. How many food choices are available at your site?

2. How many of these are healthy food choices? (Count a healthy food as one that

would count as a choice from Canada’s Food Guide)

3. What percentages of food choices are healthy?

4. Are any foods displayed more prominently than others? Which ones?

5. How many food advertisements or posters of food are in the area?

6. How many of these are foods from Eating Well with Canada’s Food Guide?

7. Ask someone whom works at your site, which are the five most popular items, sold.

8. In your opinion, can healthy choices be made at this site?

Yes/No

9. Is this site an overall healthy site?

Yes /No