

REGIONAL PUBLIC HEALTH AUTHORITY OF THE MORAVIAN  
SILESIAN REGION IN OSTRAVA



# NUTRITION GUIDE PROJECT DAY



**EDUCATIONAL PROGRAM FOR SIXTH GRADE CHILDREN**  
aimed at healthy diet, food pyramid and fluid intake

## Project goals:

- Food pyramid basic principles
- Main keys of healthy lifestyle
- Source of vitamins and minerals
- Healthy drink options
- Most unconventional types of food



## Project day plan:

### Presentation

- Healthy Diet and Food pyramid principles
- Explanation of the team work, students are provided with work papers

### Team work

- What are the macronutrients and micronutrients
- Identifying of grain and seed
- Food pyramid
- The amount of sugar in particular drink
- Source of vitamins and minerals

### Work papers

- Confirmation of knowledge through the game (crosswords, picture identification)



### For more information, please contact

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