

## Celebrate Health Literacy Month!

- Take a field trip to a pharmacy or health clinic
- Invite a doctor to speak to your class
- Invite a patient advocate or navigator to speak to your students about insurance and local health service options
- Start a community garden
- Have a “Biggest Loser” competition, modeled on the popular TV show
- Create a healthy recipe book with your students using cultural traditions
- Host a health fair
- Invite someone from your county [Cooperative Extension Office](#) to talk with your students about healthy eating
- Bring in a nurse (or nursing students) to check blood pressure and other vitals on your students
- Host a yoga or Zumba class
- Listen to a [podcast from Helen Osborne](#), health literacy consultant
- Go through HealthCare.gov with your students
- Review a chapter from our Staying Healthy, Women’s Health, or Coping with Stress [curriculum](#)
- Take a field trip to the grocery store with your students to demonstrate how to eat healthy on a budget
- Train students in CPR and First Aid
- Do a math activity in which students calculate their Body Mass Index (BMI)
- Have a MyPlate.gov competition where students take pictures of their healthy meals to see how they match up with the recommended diet
- Compare nutrition facts on favorite foods to determine which ones are healthier