



Family Fun, Food, & Fitness Event Planning Guide 2012-2013

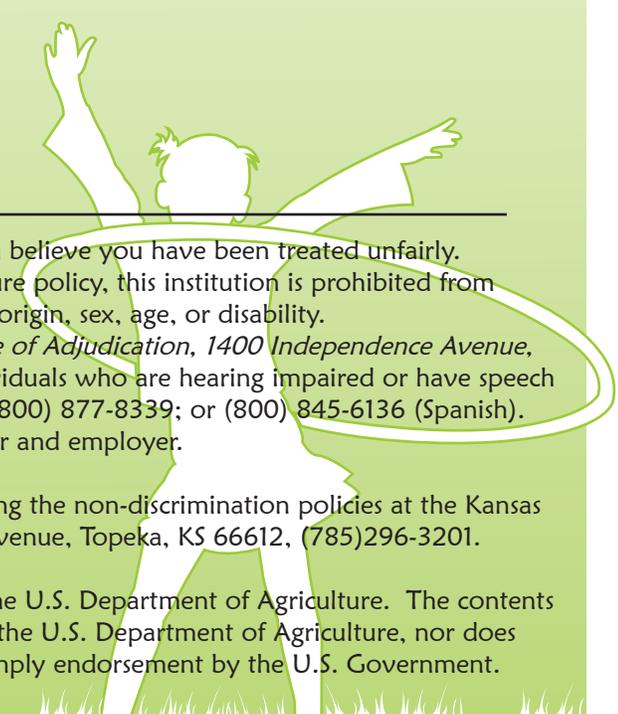


“Family is one of nature’s masterpieces.” -George Santayana



Welcome!

Introduction.....	5
Chapter 1: Planning Your Event	9
Chapter 2: Family-Friendly Physical Activities.....	19
Chapter 3: Nutrition Activities.....	59
Chapter 4: Building Community Support.....	129
Chapter 5: Evaluation	149
Appendix Documents.....	153



Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write to *USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington DC 20250-9410* or call (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas Department of Education: KSDE General Counsel, 120 SE 10th Avenue, Topeka, KS 66612, (785)296-3201.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



Introduction

Congratulations on your decision to host a Family Fun, Food & Fitness event! This comprehensive guide will help you plan one or more community events that engage parents, students, staff and community members. By hosting this kind of event, you can help participants practice healthful behaviors, encourage families to adopt these healthy behaviors together, and encourage adults to be healthy role models for the children they interact with each day.

The importance of family and community involvement in supporting a healthy school environment has long been recognized by government agencies and health professionals. Family and community members are so important to the health and wellness of children that the Kansas School Wellness Policy Model Guidelines specifically address this group. If Family & Community involvement is one of your school's new wellness policy goals, a Family Fun, Food & Fitness event using activities from this guide can help you reach the Advanced or Exemplary level of the Model Guidelines!

Families and communities play an important role in the health and wellbeing of a child. It is not enough to simply teach children about health; they need opportunities to practice these behaviors: engaging in physical activity and eating healthy, nutritious meals and snacks. Adults, acting as healthy role models, can reinforce these healthy behaviors, support healthy decisions, and shelter children from negative influences. By bringing parents, community members, and children together in a positive, healthy environment, you are not only supporting student health, but also helping to ensure that your healthy messages extend beyond the school grounds.

This guide will provide specific instructions to help you plan one or more quality community events that emphasize healthy lifestyle habits. Family Fun, Food & Fitness events will give parents and other adults the opportunity to engage in fun physical activities with children, learn more about nutrition, and prepare simple and healthy recipes as a family. Involving parents and community members is an exciting and important step toward improving student health and wellness. Enjoy your event!





Time Line and Requirements

Fall Grantees:

Applications Due: May 31, 2012

Event Must Be Completed By: December 31, 2012

Participant Tally Sheet (page 148) and Planning Guide and Event Evaluation (pages 149–150) due December 31, 2012 via survey monkey. See evaluation section for more information.

Spring Grantees:

Applications Due: October 31, 2012

Event Must Be Completed By: May 31, 2013

Participant Tally Sheet (page 148) and Planning Guide and Event Evaluation pages 149–150) due June 1, 2013 via survey monkey. See evaluation section for more information.

Use of Grant Funds and Accountability:

As you begin to plan your event please keep in mind the following guidance on how your mini-grant funds can and cannot be spent:

The majority of your funds should be expended on:

1. Purchase of ingredients needed for cooking/tasting activities at your event. Team Nutrition funds cannot be used to provide a meal for participants or volunteers. Recipes for cooking/tasting activities must promote one of the following Team Nutrition messages:

- Eat at a variety of foods
- Eat more fruits, vegetables and whole grains
- Eat lower fat foods more often
- Get your calcium-rich foods
- Be physically active

If you need assistance in finding appropriate recipes please contact a (Team Nutrition staff member.

2. Supplies needed for cooking/tasting activities such as napkins, cups and disposable flatware

Guidance on expending remaining Team Nutrition funds

Acceptable

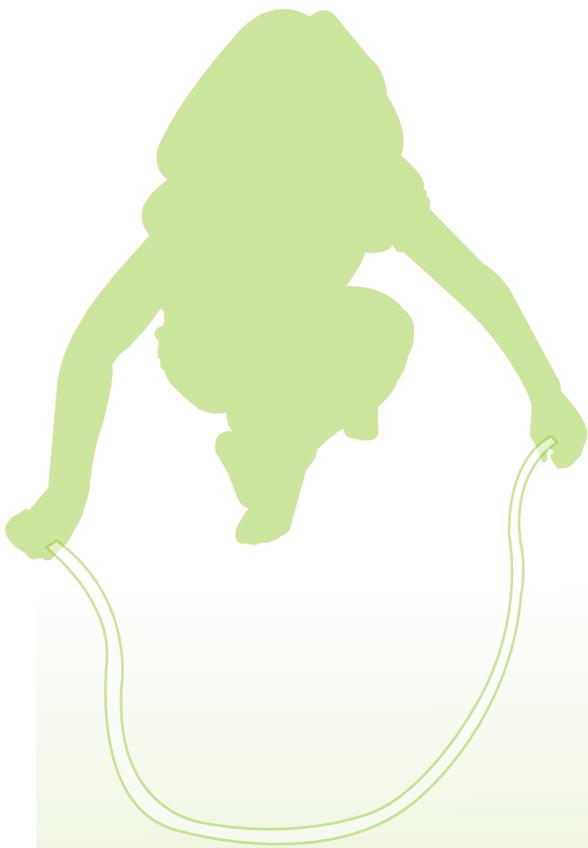
- Schools can spend up to \$25 (10% of grant funds) on small mobile kitchen equipment to be used for hands on food experiences at your event
- Posters, pamphlets, audiovisuals that reinforce the Team Nutrition messages, listed above
- Small, consumable supplies such as a few classroom jump ropes or hula hoops to help promote life-long physical activity habits
- Schools can spend up to \$12 (5% of the grant award) on promotional/incentive items. (Examples include items that promote/reinforce Team Nutrition messages.

Not Acceptable

- Providing a meal for participants or volunteers
- Foodservice operation equipment, such as salad bar equipment, refrigerators, food processors
- Medical or health services equipment related to health assessments (no funds can be spent on the measurement of height, weight, skin fold thickness, blood pressure, cholesterol, and blood glucose and iron levels)
- Pedometers or Award Pins
- Playground equipment, exercise/sports equipment, sports lessons (swimming, skating etc)
- Paying for the services of a for-profit physical fitness organization

You should keep receipts for your own records in the case of an audit.





If you have any questions about the Family Fun, Food and Fitness event or allowable costs of the mini-grant, please contact a Kansas Team Nutrition Staff Member.

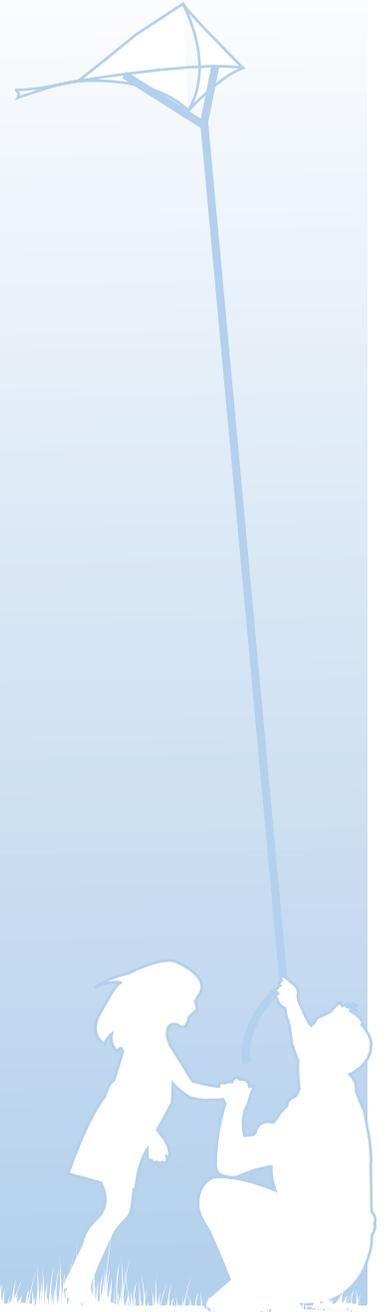
Jill Ladd RD, LD
Team Nutrition Project Director
jladd@ksde.org
785-296-2790

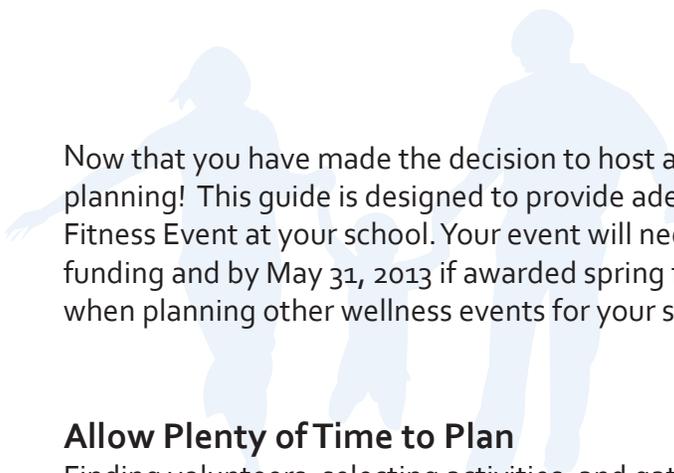
Emily Brinkman, RD, LD
Team Nutrition Consultant
ebrinkman@ksde.org
785-368-8039



Chapter 1

Planning Your Event





Now that you have made the decision to host a Family Fun, Food & Fitness event, it is time to start planning! This guide is designed to provide adequate resources for planning a Family Fun, Food and Fitness Event at your school. Your event will need to be completed by December 31, 2012 if awarded fall funding and by May 31, 2013 if awarded spring funding. This guide is yours to keep so feel free to utilize it when planning other wellness events for your school.

Allow Plenty of Time to Plan

Finding volunteers, selecting activities, and gathering the necessary materials and supplies takes time. If your event includes a presentation or activity by a county extension agent or member you will need to allow extra planning time to ensure that they are sure to allow adequate time to plan and promote your school's event to help experience.

Determine the Focus of Your Event

A catchy theme or phrase can help tie all the activities of your event together. Some of the success stories listed on the following pages have used this strategy to personalize their school's event. Once a focus or theme has been chosen, choose activities that best embody your event's theme. Be sure to inform volunteers of the theme, and include it in your promotional materials!

Determine Your Target Audience

Will this event involve all the students (K-12) in your district? Are you targeting a specific grade or grades? While the activities in this guide are designed to be appropriate for the entire family, some work better for families with small children while others are better suited to families with older children. This is only a guide, feel free to modify or adjust activities to best suit the needs of your audience.

Organize a Planning Committee

Planning a Family Fun, Food & Fitness event can be a time-consuming project. A date, time and location need to be selected, specific activities must be chosen, the event must be promoted, and volunteers must be recruited to set-up, lead activities, and clean up. Organize a planning committee to share the workload. It also helps to enlist the expertise of other school personnel, parents, and community members. Committee members from school may include: the school nurse, physical education teacher, classroom teachers, administrators and school food service personnel. Community members may include health professionals (doctors, dentists, nurses, dietitians, etc.), representatives of health agencies, extension service personnel, recreation center staff, local business owners, and even the media!

Choose a Date and Location for the Event

When considering a date for your event, be sure to consult your school and community calendars. Avoid dates where sporting events and popular community events are held. When selecting a location for your Family Fun, Food & Fitness event, be sure to consider the kinds of activities you will be having. Does the location have enough room for families to participate in the activities? If necessary, are electrical outlets easily accessible? Is your location handicap accessible? Is there adequate parking?

Select Activities for the Event

When selecting activities for your Family Fun, Food & Fitness event, be sure to consider your target audience and the focus of your event. In addition, consider the areas of expertise of the members of your planning committee or guest speakers. If one of the members of your planning committee is an excellent cook, or a talented volleyball player, look for ways to use those skills in your event.

Your event should include **both** physical activity and nutrition-related activities. The following two chapters will provide more detail and descriptions of the kinds of activities you can include in your event.

Promote Your Event!

Promotion is key to a well-attended Family Fun, Food & Fitness event. Send notes home with students, e-mail parents, promote upcoming events at parent teacher conferences, and include information about the event on your schools web page. Advertise to the community through newspaper or even on your local community television channel.

Use the Resources in this Guide!

To plan a Family Fun, Food & Fitness event, browse through Chapters 2 and 3. **You will need to have at least two physical activities and two nutrition activities at your event.** Pick your nutrition activities from the guide. If you have additional ideas for nutrition activities, please contact Jill Ladd or Emily Brinkman prior to hosting your event. Feel free to use the guide or brainstorm your own ideas for the required physical activities. Be creative! Be sure to pay attention to your own resources, location, date and time when selecting events for your school.

Once you have selected the activities that will make up your Family Fun, Food & Fitness event, read Chapter 4, which will provide important information on obtaining support from parents and your community. This type of support is an important contributor to the success of your event.

Many Kansas schools have successfully hosted a Family/Community Health Event, and the lessons they have learned can provide valuable insight to schools planning their first ever Family Fun, Food & Fitness event. The schools that follow, addressed student health and wellness by hosting at least one Family/Community Health Event during the 2011–2012 school year, using the Family Fun, Food and Fitness Event Planning Guide.

Abilene Middle School: A Balance of the Arts, Family Fun, Food and Fitness USD 435 -- Abilene

Abilene Middle School hosted its inaugural, "A Balance of the Arts, Family Fun, Food and Fitness Event" on April 30, 2012. The night kicked off with performances from the Jazz Band and Star Singers. Attendees were then released to enjoy art work created by students and visit the FACS classroom, where students had created a nutrition game, similar to the game "Jeopardy." Refreshments were served featuring student-made smoothies, low-fat granola and tofu cookies! Students demonstrated kitchen safety, proper measuring and mixing procedures and handed out recipes to attendees. Posters made by FACS students were displayed throughout the event promoting portion control, food labels, and an introduction to MyPlate. The physical education department took the opportunity to distribute student's individual fitness grams to parents. Demonstrations and information were also provided to parents to help improve their child's fitness at home! The planning committee felt their event was a success and believe that high attendance was in relation to combining their event with the Spring Showcase! Abilene Middle School plans to make this a yearly event and will expand the event to include more physical activities in its second year!

Country View Elementary: Eat the Rainbow USD 465 – Winfield

Over 400 students and parents participated in Country View Elementary's Family Fun, Food and Fitness Event Night. Participants had the opportunity to sample a variety of fruits and vegetables and were then able to vote on their favorite from each color group! The winning foods included cantaloupe (orange), pineapple (yellow), blackberries (blue/purple), dried cranberries (red) and kiwi (green). Animal stretches (yoga exercises), the book fair and having their faces painted were also a favorite of attendees!

Jackson Heights Elementary School: Escape the Junk Food Jungle USD 335 – North Jackson



Jackson Heights elementary took advantage of having a captive audience at its Fall Parent Teacher Conferences by hosting a Family Fun, Food and Fitness Event, "Escape the Junk Food Jungle" in conjunction with their conferences. Participants were able to participate in Water Bottle Bowling and a Feed the Monkey bean bag toss, where winners of the toss received a banana as their prize! Samples of banana wraps and fruit smoothies were available and parents were able to take home recipes for healthy snack [ChooseMyPlate](#).

Abilene, Kansas: Hoohiwahiwa USD 435 – Parents as Teachers Program



Hula dancing, pineapple bowling, swaying tropical flowers, and lei making were just a few of the fitness activities included in Abilene USD 435's Parents as Teachers annual Family Fun, Food and Fitness Event held on March 15, 2012 at Kennedy Elementary School. This year's theme "Hoohiwahiwa" was a Hawaiian Celebration. Preschoolers also had the opportunity to dig for buried treasure (nutritious snacks) in the activity dubbed "Gems in the Beach." Community volunteers helped to model healthy behaviors to over eighty children and adults who participated in the fun-filled evening.

Goddard Academy: Break Bash USD 265 - Goddard



Students on the Student Wellness Committee were an integral part in planning "Break Bash" a Family Fun, Food and Fitness event for high school students held before Christmas break. Students got moving by participating in "Minute to Win It" games and learned about nutrition while making tasty yogurt parfaits!

Garfield Elementary and Early Childhood Center: Health for the Fun of It USD 457 - Garden City

Various community groups helped make Garfield Elementary's event a success! In addition to physical activities which included a jump rope challenge, animal obstacle course and Just Dance! Wii games, the local YMCA donated a moon walk for the event and was on hand to visit with parents about the services available in the community. A Kids-a-Cookin' demonstration showed parents how easy making healthy snacks can be and nutrition displays such as MyPlate and "What's in Your Drink" were available. Local law enforcement was on hand to play with students and visit with parents to promote a positive contact with law enforcement! Vision and dental screenings were made available by local doctors' offices and other community groups were on hand to talk about tobacco and drug use prevention!

Circle Towanda Elementary: Crazy Night at the Library USD 375 - Circle



In addition to storytelling and a read-and-relax station, Circle Towanda Elementary featured a variety of physical activity games that included Critter Relay Races, Wii Dancing and Bal-a-Vis-X! Participants had the opportunity to participate in nutrition trivia and make their own healthy snack at this Crazy Night at the Library!

Swaney Elementary: Heart and Soul Night USD 260: Derby

To encourage attendees to visit all of the stations throughout the night, students, parents and community members were given a badge listing each station as they arrived for the evening's event. Participants received a stamp on their badge for each station they visited and by turning in a completed badge, they were entered into a drawing for healthy prizes! Stations included backyard fun games such as a football toss, tee-ball, ring toss and Frisbee! Using part of their mini-grant funds they invited a local grocery store to come and create healthy snacks in a "food network" style station where participants were shown how to make fruit smoothies and whole wheat pancakes! Another station provided hands-on experience with dinner time manners. A bike parade concluded the night where students competed in a bike decorating contest receiving prizes for most creative, safest, etc. A parent group was willing to match mini-grant funds which made providing prizes a possibility for this event!

Ridgeview Elementary: Let's Move at School with Family Fun, Food and Fitness USD 233: Olathe



Students and their families got moving at Ridgeview Elementary's first Family Fun, Food and Fitness Event last May by competing in an obstacle course located on the playground! Some of the obstacles included hop scotch, Frisbee toss, sliding down the slide and hand walking the monkey bars. This was also an opportunity for school staff to show parents and students the proper way to use recess equipment! Another highlight of the event was a Healthy Taste Testing. Participants were given three vegetable stickers and used them to vote for their three favorite foods. The results of the voting were left up and students discussed the results in their Physical Education Class the following week at school!

OK Elementary: Mathletes....Moving with Math

USD 259 – Wichita



OK Elementary incorporated physical activity and math into their wellness event to encourage students to practice math concepts in a fun and interactive way! Activities included a number walk, whole body movement with fractions, cup stacks, top it with abs, appointment book-exercise, cross brain/fine motor with shapes and estimating distance with pedometers. Students learned about nutrition and MyPlate by participating in the Complete Meal Challenge found in the event planning guide!

Seaman: Fall into Fitness

USD 345 - Seaman

In 2011-12, over 4,500 community members attended the Seaman's District Community Wellness Activity Nights which are sponsored by the District Health Council and planned by the individual school health councils. Monthly fitness events are held in a high energy atmosphere with lots of music, nutritional snacks, and door prizes. Physical activities range from aerobics, Zumba, bowling, walking, line dancing, gym activities and wellness center workouts. Nutrition activities have included a fruit and veggies quiz game, building a healthy snack and a sugar lesson focused on Rethink Your Drink. District Wellness Night location sites vary from the Seaman Track, District Schools, Shawnee North Community Center, and Washburn University to provide more opportunities for family and community involvement. Health and wellness aspects are emphasized, and local health agencies regularly provide information on topics such as physical activity, tobacco, nutrition, diabetes, heart disease, and safety. District physical education teachers and community fitness centers offer a variety of physical activities for all abilities and ages.



Write Your Own Success Story!

Use the form below to tell us about the success of your own Family Fun, Food & Fitness event. Be sure to also share this information with your School or District Wellness Council, parent organizations (like PTA or PTO), any groups or organizations that supported your event, and members of your local media.

Name/Theme of Event:

Date and Time of Event:

Number of Volunteers:

Number of Attendees:

Types of Activities/Information Presented:

Physical Activity:

Nutrition:

Other (safety, parent education, disease prevention, etc.):

Your Comments and Participant Feedback:

Mail, fax or e-mail your completed success story and pictures to:

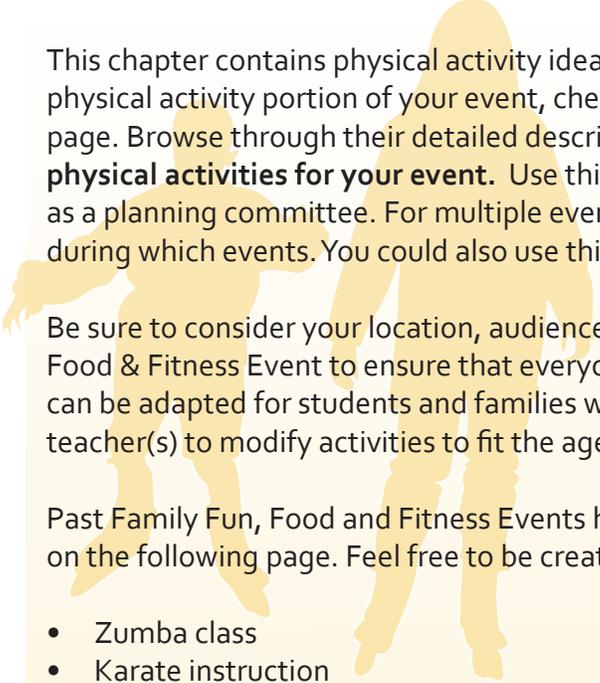
Jill Ladd, Team Nutrition Program Director
120 SE 10th Avenue, Topeka, KS 66612-1182
jladd@ksde.org
fax: 785-296-0232



Chapter 2

Family-Friendly Physical Activities



A faint, yellow silhouette of a family walking is visible in the background. It shows a person in the front, a child in the middle, and another person in the back, all walking towards the right.

This chapter contains physical activity ideas for your Family Fun, Food, and Fitness Event. To plan the physical activity portion of your event, check out the list below, and read the activities listed on the next page. Browse through their detailed descriptions in the pages following. **Remember to plan at least two physical activities for your event.** Use this section as a guide but feel free to brainstorm your own ideas as a planning committee. For multiple events, use the first column to track which activities are utilized during which events. You could also use this column to note popular activities among participants.

Be sure to consider your location, audience, date and time when selecting activities for your Family Fun, Food & Fitness Event to ensure that everyone learns, participates, and has fun. Many of these activities can be adapted for students and families with special needs. Work with your district's physical education teacher(s) to modify activities to fit the age, ability, and skill level of your target audience.

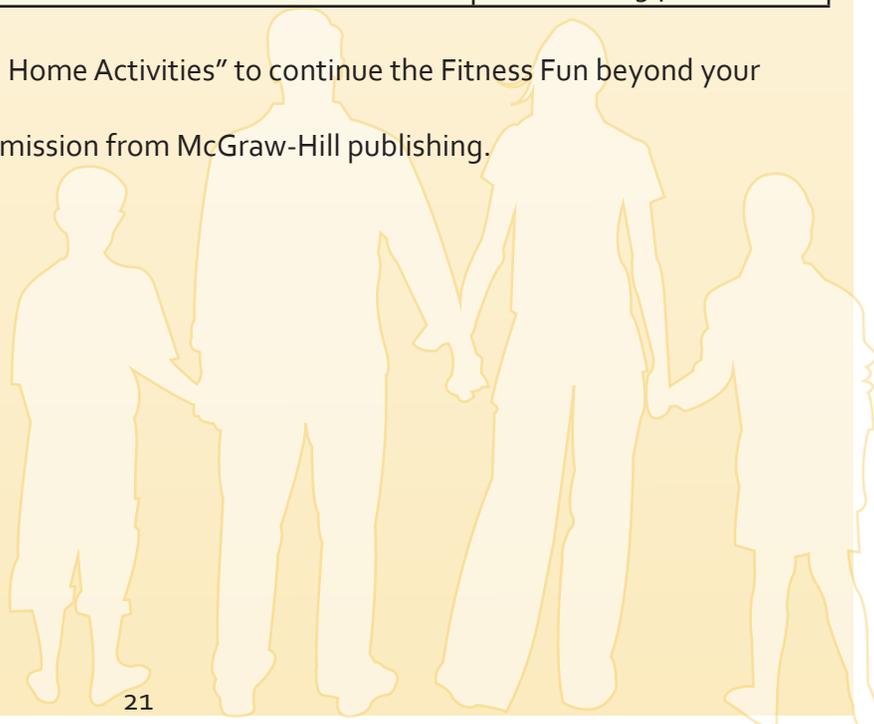
Past Family Fun, Food and Fitness Events have used the following physical activities not listed in the table on the following page. Feel free to be creative and come up with your own physical activities!

- Zumba class
- Karate instruction
- Bean bag toss
- Potato sack race
- Circuit stations
- Spoon and egg race
- Wii sports station
- Obstacle course
- Football target throw
- Mini-frisbee golf course
- Parachute
- Minute To Win It Games
- Rock wall climbing

Use in Event (date)	Activities	Page
	TV Tag	19
	Ta Galagala	20
	Monsters	21
	Chunky	22
	Telephone Number Dance	23
	Brinca	24
	Deer in the Lord's Park	25
	Lost Sneaker Race	26
	Group Juggling	27
	Hawaiian-Italian Lawn Bowling	28
	Meet in the Middle	29
	Hagoo	30
	*Egg Carton and Ping-Ping Ball	31
	*Water Bottle Bowling	32
	*Slipper Kick	34
	*Dryer Sheet Mambo	36
	*Basket (Newspaper) Frenzy	38
	*Paper Cup Split Splat	40
	*Sponge Toss in Hot Weather	42
	*Trombones	44
	*Balloon Badminton	45
	*Paper Plate Frisbee (Plisbee!)	46
	5 Fun & Fitness Party Ideas	47
	100 Ideas for Family Fitness Fun	52
	Traveling Locker Room	54

*These activities can also be used as "Take Home Activities" to continue the Fitness Fun beyond your event.

Note: Some activities reproduced with permission from McGraw-Hill publishing.





Materials Needed:

None

Volunteers Needed:

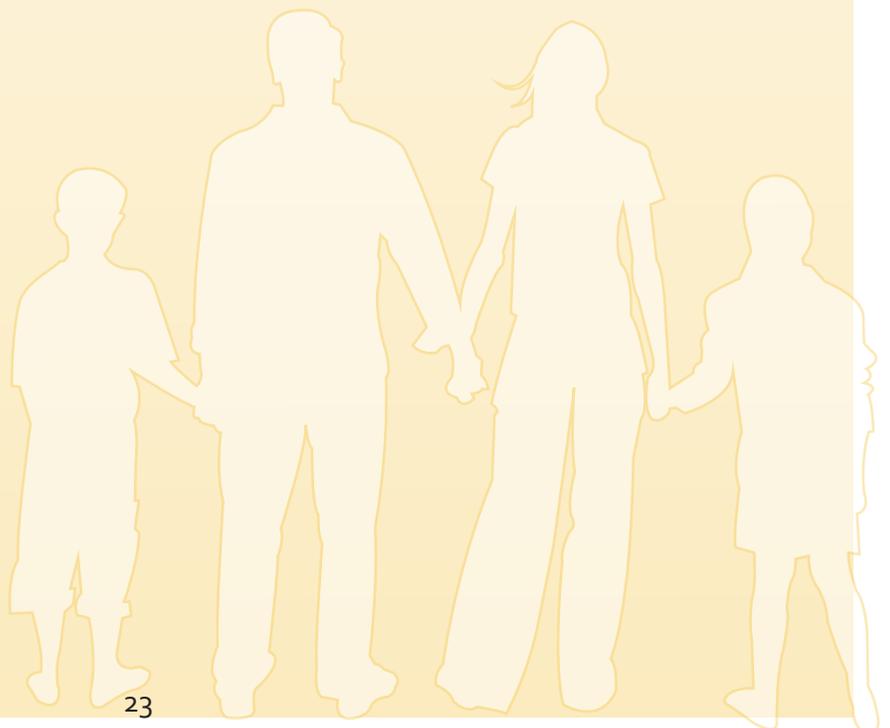
One volunteer is needed to explain the game to participants and to answer questions.

Description:

This is a variation of the traditional game of "tag". Instead of one person being "it" EVERYONE is "it". So, everyone runs around trying to tag each other. To avoid being tagged, the individuals can squat down anywhere and shout out the name of their favorite television show. There are many variations of what to "Shout Out" to this game, including:

- Book or Book Character
- Fruit
- Food
- Physical Activity
- Vegetable

There are countless options for this game, use your imagination to pick a topic that best meets the focus and goals of your Family Fun, Food & Fitness event.



Ta Galagala

Materials Needed:

- Small stone or Beanbag
- Chalk or Polyspots

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

If you like a challenge, you'll love this hopscotch-like game from Nigeria. Take a piece of chalk and draw eight circles (kurtus) in a row. Stand at the end of the circles and throw a stone (kwalo- "KEWHL-loh") into the first circle. Jump over it and into all the circles up and back except the one the stone is in. Pick up the stone and throw it into the second circle, jumping into every circle except the one with the stone in it.

Continue with this pattern until you have thrown the stone into each circle. Try not to fall out of the circles or miss a circle—if you do, your turn ends! If you are playing indoors, use polyspots for the circles and a beanbag for the stone. Same rules apply.

Reproduced with permission:

Sweet, J.E. (2001). Games from Long Ago and Far Away. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 183-184). New York, NY: Contemporary Books.

Materials Needed:

- One hula hoop per person
- Music player and appropriate music

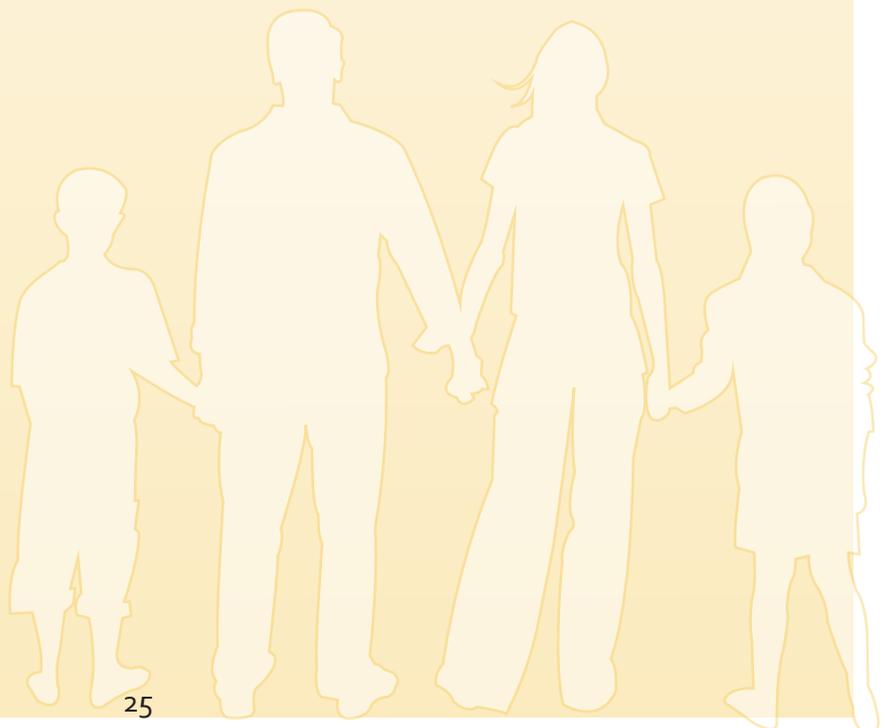
Volunteers Needed:

One to two volunteers are needed to explain the game to participants, to answer questions, and to operate the music player.

Description:

This game is similar to musical chairs. All participants find a spot in the space and place their hula hoop on the ground, then stand inside it. When the music starts, all participants leave their hula hoops and start jogging around the space. No one can step inside a hula hoop until the music stops.

Every time the music begins, one hula hoop is removed. When the music stops, each participant tries to stand in a hula hoop (only one person per hula hoop). The participant left without a hula hoop is "out." As the game continues, those who get "out" will play rock, paper, scissors until the next game begins.



Chunky

Materials Needed:

- 10 sticks, 6–8 inches long OR Cones and Lummi sticks
- Flat round stone or Wiffle balls

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

Try this Cherokee Indian game called “Chunky.” Players begin by placing two sticks into the ground (one foot apart) and then rolling a round stone between the two sticks. Players then quickly throw more sticks at the ground where they think the rolling stone will land. (This has to be done as soon as the stone is rolled.) The participant who throws the stick closest to the fallen stone wins! (Be careful to never throw the sticks near anyone.)

If you are playing indoors, use cones as the sticks in the ground, a Wiffle ball as the stone, and Lummi sticks as the other sticks. When playing this game inside, it is best played near a wall.

Reproduced with permission:

Sweet, J.E. (2001). Games from Long Ago and Far Away. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 185). New York, NY: Contemporary Books.

Telephone Number Dance

Materials Needed:

- Paper or notecards with telephone numbers printed on them

Volunteers Needed:

One to two volunteers are needed to explain the game to participants and to answer questions.

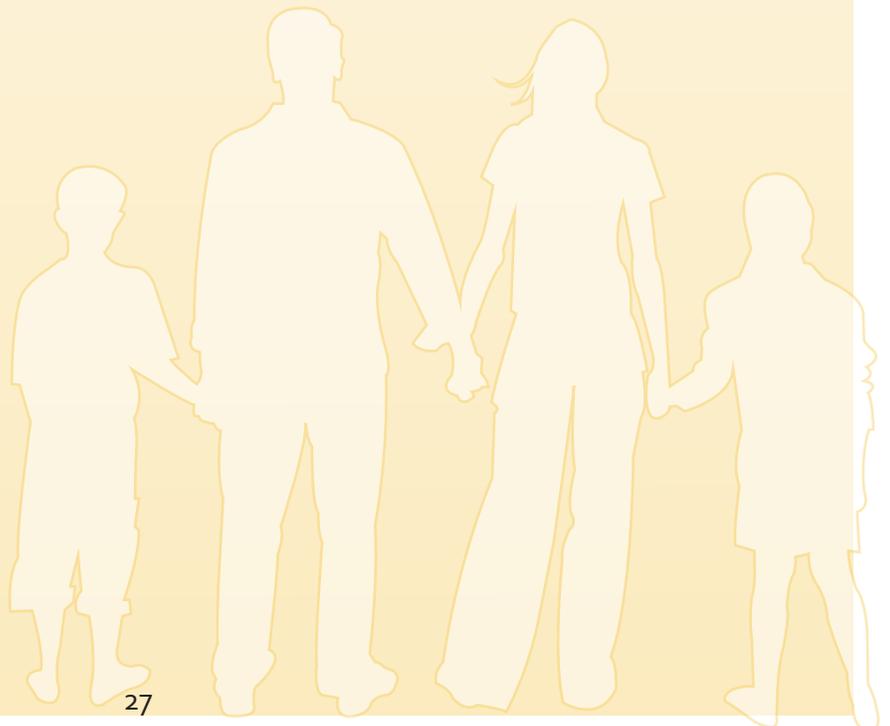
Description:

Divide participants into groups of 7 or 14 and give each group a seven-digit telephone number. Each pair of participants within each group receives one of the digits from the telephone number and is responsible for creating a movement to represent that digit. For example, three may be three arm circles; five may be five hops.

Each pair of participants teaches his or her number movement to the rest of the group. After each group practices all seven movements in sequence, they perform their dance for the rest of the participants. As the group is performing, the other participants must try to guess the telephone number.

Note:

If the participants are divided into groups of seven, only one person creates a dance movement for his/her digit.



Brinca

Materials Needed:

- Chalk or string for starting and finish lines

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

Here is a great game all the way from Spain! The goal of this game is to get to the finish line with the least amount of steps, jumps, and hops. The actual (long version) name of the game is Brinca ("hop"), da un paso ("take a step"), salta ("jump"). You will need to mark a starting line and a finish line 15 to 30 feet away. A key can be made to help participants remember the Spanish word and meaning. Place the key in the activity area.

The participants line up behind the starting line, and an announcer calls out any combination of the three Spanish words to instruct the players on what to do. For example, salta, brinca, salta, da un paso would be "jump, hop, jump, take a step."

Here is a hint to pass on: make the movements big so that the longest distance is covered with the fewest steps. Be careful to keep your balance. Not only is this game a strength, balance, and coordination builder, but if you don't know them already, you will also learn a few words of Spanish!

Reproduced with permission:

Sweet, J.E. (2001). Games from Long Ago and Far Away. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 187–188). New York, NY: Contemporary Books.

Deer in the Lord's Park

Materials Needed:

None

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

The goal of this game is to capture the "deer." Begin by making a circle and having everyone hold hands. Designate one person to be the "deer." The deer has to weave in and out of the closed circle doing different movements (spinning, hopping, dipping, jumping, or leaping—whatever movements he/she likes).

The deer quickly and unexpectedly taps a person to be the hunter. Now the hunter must try to catch the deer, weaving in and out and doing the same moves as the deer. If the deer leaps, so must the hunter. If the deer crawls, the hunter must do the same. If the hunter is lucky enough to capture the deer, the deer goes in the center of the ring and is "out." The captured deer gets to choose a new deer and the hunter returns to his/her place in the circle.

The captured deer must wait until the game is over to be released. If the deer can get safely back to his/her starting place without being tagged, the hunter becomes the new deer. Eventually you will have too many people in the center to continue the game and the game is over!



Reproduced with permission:

Sweet, J.E. (2001). Games from Long Ago and Far Away. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 194). New York, NY: Contemporary Books.

Lost Sneaker Race

Materials Needed:

- Sneakers
- Removable tape or chalk

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

Everyone takes off his/her sneakers (including the adults) and places them in a big pile at the far end of the area. The gang lines up (shoeless) at the other end, runs to the pile of shoes, digs for their own pair, puts them on, fastens laces (for safety), and runs back to the start. Let the little ones wear Velcro shoes or easy slip-ons... or how about giving them a head start? All ages can participate in this race.

Reproduced with permission:

Sweet, J.E. (2001). Whoop It Up! In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 13–14). New York, NY: Contemporary Books.

Materials Needed:

- Several balls (can be different sizes/shapes) or other throwing objects

Volunteers Needed:

One volunteer is needed to explain the game to participants, answer questions and add objects as the game progresses.

Description:

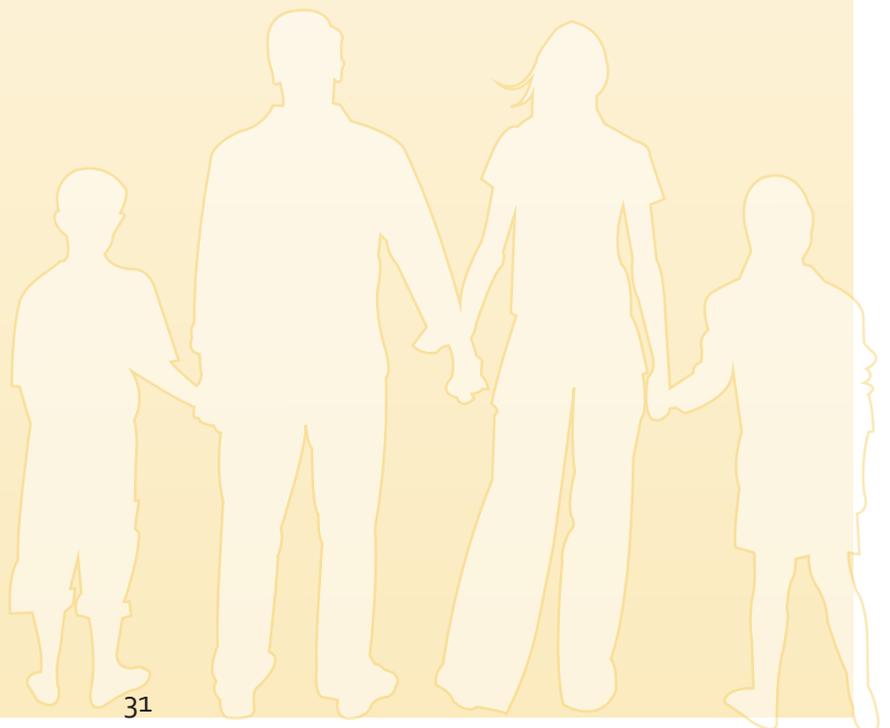
The object of this activity is cooperation. The ball* should be passed to all participants at least once, and eventually there should be a ball for each participant in the group.

Have all participants stand in a circle. First a pattern/throwing routine must be established. The first participant throws the object to another person (not the participant next to him/her). Then that person throws to another person. Once the pattern is established, each participant must remember who throws to them, and who they throw to. As the pattern repeats, the volunteer leader adds a new object to the mix, eventually leading to each participant either throwing or catching an object at the same time.

*Different sized/shaped balls can be used, but other throwing objects can also be included. You can get creative and include things like bean bags, (clean) mop heads, anything that participants can safely throw and catch.

Note:

This game works best when no participant throws the ball to the person directly to the left or right of him/her.



Hawaiian-Italian Lawn Bowling

Materials Needed:

- Several candlepin (small) bowling balls or bocce balls
- Target, almost any object would be suitable

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

Lawn bowling is really fun and challenging! You will need small bowling balls: ask a bowling alley for old balls that they no longer use. Find something for a target (such as a flattened paper bag, a hula hoop, or crate that you place on its side). You also need a hill. Stand at the top of the hill and try rolling the balls down the center of the target. The tricky part is you can't roll the balls straight down the hill. To make it more a challenge, try rolling the ball between your legs, or backwards. This activity is best played outdoors.

Reproduced with permission:

Sweet, J.E. (2001). Games from Long Ago and Far Away. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 199). New York, NY: Contemporary Books.

Materials Needed:

- Poster paper with the “high-five” list written out for participants

Volunteers Needed:

One volunteer is needed to explain the game to participants, answer questions and add objects as the game progresses.

Description:

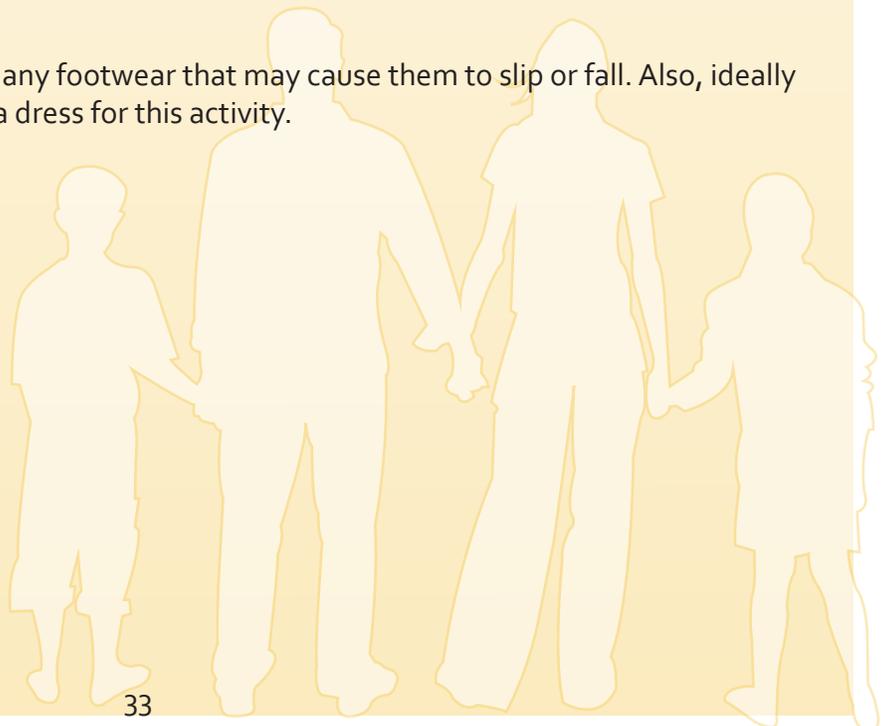
Participants are put into pairs. Have the participants stand in two lines, face-to-face with his or her partner. Now have pairs move 15–20 feet back (or as far back as the space allows). When the volunteer leader says “GO” the pairs will then jog to the middle and give each other “high-fives.” Participants then jog back to their starting place, back to the middle and give each other the next “high-five” on the list. This game continues until one team completes the list of “high-fives” and returns to the starting point.

The order for this game is as follows:

- High-five right hand
- High-five left hand
- Low-five right hand
- Low-five left hand
- High-ten (both hands)
- Low-ten (both hands)
- Backwards-ten (both hands)
- Under-10 (both hands)
- High-five right foot
- High-five left foot
- High-ten both feet (students will have to lay down to complete this task)

Note:

For safety, participants should remove any footwear that may cause them to slip or fall. Also, ideally participants should not wear a skirt or a dress for this activity.



Hagoo

Materials Needed:

None

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

The purpose of Hagoo is to travel across a distance without laughing and to make someone from the opposite team laugh.

Hagoo means “come here” in Alaska’s Tlingit Indians’ language. Two teams face each other, about three feet apart. Two players, one from each team, stand at opposite ends of the lines and act as challengers. They step forward and face each other down the length of the “gauntlet.” With a bow and the invitation “Hagoo,” they walk towards each other, breaking neither their eye contact nor their reserve.

When they meet in the middle, they pass and continue to the end of the “gauntlet,” determined to suppress their smile or laugh. The rest of the players may engage in any form of facial movements or noises but cannot touch the challengers. If the challenger smiles or laughs, he or she must join the other team. If the challenger makes it through without smiling or laughing, he or she rejoins his/her original team. This game can be played until everyone has had a turn or until there is only one team left.

Egg Carton and Ping-Pong Ball

Materials Needed:

- Newspaper to spread on the floor
- 2–3 ping-pong balls
- Cardboard egg carton (styrofoam is difficult to paint)
- Paints
- Paintbrushes
- Small bowl of water to clean brushes
- Marker

Volunteers Needed:

At least one volunteer is needed to explain the game to participants and to answer questions. This activity can also be started in school during the students' art class and continued at the Family Fun, Food & Fitness Event.

Description:

This project will keep participants busy for quite a while! It combines an art project with fitness skills training. This is a great way to engage students who don't normally enjoy participating in "athletic" activities but do enjoy creative projects.

Before the Event: Spread out some newspaper over your work surface to avoid any paint stains and help with an easy clean-up. Cut or tear off the top of a cardboard egg carton for each student. Have the students paint each egg pocket a different color. Allow the carton to dry completely.

During Your Family Fun, Food & Fitness Event: Assign number points to each "pocket" in the carton. Write the number in the pocket with a marker. Consistency is helpful, yellow, for example, can always be worth five points while blue is always worth ten points. Give the participant 100 points for getting the ball in the one and only red pocket! Each child can create his/her own system.

Instruct participants to stand back four feet and pitch the ping-pong ball into the pockets. Keep track of the points. Participants can compete against himself/herself or against one another. This game takes accuracy and hand-eye coordination, which is an important skill required in many sports!

Note:

While we suggest that students prepare the egg cartons in the days or weeks prior to the event, you may choose to split this activity into two parts that are completed over the course of the event: the first part (painting) can be completed early in the evening and the cartons allowed to dry while the parents and students participate in other activities. The actual activity (tossing ping-pong balls and scoring points), can be completed toward the end of the evening.

Students could also take home their egg cartons to play the game at home later. This activity is well-suited for families of all sizes, and because it can be played by just one child, is an ideal choice for a take-home activity.

Reproduced with permission:

Sweet, J.E. (2001). Fun For One. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 91). New York, NY: Contemporary Books.

Water Bottle Bowling

Materials Needed:

- 6 quart-sized plastic water bottles (partially filled) with lids
- 1 tennis ball or small soft ball
- Removable tape or chalk

Volunteers Needed:

One volunteer is needed to explain the game to participants, answer questions and add objects as the game progresses.

Description:

This is a fun, last-minute activity. Check and make sure the covers of the water bottles are on very tight so there will be no spills. Place the bottles in the following pattern: one at the front, two staggered behind the first bottle, and then three staggered behind the second row. From the top, you will see a triangle.

Make a line with “easy to remove” tape or use chalk or a stick when outside. There should be 10 to 15 feet between the line and the bottles. This is the foul line. Use a tennis or other soft ball as the “bowling ball.” Try to strike down all the pins by rolling the ball along the ground. Each participant takes three turns. The object of the game is to knock all the pins down in as few tries as possible. This game can be played outside or inside.

Reproduced with permission:

Sweet, J.E. (2001). Whoop It Up! In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 10). New York, NY: Contemporary Books.

Try-at-Home Activity: Water Bottle Bowling

Try this fun activity that uses things you've got lying around the house!

Materials Needed:

- 6 quart-sized plastic water bottles (partially filled) with lids
- 1 tennis ball or other soft ball
- Removable tape or chalk

Description:

This game can be played inside or outside and is a great choice if you're looking for an activity that doesn't need a lot of space to complete. A narrow hallway is a perfect space for this game! First, check to make sure the lids are tightly secured on the water bottles to avoid spills. Then place the water bottles in the following pattern on the ground:



Make a line using easy-to-remove tape (like painter's tape or masking tape) or use chalk or even a stick (if you're outside). There should be 10 to 15 feet between the line and the bottles. This is the foul line. Use a tennis or other soft ball as the "bowling ball." Try to strike down all the pins by rolling the ball along the ground. Each participant takes three turns. The object of the game is to knock all the pins down in as few tries as possible. This game can be played inside or outside.

Reproduced with permission:

Sweet, J.E. (2001). In *365 Activities for Fitness, Food, and Fun for the Whole Family*. New York, NY: Contemporary Books.

Slipper Kick

Materials Needed:

- One chair for each participant
- One pair of soft slippers for each participant
- Clean trash bin or basket

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

This is a fun activity that can easily be replicated at home. Find a pair of soft slippers—they don't have to be an exact fit—and place them on the chair. Set up an empty trash bin or basket several feet away from the chair. Sit on the chair with your feet dangling down. Put both slippers on partway so they hang off your toes. Cock one leg back by bending at the knee and kick forward so the slipper flies off your foot—and hopefully into the trash bin. Now kick off the other slipper. Let each player try. Did anyone land a slipper in the bin? Who was the closest—adult or child?

Note:

This activity description could also be photocopied and sent home with families (see next page).

Reproduced with permission:

Sweet, J.E. (2001). Whoop It Up! In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 23). New York, NY: Contemporary Books.

Try-at-Home Activity: Slipper Kick

Even grandparents can join in on this fun activity!

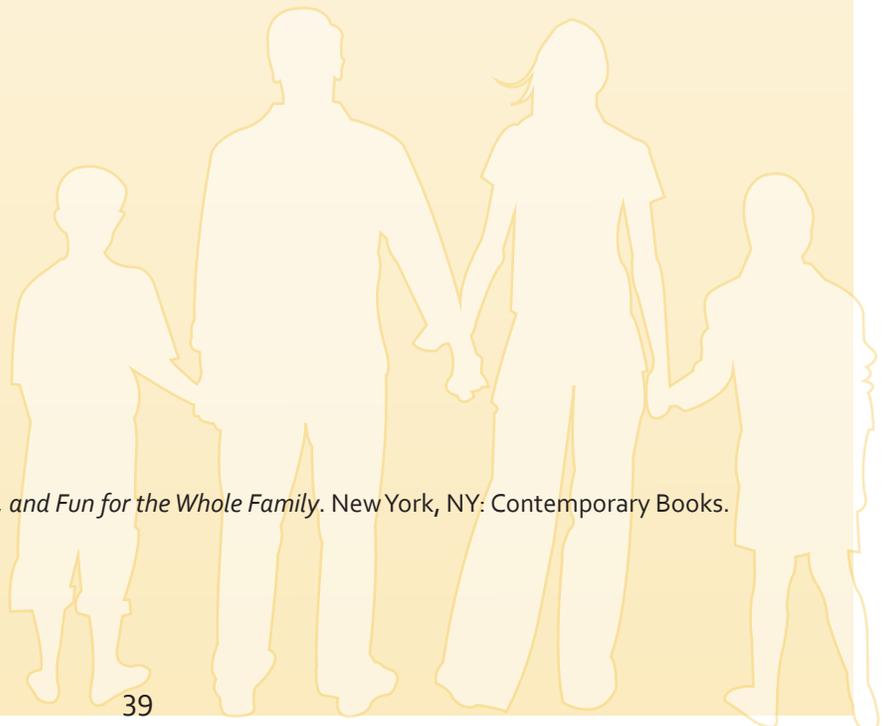
Materials Needed:

- One chair for each participant
- One pair of soft slippers for each participant
- Clean trash bin or basket

Description:

Find a pair of slippers—they don't have to be an exact fit—and place them next to a chair. Each participant could have their own pair of slippers, or they could take turns using just one or two pairs of slippers. Set up an empty trash bin, basket or laundry basket several feet away from the chair. Have each person sit on the chair with his or her feet dangling down. Put both slippers on partway so they hang off your toes. Each participant tries to kick off his or her slippers by bending at the knee and kicking forward. The goal is to kick the slippers into the basket.

Participants could take turns or everyone can try at the same time. If nobody gets one or both slippers in the bin, participants can measure who was closest. This can turn into kids vs. adults, boys vs. girls, or an individual "competition." Don't be afraid to make up your own family rules too!



Reproduced with permission:

Sweet, J.E. (2001). In *365 Activities for Fitness, Food, and Fun for the Whole Family*. New York, NY: Contemporary Books.

Dryer Sheet Mambo

Materials Needed:

- 6–8 used dryer sheets, scarves or bandanas

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

Save those dryer sheets to build foot and toe dexterity! Have two participants lie flat on their backs, head-to-head with legs extended straight out. Put a pile of three or four dryer sheets, scarves and/or bandanas at the feet of each participant.

The first participant (the “passer”) picks up a sheet using only his/her toes. The “passer” then lifts his/her feet overhead and passes the object to the “pass-ee,” who has also lifted his/her feet overhead. After the object has successfully “changed feet,” both parties lower their legs. Now the “passer” becomes the “pass-ee” and they try again.

Make this more challenging by passing different objects. After ten minutes the participants’ stomach muscles will feel tight and tired. The participants won’t even know that this was a bonus to the “dryer sheet mambo.”

Note:

While dryer sheets work great at home, you may choose to substitute bandanas, scarves or another easy-to-pass object at your Family Fun, Food & Fitness Event.

Final Note:

This activity description could also be photocopied and sent home with families (see next page).

Reproduced with permission:

Sweet, J.E. (2001). School’s Out—Yahoo! In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 364). New York, NY: Contemporary Books.

Try-at-Home Activity: Dryer Sheet Mambo

This game is a great way to get your family active and to use up old dryer sheets too!

Materials Needed:

- 6–8 used dryer sheets, scarves or bandanas

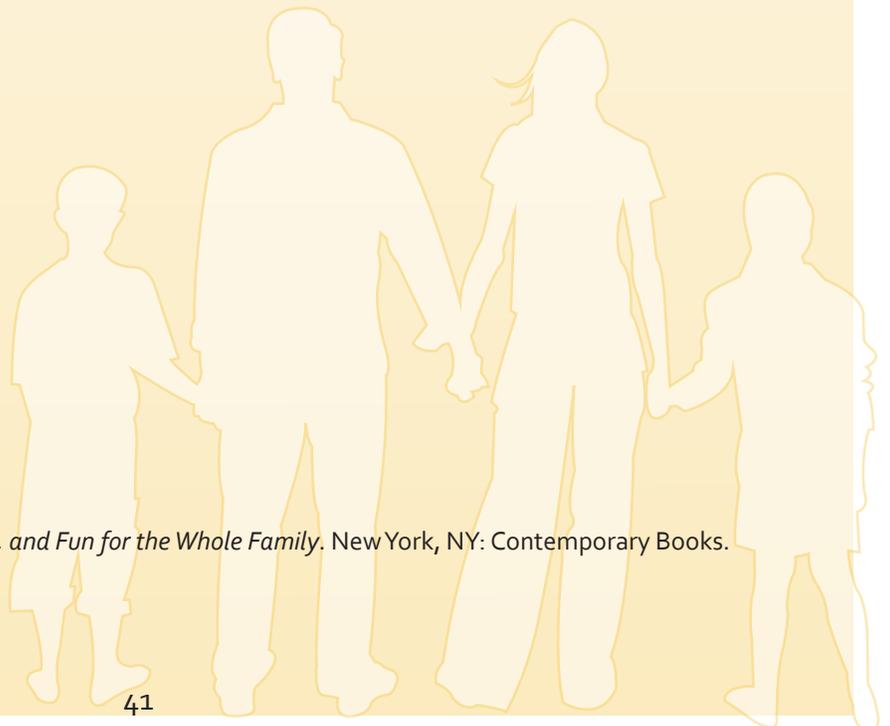
Description:

Save those dryer sheets to build foot and toe dexterity! Have two participants (adults or children) lie flat on their backs, head-to-head with legs extended straight out. Put a pile or three or four “previously used” dryer sheets at the feet of each participant.

The first participant (the “passer”) picks up a sheet using only his/her toes. The “passer” then lifts his/her feet overhead and passes the dryer sheet to the “pass-ee,” who has also lifted his/her feet overhead. After the dryer sheet has successfully “changed feet,” both parties lower their legs. Now the “passer” becomes the “pass-ee” and they try again.

Make this more challenging by passing different objects. Look for items around the house like scarves, inflatable beach balls, or balloons to invent your very own variation of the “Mambo.”

After ten minutes, participants’ abdominal (stomach) muscles will feel tight and tired. What a fun, family-friendly way to strengthen that tough-to-tone muscle group!



Reproduced with permission:

Sweet, J.E. (2001). In *365 Activities for Fitness, Food, and Fun for the Whole Family*. New York, NY: Contemporary Books.

Basket (Newspaper) Frenzy

Materials Needed:

- At least 10 balls, bean bags, or other throwing objects per participant (you can also use balled-up newspaper, like the take-home version of this game on the next page)
- One paper bag for each participant

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions. You may opt to have a second volunteer to count and keep score if there are a large number of participants.

Description:

Write each participant's name on a paper bag (to re-use bags between groups of participants, you may choose to number the bags and assign each participant a number). Place the first participant's bag at the base of the far wall. Have him or her back up 8–10 feet, depending on the size of the area and the age/skill level of the group. Give the first participant 10 balls or throwing objects. The goal is to “free throw” all the balls into the paper bag.

Close up each bag without counting the balls until all the participants have had their turn with their own bags. The final score isn't tallied until the round is over. This adds suspense and drama to the “Basket Frenzy!”

After everyone has completed round one, place the paper bag farther away (or if the area is small, place the paper bags several feet higher for a greater challenge). Looking for a quarrel-free version? Have all the participants pool their balls together by emptying the bags onto the floor and tallying after each round to see if they can better their collective score.

Note:

This activity description could also be photocopied and sent home with families (see next page).

Adapted and reprinted with permission:

Sweet, J.E. (2001). School's Out—Yahoo! In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 350–351). New York, NY: Contemporary Books.

Try-at-Home Activity: Basket (Newspaper) Frenzy

This modified version of basketball allows participants to throw newspaper balls to their heart's content. Pair this activity with a family trip to the recycling center, and everybody wins... even Mother Nature!

Materials Needed:

- About one section of a newspaper per participant
- One paper lunch bag for each participant

Description:

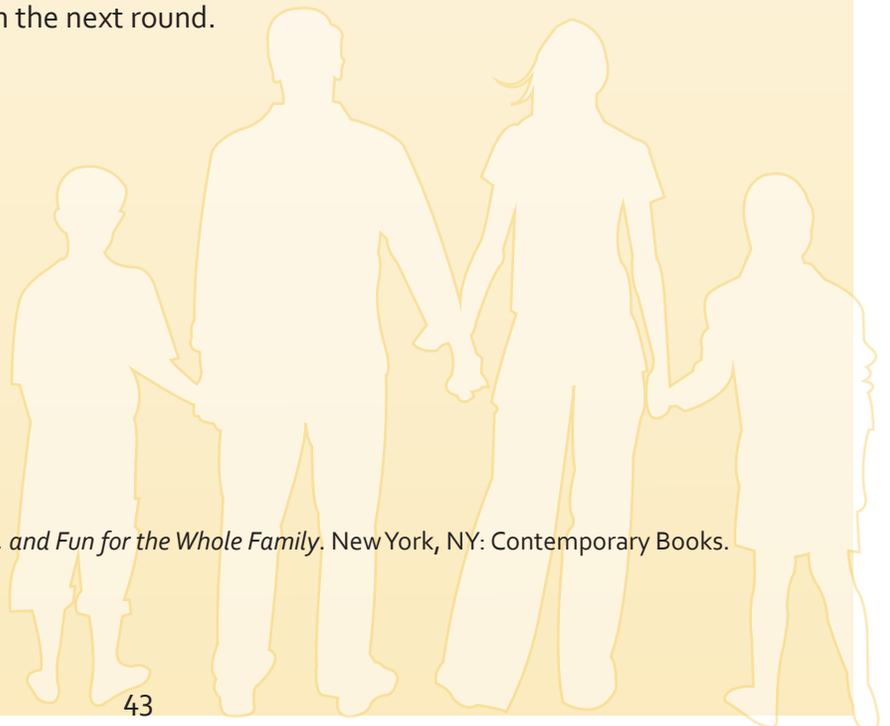
Cut or rip each large sheet of newspaper into four equal pieces and have the participants scrunch the paper into compact balls. The tighter the balls are, the easier they will sail through the air. (Make sure that everyone who helped to make the newspaper balls washes their hands to avoid inky fingerprints!)

Write each player's name on a paper bag. Place the first player's bag at the base of the far wall. Have the player back up 8–10 feet, depending on the size of the area and the age and skill level of the entire group. Give the first player 25 paper balls and have him or her "free-throw" all the paper balls, trying to get them in the paper bag.

Close up each bag without counting the paper balls until all the participants have had their turn with their own bags. Don't tally the final score until the round is over and everyone has had a turn. This adds suspense and drama to "Newspaper Frenzy!"

Additional rounds can be played with bags being moved further away, placed higher up (on a table, for example), or adding some kind of other challenge to the activity. The winner is the person with the most newspaper balls in his or her bag at the end of the round.

Trying to avoid an argument? Have everyone work together, pool their scores from the round and see if they can beat their combined score in the next round.



Adapted and reprinted with permission:

Sweet, J.E. (2001). In *365 Activities for Fitness, Food, and Fun for the Whole Family*. New York, NY: Contemporary Books.

Paper Cup Split Splat

Materials Needed:

- 100 bathroom-sized paper cups

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

Take out approximately 25 paper cups and let the participants arrange them all over the floor in a random, “modern art” way. On the count of three, the participants hop from one cup to the next trying not to crush them. Tell the participants not to actually hop on the cups, but to hop as close as possible to them. Of course some of the cups will get squashed in the process of playing the game but that’s part of the fun!

Challenge the participants by having them do the split-splat different ways. Set out several more replacement cups and try a variation: put the cups farther apart, use only the right foot, hop from one foot to the other. Try it in a squatting position or with both legs held stiff. The game is over when the 100 cups are used up. This is a quarrel-free game—everyone who plays automatically wins just by participating!

Note:

This activity description could also be photocopied and sent home with families (see next page).

Reprinted with permission:

Sweet, J.E. (2001). School’s Out—Yahoo! In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 356). New York, NY: Contemporary Books.

Try-at-Home Activity: Paper Cup Split Splat

Try this inexpensive and entertaining way to get everyone up off the couch!

Materials Needed:

- 100 bathroom-sized paper cups

Description:

Take out approximately 25 paper cups and let the players arrange them all over the floor in a random “modern art” way (more creative kids may choose to make a design or even write their name using the cups). Once the cups have been arranged, have everyone come to the center of the room. On the count of three, the players begin to hop from one cup to the next, trying not to crush them.

Tell the players that they’re trying to hop as close as possible to the cups without smashing them. Of course, plenty of paper cups will get squashed during the game, but that’s just part of the fun!

Challenge the Split Splat players by having them do the Split-Splat different ways. Set out several more replacement cups and try a variation:

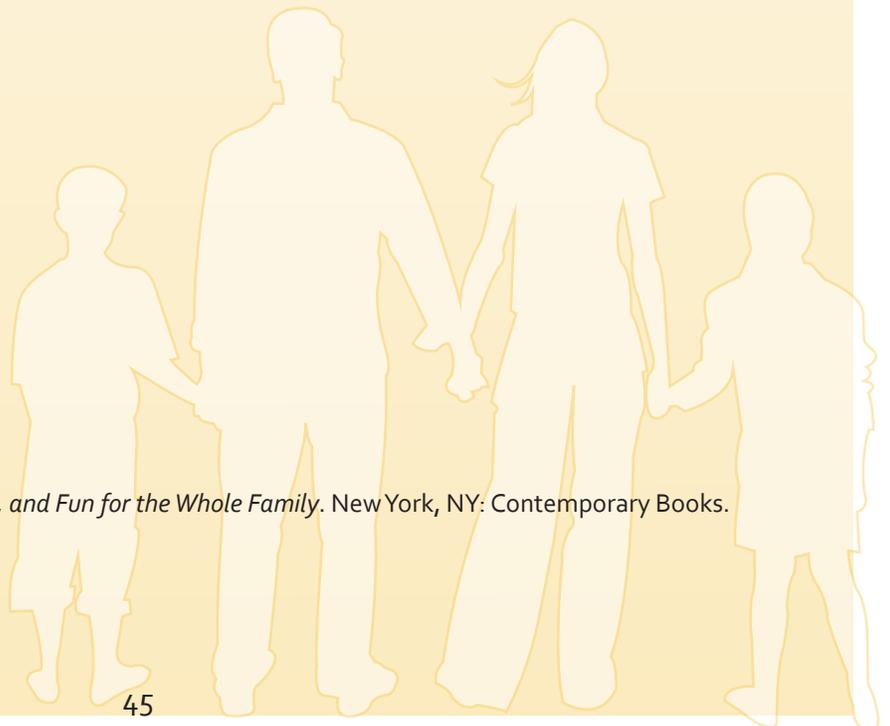
Place the cups farther apart

Players can only hop on the right or left foot

Players must hope from one foot to the other

Players must jump backward, or in a squatting position

This is an argument-free game—everyone who plays automatically wins just by participating!



Adapted and reprinted with permission:

Sweet, J.E. (2001). In *365 Activities for Fitness, Food, and Fun for the Whole Family*. New York, NY: Contemporary Books.

Sponge Toss in Hot Weather

Materials Needed:

- Plastic bucket(s) or wash basin(s) filled with water
- Large towels
- Room temperature water
- Assorted washcloths, sponges, etc.

Volunteers Needed:

One volunteer is needed to explain the game to participants and to answer questions.

Description:

This game not only helps to develop participants' dexterity and coordination, but also is a great way to cool off on a hot day! Have participants sit on a towel on a grassy surface. Participants can be grouped into pairs or small groups where they play toss and catch with wet washcloths or sponges. You can have participants stand on the towels, or even jump from one towel to another as they throw and catch the wet objects.

This activity can be reworked to allow individual participants as well. Show participants how to throw the washcloths and sponges into the bucket of water you have placed in the grass. Participants who are closest to the bucket may have an easier shot, but will also be most likely to get splashed by the water as others toss their sponges and washcloths into the bucket. Move the bucket farther away as participants get more accurate.

Safety Tip:

This activity is best suited for the outdoors. It is highly recommended that this activity not be played indoors due to slippery wet floors and/or water damage to indoor surfaces.

Note:

This activity description could also be photocopied and sent home with families (see next page).

Reprinted with permission:

Sweet, J.E. (2001). Me and My Shadow. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 114). New York, NY: Contemporary Books.

Try-at-Home Activity: Sponge Toss in Hot Weather

This game not only helps to develop children's dexterity and coordination, but it's a great way to cool off on a hot day!

Materials Needed:

- Plastic bucket(s) or wash basin(s) filled with room temperature water
- Large towels
- Assorted washcloths, sponges and soft bath toys

Description:

Have players sit or stand on a large towel on a grassy surface. Players can be grouped into pairs or small groups as they play toss and catch with wet washcloths, sponges and/or soft bath toys. Make up your own house rules based on available space and participant ability:

- Players have to jump from one towel to another as they throw and catch wet objects.
- The bucket can become a goal and one participant defends while the remaining players try to toss objects back into the bucket.
- There can be special rules for younger children and for adult participants so that everyone has a fair chance to throw and catch.

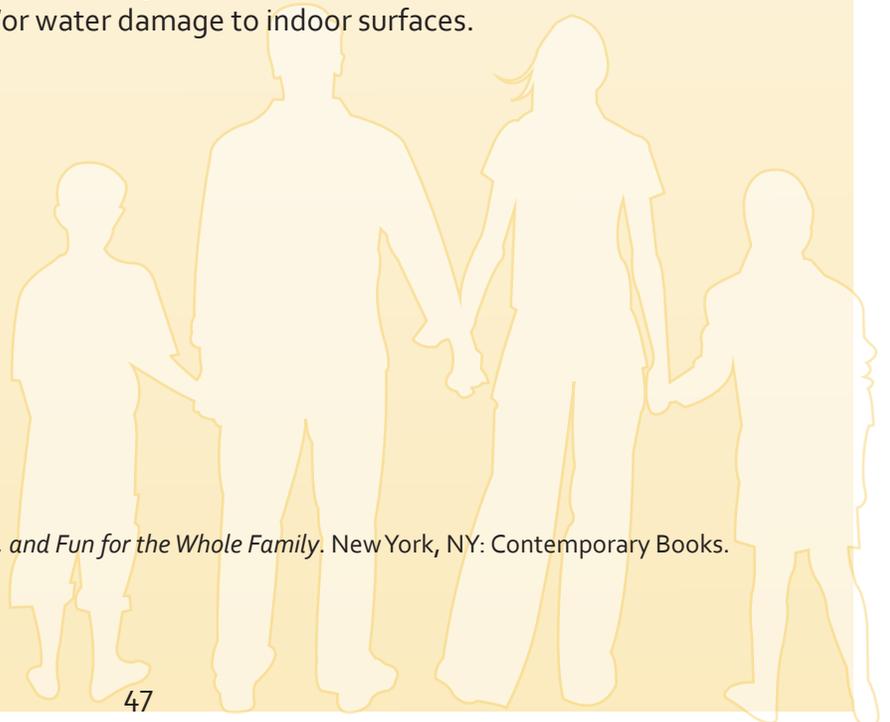
This activity can also be played by just one person. Show him or her how to throw the washcloths, sponges and bath toys into the bucket of water you have placed in the grass (you can throw overhand, underhand, or make up a fun way of throwing like backwards and over your head). The closer he or she is to the bucket, the easier it is to make the shot, but the more likely he or she will get splashed as they get objects into the bucket. Move the bucket farther away as he or she becomes more accurate.

Safety Tip:

This activity is best suited for the outdoors. It is highly recommended that this activity not be played indoors due to slippery, wet floors and/or water damage to indoor surfaces.

Adapted and reprinted with permission:

Sweet, J.E. (2001). In *365 Activities for Fitness, Food, and Fun for the Whole Family*. New York, NY: Contemporary Books.



Try-at-Home Activity: Trombones

Gather a group of children and help them to make their own musical instruments!

Materials Needed:

- Oatmeal boxes
- Uncooked beans
- Disposable pie plates
- Metal spoons and wooden spoons
- Pots, pans and cardboard tubes
- "Jingle bells"
- Tape, glue, stapler, pair of scissors, colorful ribbons and yarn, pipe cleaners, crayons and markers

Description:

This is a two-part activity. First, children make their own musical instruments and write/practice their own song. Then children get up and get active as they show-off their musical talent!

Musical instruments can be made out of beans placed in a securely taped oatmeal box, two disposable pie plates banged together for cymbals (make handles), metal spoon and lid, or two paper plates taped or stapled together with "jingle bells" inside. Feel free to use whatever you have around and give children the chance to invent their own instruments. If you can find it, play a recording of "76 Trombones" and have kids put on a concert!

To make this activity more active, encourage children to make up a dance that goes with their "song" and be sure to let everyone have a chance to show off their dance moves. Kids could also have a "parade" around the yard, or the neighborhood too! Just be sure to have an adult come along to supervise.

Adapted and reprinted with permission:

Sweet, J.E. (2001). In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 114). New York, NY: Contemporary Books.

Try-at-Home Activity: Balloon Badminton

Andre Agassi started practicing tennis by swinging a ping-pong racket at a ball hanging in his crib. Play Balloon Badminton to start your little tennis stars early!

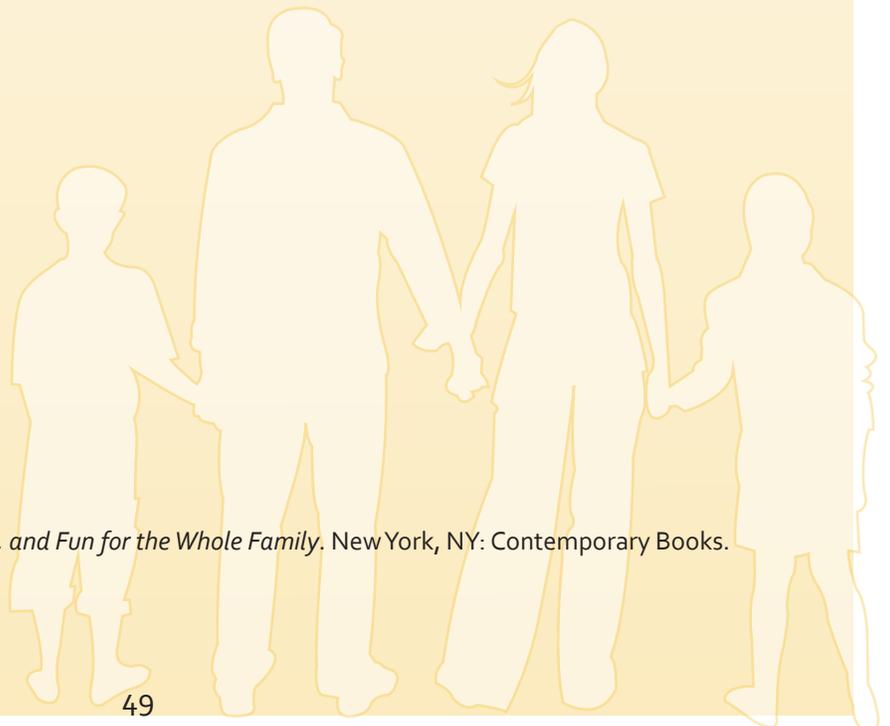
Materials Needed:

- Heavy cardboard
- Marker
- Tongue depressors or popsicle sticks
- Masking tape
- String
- Balloons
- Pair of scissors

Description:

Trace each player's hand on a pieces of stiff cardboard and attach a tongue depressor stick or piece of cardboard for the handle. Blow up a balloon and hang it from a string in the doorway. Have the child practice his or her tennis or racquetball swing!

Make it a two or more player game by having participants bat the balloon back and forth. Players each start with ten points and whoever lets the balloon touch the floor loses a point.



Adapted and reprinted with permission:

Sweet, J.E. (2001). In *365 Activities for Fitness, Food, and Fun for the Whole Family*. New York, NY: Contemporary Books.

Try-at-Home Activity: Paper Plate Frisbee (Plisbee)

This is a simple, fun activity that even young children can do—with a little help!

Materials Needed:

- Paper or plastic disposable plates (1 per participant)
- Bowl (about 4–5 inches in diameter)
- Pencil
- Pair of scissors
- Crayons or markers for decorating

Description:

Make your own Frisbee by placing a bowl facedown in the center of a large paper or plastic disposable plate. Make sure the bowl is centered. Using a pencil, trace around the edge of the bowl. Cut the circle out of the paper plate (be sure to closely supervise youngsters or have an adult do the cutting for them). Have children decorate the edges with markers or crayons (note that crayons won't work on plastic plates).

Now it's time to play Plisbee! Try to toss the Plisbee to each other, hit an object (like a tree or fence) with the Plisbee, or even try to toss it into a garbage can, empty bucket or other "goal." Children can also play a version of ring toss as they try to hang their Plisbees on a tree limb, a bush, the top of a fence, or even your car's antenna! Kids can even make up their own "moves" to throw and catch their Plisbee (jumping, throw/catch between their legs, etc.).

Adapted and reprinted with permission:

Sweet, J.E. (2001). In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 114). New York, NY: Contemporary Books.

5 Fun and Fit Party Ideas

The following five activities are a healthy way to spice up a birthday party, get your neighborhood involved, or to just have some fun! Use your Family Fun, Food & Fitness Event to introduce parents and students to these fun ideas.

Party Idea #1: Neighborhood Sports Newsletter

Materials Needed:

- Pencils and/or pens
- Paper
- Computer and access to computer printer or photocopier
- Stapler
- Camera and film or digital camera

Description:

Are a lot of the neighborhood kids active in sports? Does the gang get together after dinner for a pick-up game of Frisbee, softball or kickball? Here is an activity that combines fitness and academics.

Create a newsletter for the entire neighborhood. It will be informative, great for boosting self-esteem, and helpful in fostering the spirit of teamwork and cooperation. The kids are the authors and illustrators as well as the center of attention on this project. In addition, each participant can have an important job such as typing the stories into the computer, editing, copying and distributing weekly, biweekly, or monthly publications.

Here are some topics you can include: competition results, practice and game schedules, fundraising information, classified section for outgrown or unused equipment, carpool requests and schedules, training tips, special recipes, and a paragraph highlighting the "Athlete of the Week." Everyone should be included at some point.

After the publication is printed and copied, the kids can walk around the neighborhood together distributing the free publication. A parent should accompany the delivery crew through the neighborhood for safety's sake.

Final Tips:

There may already be a school newsletter, but there is a need to focus on the students who are involved in other activities or athletics outside of the school setting. Every child has a special talent and should be recognized for it.

Adapted and reprinted with permission:

Sweet, J.E. (2001). Healthy Hullabaloo—Big Parties, Gatherings, and Events. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 212–213). New York, NY: Contemporary Books.

Party Idea #2: Hoedown Family Night

Materials Needed:

- Phone book
- Large room or open space outdoors
- Music system (if needed by instructor)
- Microphone (if needed by instructor)

Description:

Gather neighbors and friends for a “healthy family fun night out” at your house. Locate a dance teacher who is willing to volunteer time or have everyone pitch in to hire a dance instructor for the evening. Look in the yellow pages under “dance instruction” or seek out talented leaders among the participants you invite.

Try something new! Russian folk, Spanish flamenco, Israeli circle, Latin samba, Appalachian clogging, Polish polka, swing, country line, or ballroom dancing are great styles! Some forms of dance are easier to learn than others, and a good instructor will make all the difference.

If your evening is a success, try a second gathering at someone else’s house. Do this weekly, biweekly, or monthly. Dancing is a wonderful, FUN way to exercise without feeling like you are working out. All ages can participate. What a great way to meet new people, gather old friends, and burn off a few calories!

Final Tips:

This party idea can also be incorporated into your Family Fun, Food and Fitness Event. Pick a style of dancing to learn and then get students and parents involved.

If you choose country line dancing, make it a “Good Ole Time” western-style. Have the volunteers dress up as cowboys and cowgirls and talk with an accent. Decorate the area for your event with sawhorses, hay, rope, bandanas and more! You could also include styles of dancing from some of the countries and cultures represented at your school.

Reprinted with permission:

Sweet, J.E. (2001). Healthy Hullabaloo—Big Parties, Gatherings, and Events. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 213–214). New York, NY: Contemporary Books.

Party Idea #3: Hula Happening

Materials Needed:

- Wide crepe paper, green (or any preferred color)
- Pair of scissors
- Yardstick
- Pencil
- Cloth tape to match color of crepe paper
- One package of tissue paper (assorted colors) cut into 6" x 6" squares
- Needle and strong thread
- Hawaiian music
- Luau dinner
- Video camera

Description:

Kids can make their own hula skirts out of wide, stretchy crepe paper cut partway up into strips. Measure each child from hip to mid-calf to determine the length of the skirt needed. Cut the crepe paper accordingly and hold together using strong cloth tape.

Leis are easily made by stringing tissue-paper balls together. Cut tissue into 6" x 6" squares before your guests arrive. Have the kids choose their color squares and then scrunch the paper into tight balls. String the tissue paper balls together using a needle and strong thread. Make the leis long enough to freely come off over the head. Tie the ends of the string together.

Put on some Hawaiian music and learn the Hula! Allow kids to make up their own dance, or order an instructional DVD from the experts:

Hula for Children

<http://www.islandheritage.com/hula-for-children-dvd/item09812000>

Serve a luau dinner indoors or out. This is a great opportunity to introduce kids and parents to foods like pineapple, coconut milk, mango and more!



Reprinted with permission:

Sweet, J.E. (2001). Healthy Hullabaloo—Big Parties, Gatherings, and Events. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 232–233). New York, NY: Contemporary Books.

Party Idea #4: National Backyard Games Day

Materials Needed:

- Balloons
- Volleyball net and ball
- Soccer ball
- Football
- Frisbees
- Burlap sacks
- Softball and bat
- Badminton racquets and birdies
- Chess or checkers
- Refreshments and beverages

Description:

There is one day designated in May (the date changes each year) when neighbors and friends gather together to play games in a park or large backyard. Each family brings the materials and equipment needed for one activity (volleyball set, horseshoes, burlap bags for sack race, etc.). Quiet board games are also a good option. Here are a few group games to try:

Nose Balloon Race: Have a row of adults stand opposite a row of children. Adults and children are paired off into teams. The players put their hands behind their backs and try to balance a balloon between their noses as they go down-and-back a marked course. The first couple back wins!

Snake Slither: Parents lie flat with their child lying on top of them. They must slither up to a line and cross it without losing his or her "guest."

Foot Fun Ride: Each child stands on his or her parents' feet and holds his or her hands. Parents must walk or travel as quickly as they can to the finish line without losing their rider. If the child falls off, they must start again.

Neighborhood Log Roll: In a large, wide-open space, have adults and children alternately lie down head-to-toe until a huge log is made. Everyone grabs the feet of the person above them and holds on tight. On the count of three, the group rolls together... or tries to!

Reprinted with permission:

Sweet, J.E. (2001). Healthy Hullabaloo—Big Parties, Gatherings, and Events. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 221–222). New York, NY: Contemporary Books.

Party Idea #5: Jogging Treasure Hunt

Materials Needed:

- Paper and pencil to write clues
- Tape and pushpins to attach clues
- Pirate loot bags
- Small clue rewards wrapped in colorful paper (one per “pirate”): small boxes of raisins, homemade fruit roll-ups, plastic bags with popcorn and/or nuts, bags of baby-cut carrots, sugar-free gum, or non-food “treasure” like erasers, pencils and bookmarks
- Treasure box (shoe box with wrapping paper works great)
- “BIG” treasure (one per “pirate”): jump rope, sweat headband, sweat socks, iron-on sports patch, Frisbee, Wiffle ball, or sports biography paperback.

Description:

Here is a fun activity to get your little pirates on-the-move! This is an aerobic treasure hunt! At the starting point, everyone begins jogging in place. The first clue is read to them. For example:

Roses are red, violets are blue.

You'll find a tire near this next clue.

Design your clues around the space you have available and the level of your little “pirates.” Once solved, all the pirates need to jog or run to the next clue—including the reader! The clues should be spaced out enough for participants to get a bit of a jog between each clue. At each clue is a small trinket or treat that the kids can stuff into their pirate loot bags. The jogging pirates continue from clue to clue until they find the final treasure box, which holds the “BIG” treasure.



Reprinted with permission:

Sweet, J.E. (2001). Healthy Hullabalooos—Big Parties, Gatherings, and Events. In *365 Activities for Fitness, Food, and Fun for the Whole Family* (pp. 235–236). New York, NY: Contemporary Books.

Try-at-Home Activity: Top 100 Ideas for Family Fitness Fun

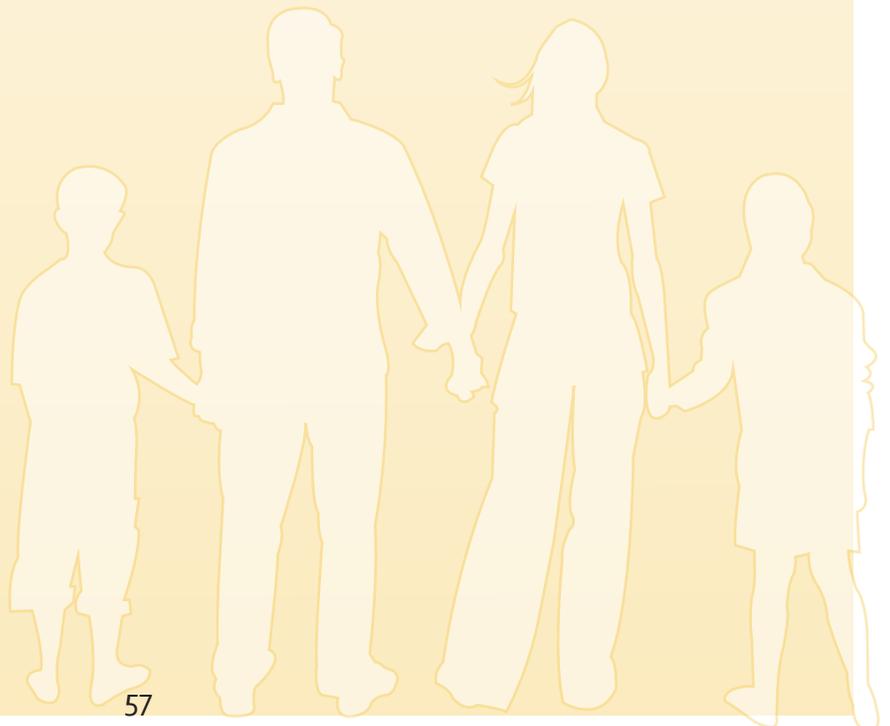
Description:

The following activities are ideas that families can try together to be healthier and more active. Write your favorite ideas on little pieces of paper and pull them out of a jar one-by-one as you look for new, fun things to do as a family!

1. Go bowling
2. Take up karate
3. Go miniature golfing
4. Try go-cart racing!
5. Hopscotch
6. Try four-square
7. Cup-stacking
8. Go for a hike
9. Geocaching
10. Take a bike ride!
11. Go fishing
12. Take a swim!
13. Get dance fever!
14. Have a snowball fight!
15. Do a scavenger hunt
16. Plant a garden
17. Explore a skate park
18. Take a walk after dinner
19. Toss a Frisbee
20. Go camping
21. Build a tree-house
22. Walk through the zoo
23. Wash the family car
24. Bounce on a trampoline
25. Fly kites!
26. Learn to juggle
27. Have a Hula Hoop contest
28. Play racquetball
29. Participate in a fundraising walk or jog
30. Have a squirt-gun battle!
31. Go to the batting cages
32. Play horseshoes
33. Play bocce ball
34. Have a water balloon toss
35. Have pillowcase races
36. Visit a farm where you can pick fruits and/or vegetables!
37. Play balloon volleyball
38. Play hide-and-seek
39. Build a snowman!
40. Jump rope
41. Attend a local fair/carnival
42. Play fitness ping-pong!
43. Go sledding
44. Play touch football
45. Go on a picnic!
46. Try ice skating
47. Go canoeing
48. Visit a museum
49. Go roller skating
50. Join in a parade
51. Do yoga
52. Help clean up the house
53. Shoot some hoops
54. Stretch
55. Walk your pet
56. Rake leaves, then jump in them
57. Adopt a park and help keep it clean!
58. Play Twister
59. Have a handstand contest
60. Wash an elderly neighbor's car (permission first!)
61. Play Twister Moves DVD Edition
62. Try tumbling
63. Go horseback riding
64. Try fencing
65. Try gymnastics
66. Play tee-ball
67. Try Dance Dance Revolution
68. Go for a nature walk
69. Have a pillow fight
70. Start a physical activity family tradition
71. Decorate trees in the yard with popcorn strings for birds
72. Plant a tree
73. Schedule a weekly Family Fun Night, and have FUN!
74. Play catch
75. Build an obstacle course—then race in it!
76. Go rock climbing
77. Take Zumba lessons
78. Try Tai Chi
79. Play darts
80. Go wall climbing

Try-at-Home Activity: Top 100 Ideas for Family Fitness Fun (cont.)

81. Play Duck, Duck, Goose!
82. Learn to Hula
83. Play Frisbee golf
84. Catch bubbles
85. Dance at a hoedown
86. Go on a family adventure
87. Have a Hippity Hop balls race!
88. Play touch football
89. Help an elderly neighbor with yard work
90. Play kickball
91. Go to the park
92. Make a music video and dance to your favorite song
93. Try roller hockey or deck hockey
94. Play in the sprinkler!
95. Have a family get-together and play outdoor games
96. Play ladder golf
97. Try water skiing!
98. Play soccer
99. Rake leaves and jump in the piles
100. Go to an outdoor concert and dance to the music!



Take Health On-The Road: Traveling Locker Room

Gather all of your family members and work together to make a Traveling Locker Room for the family car!

Materials Needed:

- A crate or sturdy box (the “locker room” for your car)
- Jump ropes
- Kites
- Baseball bat
- Baseball/softball
- Football
- Baseball gloves
- Frisbee
- Soccer ball
- First Aid kit with sunscreen

Description:

Work together as a family to select the sports equipment that you would like to include in your own traveling locker room. Be sure to consider the interests and abilities of each family member and include things for everyone. The materials list here is meant to help you get started. Feel free to expand or change the list of materials included in your own traveling locker room!

Don't forget to include a simple, but well-stocked First Aid kit, and be sure to keep some sunscreen in there too!

Reprinted with permission:

99 Tips for Family Fitness Fun. 2004. Shape Up America!. 22 April 2007. <http://www.shapeup.org/pubs/ggtips/index.html#intro>.



Chapter 3

Nutrition Activities





This chapter contains nutrition activities that are well-suited to a Family Fun, Food & Fitness event. As you plan and prepare for your event, review the table listed on the next page to find activities that best meet your event's time, space, budget and theme requirements. Remember to plan at least two nutrition activities for your event! We highly recommend that one of the nutrition events involves tasting a healthy food or recipe.

If you need other ideas or would like to make sure the information you are providing is in fact true please contact a Team Nutrition staff person, who are both Registered Dietitians, to assist you. The table provides quick at-a-glance information about each activity. Please note that activities labeled "Requires Food Supplies" are cooking/tasting type activities and will, in general, be more costly to implement. The other activities (those not requiring food supplies) can all be done for less than \$50.

After you have reviewed the table, browse through the activity descriptions. This will give you a better idea of the time, space and cost required to complete each activity. Use the table and descriptions to select a minimum of two activities that will best fit your event. Note that if you expect large crowds at your event, multiple stations of the same activity may be necessary.

We encourage you to do at least one activity that "Requires Food Supplies." Hands-on food activities are not only an important and fun part of learning about good nutrition, but they are also a key way that families learn to bring healthy food practices into their own kitchens. When planning for an activity that requires food supplies, use the table on the following page as a guide to assist you in purchasing the correct quantity of food needed for your activity and event size.

All of these activities are designed for families (ages 6+) to complete together. Parents, older siblings or other relatives can assist younger children in participating in these activities as needed.

Activity Name	Time (minutes)	Volunteers Needed	Requires Food Supplies	Estimated Cost per 25 participants*	Page
Neat-to-Eat Snacks	15	2-4	Yes	\$\$-\$\$\$\$	59
Go Fish!	15	1	No	\$	65
Eat Smart. Play Hard.™ With MyPyramid	15	3	No	\$	73
Order Up! At the Eat Smart Grill	10	3-4	Yes	\$\$-\$\$\$\$	81
Fun Food Trivia - Test Your Knowledge	15	1	No	\$	83
Invent-A-Snack	15	2	Yes	\$\$-\$\$\$\$	91
It's Time to go Grocery Shopping!	15	1	No	\$	95
What's the Combination?	15	1-2	No	\$	99
Nutrition Scavenger Hunt	20	1	No	\$-\$\$	105
Kids a Cookin' Demonstration	20	1-2	Yes	\$\$\$-\$\$\$\$	109
Complete Meal Challenge	10	1	No	\$	113
Vote for Your Favorite!	10	2-3	Yes	\$-\$\$	117
Taste-Testing	10	2-3	Yes	\$-\$\$	119
Who Wants to be a Foodinaire?	15	1	20 minutes	\$	121
*This is an estimation, actual costs may vary depending on your region: \$ less than \$5 \$\$ \$6-\$10 \$\$\$ \$11-\$15 \$\$\$\$ more than \$15					

Materials Needed:

- Follow recipe instructions and gather ingredients, utensils and cooking equipment as needed
- 1–3 eight-foot tables
- Rags and tub of warm, soapy water to clean tables
- Gloves or a hand-washing station for volunteers
- 1–2 laminated copies of recipes for participants to use as a reference
- Copies of recipes for families to take home (optional)

Volunteers Needed:

One to two volunteers for each recipe. Volunteers will lead families through making the recipes, replenish supplies, and keep tables clean.

Description:

This interactive activity allows children and adults to roll up their sleeves and learn how to make a new healthy snack. Choose ONE or TWO of the *Kids a Cookin'* recipes listed on pages 60–64. Participants will choose to make ONE of the recipes.

Final Tips:

- Use one table as a work space for each recipe. It may also be helpful to have an additional table to hold extra supplies and ingredients.
- Have a trash can nearby for food sample waste disposal.
- You may choose to have participants make a smaller, snack-sized portion for the Banana Wrap and/or the Very Berry Blast recipes.
- For additional recipes, visit: www.kidsacookin.com



Giant Germs

Fun-filled cracker sandwiches!
Level: Easy
Makes: One



Kids' Tool Kit

Plastic knife
Spoon

Chef's Choice

Giant Germ
Low-fat milk

Ingredients:

- 2 round crackers
- 1 tablespoon peanut butter
- 5–10 small pretzel sticks
- 2 raisins or olive slices

Directions:

Remember to wash your hands!

1. Spread peanut butter on one cracker and make a sandwich.
2. Insert pretzel sticks for legs.
3. With a dab of filling, set raisin eyes on cracker.

Helpful Hints:

Let each child create a "germ" using their imagination. Other "germ" filling could include cream cheese spread or pimiento-cheese spread. For a variety, have other dried fruit available for eyes or for decorating the germ.

Safety Tips:

One of the most common food allergies in children is peanuts. Before sharing with friends, it's always a good idea to tell kids this snack contains peanut butter to avoid an allergic reaction. Even a touch or tiny bite of a food allergen can be harmful.

Nutrition Facts

Serving Size 1 germ (26g)
Servings Per Container 1

Amount Per Serving

Calories 150 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2g **9%**

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **5%**

Sugars 2g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Germs! Germs! Germs!* by Bobby Katz. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Food Group Funny Face

A snack with a personality!

Level: Easy

Makes: One



Ingredients:

- 1 tablespoon peanut butter
- 1 large cracker (graham cracker, saltine or whole grain)
- 1 tablespoon shredded cheddar cheese
- 3 or 4 raisins
- 2 large green peas
- 1 grape, cut in half

Directions:

Remember to wash your hands!

1. Spread peanut butter on cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.

Helpful Hints:

The Food Guide Pyramid shows how to make food choices for a healthy diet. Adults and kids from age two years can follow this plan and have lots of variety in what they eat.

Five different food groups are in the Food Guide Pyramid, and each is represented in this snack. The cracker belongs in the grain group at the base of the pyramid. Complex carbohydrates in this group are packed with lots of energy. The peas are in the vegetable group, and raisins and grapes are in the fruit group. Both food groups provide vitamins, minerals and fiber. Cheese has lots of calcium and fits in the milk group. Peanut butter gives us protein from the meat group. It takes a variety of food to have a balanced diet.

Safety Tips:

When you cough or sneeze, cover your mouth and turn away from food and other people. The next step is to wash your hands with soap and water to get rid of germs that can make us, or others around us, sick.

This snack is intended for children over age two. Do not serve to younger children who may choke.

Recipe used with permission from the curriculum, Kids in the Kitchen, Family Nutrition Education Program, Outreach and Extension, University of Missouri, Lincoln University. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Kids' Tool Kit

Measuring spoon

Knife

Grater

Chef's Choice

Food Group Funny Face

Low-fat milk

Nutrition Facts

Serving Size 1 cracker (31g)
Servings Per Container 1

Amount Per Serving

Calories 150 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 3g **16%**

Cholesterol 5mg **2%**

Sodium 140mg **6%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **5%**

Sugars 4g

Protein 6g

Vitamin A 2%

Vitamin C 2%

Calcium 6%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

Banana Wraps

Easy enough for preschoolers to wrap and roll!

Level: Easy

Makes: One wrap



Kids' Tool Kit

Plastic knife
Cutting board
Tablespoon

Chef's Choice

Banana Wraps
Milk

Ingredients:

- 2–3 tablespoons peanut butter, smooth or crunchy
- 1 (8-inch) flour tortilla
- 1 whole banana

Directions:

Remember to wash your hands!

1. Spread peanut butter on one side of tortilla.
2. Peel banana and roll up tightly in tortilla.
3. Slice into pinwheels or serve whole.

Helpful Hints:

If a child is allergic to peanut butter, try substituting cream cheese. Either way, this kid-friendly snack is nutritious and can be made ahead for a walk to the park. Just spread the peanut butter on the tortilla at home and fold it. At snack time, unfold the tortilla, peel the banana and roll it up. Kids will love the handheld all-in-one snack!

Safety Tips:

Don't offer peanut butter to children younger than three or four years of age. To prevent choking, spread only a thin layer on bread or wraps. The banana in this wrap makes the peanut butter less sticky and easier to swallow.

Nutrition Facts

Serving Size 1 wrap (199g)
Servings Per Container 1

Amount Per Serving

Calories 460 **Calories from Fat 180**

% Daily Value*

Total Fat 20g 31%

Saturated Fat 4.5g 22%

Cholesterol 0mg 0%

Sodium 380mg 16%

Total Carbohydrate 61g 20%

Dietary Fiber 6g 25%

Sugars 25g

Protein 14g

Vitamin A 2% • Vitamin C 20%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Ice Cream in a Bag

Shake it up and dish it out!

Level: Easy

Serves: One



Kids' Tool Kit

Zip-type bags, two sizes

Measuring spoons

Measuring cups

Knife

Cutting board

Rock salt

Ice cubes

Chef's Choice

Ice Cream in a Bag

Fruit

Cookie

Ingredients:

- 1 tablespoon sugar
- 1/4 teaspoon vanilla extract
- 1–2 tablespoons soft fruit
- 1/2 cup whole milk

Additional Ingredients:

- 1/2 cup rock salt
- ice cubes

Directions:

Remember to wash your hands!

1. Open a pint zip-type bag, add sugar, vanilla and soft fruit. Seal bag tightly and mix well by squeezing with fingers.
2. Open bag and add milk. Squeeze out extra air, zip tightly and mix well.
3. Open a gallon zip-type bag, add rock salt and fill halfway with ice cubes.
4. Put pint bag inside gallon bag, seal well and shake bag for 5–10 minutes or until liquid has changed to ice cream.

Helpful Hints:

Make sure the bags are tightly closed before mixing or you'll have a mess! It takes lots of shaking and turning before the liquid turns to ice cream. Hands get really cold holding the bag, so either wrap it in a towel or use over mitts to hold the bag while shaking.

Be careful when removing the small bag of ice cream from the larger bag. Rinse it off and be careful you don't get any rock salt in the ice cream.

Safety Tips:

Try a variety of fruit in the ice cream. Ripe bananas, strawberries, blueberries, raspberries, peaches or pears all work well. Remember to wash fruit before adding to the ice cream mixture.

Nutrition Facts

Serving Size 1 bag (157g)
Servings Per Container 1

Amount Per Serving

Calories 130 **Calories from Fat 35**

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2.5g 11%

Cholesterol 10mg 4%

Sodium 55mg 2%

Total Carbohydrate 20g 7%

Dietary Fiber 0g 0%

Sugars 18g

Protein 4g

Vitamin A 4% • Vitamin C 2%

Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Materials Needed:

- Print game instructions and cards (copies of the game cards are included on pages 66–71)
- Two card tables with at least four chairs per table

Volunteers Needed:

One volunteer is needed to explain the game to participants, monitor time and to answer questions.

Description:

Families play the Food Group “Go Fish” card game and learn about the food groups while having competitive fun! This game is played much like the original “Go Fish” card game, except with colorful food group cards. Print or copy two sets of cards from pages 66–71 of this guide. Families can sit together at card tables and play against one another, or families/individuals can compete against one another; one game per card table.

The team/individual that finds all of their matches first wins the game. Multiple games may be played during the 15 minutes of the activity. If a game is not completed when time is up, the team/individual with the most matches wins the game.

Final Tips:

- Laminate or print cards on heavy paper to provide durability and allow for further use beyond the event.
- Award prizes to the winning individual or team. Healthy prize ideas are listed on page 153.

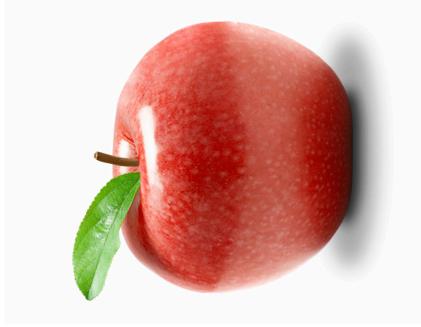


FRUITS



Blueberries

FRUITS



Apple

GRAINS



Bagel

VEGETABLES



Baked Potato

FRUITS



Pear

GRAINS



Cereal

GRAINS



Brownies

PROTEIN



Black Bean Soup

VEGETABLES



Corn

VEGETABLES



Peas

GRAINS



Muffin

VEGETABLES



Green Beans

VEGETABLES



Cherry Tomatoes

FRUITS



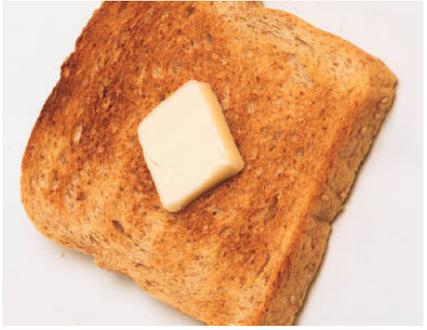
Fruit Salad

VEGETABLES



Salad

GRAINS



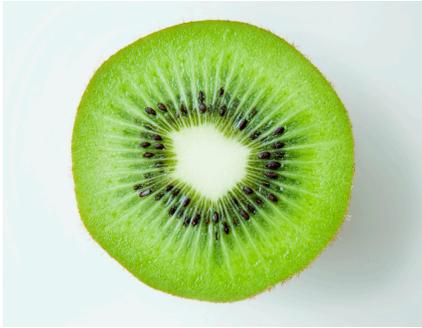
Whole Wheat Toast

DAIRY



Milk

FRUITS



Kiwi

DAIRY



Ice Cream

PROTEIN



Fish

FRUITS



Orange Juice

DAIRY



Milkshake

PROTEIN



Chicken

FRUITS



Mango

VEGETABLES



Yellow Pepper

FRUITS



Strawberries

GRAINS



Pretzel

DAIRY



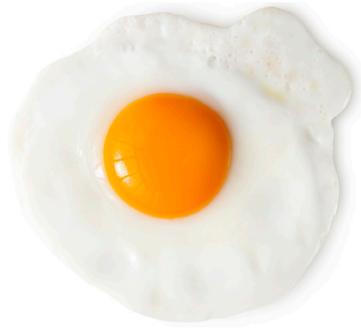
Swiss Cheese

GRAINS



Popcorn

PROTEIN



Egg

PROTEIN



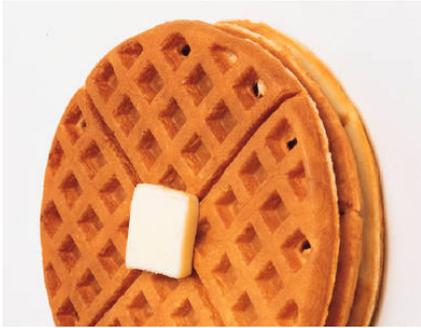
Peanuts

PROTEIN



Sausage

GRAINS



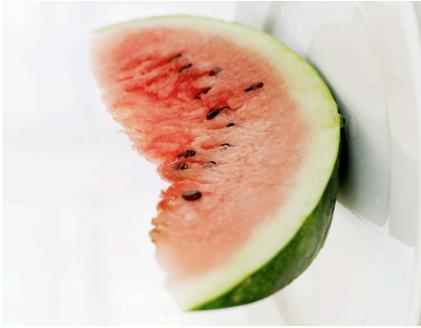
Waffles

FRUITS



Grapes

FRUITS



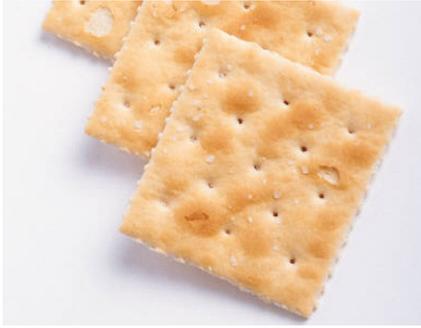
Watermelon

FRUITS



Frozen Fruit Juice Bar

GRAINS



Crackers

VEGETABLES



Cauliflower

VEGETABLES



Artichoke

GRAINS



Rice

FRUITS



Avocado

PROTEIN



Meatballs

VEGETABLES



Asparagus

FRUITS



Cherries

GRAINS



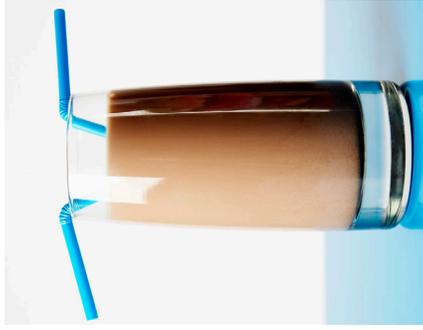
Pancakes

VEGETABLES



Vegetable Soup

DAIRY



Chocolate Milk

VEGETABLES



Broccoli

Eat Smart. Play Hard.™ With MyPyramid

Materials Needed:

- Script (a copy is provided on pages 75–80 or it can be downloaded from: www.teamnutrition.usda.gov/Resources/EatSmart/ESPH_with_MyPyramid_script.pdf)
- Follow script instructions to gather materials

Volunteers Needed:

Three volunteers are needed to act out the skit.

Description:

This script for community events can be acted out as a 15-minute skit. It is exciting, fun and it introduces children and adults to Power Panther and his Eat Smart. Play Hard.™ message! This skit also provides an overview of MyPyramid for Kids' key messages.

Final Tips:

Perform this skit in a separate area every 15–20 minutes throughout the night. Post a sign that shows families approximate times the skit will begin.

Make a Power Panther “costume” for this skit. Copy, cut and assemble the pages included in the Appendix on page 155.



Target Audience: children and parents / caregivers

Estimated Time (excluding group performance): 15 minutes

Examples of events: community health fairs, schools, conferences

Background Information for Presenters:

Eat Smart. Play Hard.™ is about making America's children healthier. It's about practical suggestions that will help you motivate children and their caregivers to eat healthy and be physically active using MyPyramid. The Eat Smart. Play Hard.™ Campaign messages and materials are fun for children and informative for caregivers.

The President's Challenge is a program that encourages all Americans to make being physically active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve. Additional information, and an online tracking tool, is available at: <http://presidentschallenge.org>.

Materials Needed:

- Music player (e.g., stereo or boom box)
- Eat Smart. Play Hard. songs:
 - Power Panther is Here (<http://teamnutrition.usda.gov/Resources/eatsmartadditionalresources.html>)
 - Be Like Power Panther (<http://teamnutrition.usda.gov/Resources/eatsmartadditionalresources.html>)
- MyPyramid for Kids poster (http://teamnutrition.usda.gov/Resources/mpk_poster.pdf)
- MyPyramid for Kids food group posters (samples at right) [Note: Posters similar to samples (right) can be created using any word processing program and a color printer.]
 - Grains: Make half your grains whole (orange)
 - Vegetables: Vary your veggies (green)
 - Fruits: Focus on fruits (red)
 - Dairy: Get your calcium-rich foods (blue)
 - Protein: Go lean with protein (purple)
- Piece of fruit or bowl of fruit
- Copies of Power Up Moves for audience or on display
- PowerPoint presentation of Power Up Moves with words

Grains
Make half your grains whole

Vegetables
Vary your veggies

Fruits
Focus on fruits

Dairy
Get your calcium-rich foods

Protein
Go lean with protein

Optional Materials:

- The MyPyramid for Kids poster can be projected onto large screens using PowerPoint or other software to reinforce messages. You can also post a MyPlate poster for viewers to reference.
- Sports equipment

I. Background music: “Power Panther is Here”

Speaker 1: Hello, Everyone! Welcome to (name of event). I’m (Speaker 1 introduce yourself).

Speaker 2: And, I’m (Speaker 2 introduce yourself).

Speaker 1: *These days, a lot of people are trying to eat better and be more physically active. Let’s see a show of hands—how many of you want to eat healthier? (Waits for audience response)

*Customize it by using time—and audience—specific language. For example:

Adults

- Winter or New Year: This time of year, a lot of people are making resolutions and eating healthier and getting fit.

Children

- Spring: This time of year, many kids are eating healthier and getting in shape so they can play hard at camp this summer.

Speaker 2: And, how many people would like to get in better shape? (Waits for audience response)
Well, if you want to shape up, you’re in the right place, because we’re going to give you some tools to help you eat healthier AND be more physically active, both of which will help you feel better, think more clearly, and have more energy to enjoy life!

Optional Group Performance (approx. five minutes). If none, skip to “Introducing Power Panther”
A group performance at the beginning of your presentation may help draw a crowd.
Group performances may include school dance/stop teams, jump rope teams, or aerobics groups.

Speaker 1: Before we get started, we have some friends here to help us by pumping us all up and showing how much energy you have when you eat smart and play hard!

(group comes onto the stage)

Speaker 2: That’s right, they have to eat smart and play hard to be able to do their thing! Please join me in welcoming (name of group).

(applause)

Group performance

(applause)



II. Introducing Power Panther

Speaker 1: Now I'd like you to meet a special friend of ours—Power Panther! Power Panther is the USDA's nutrition and physical activity spokescharacter. He travels all over the country visiting with kids and parents like you to encourage them to eat smart and play hard by following the recommendations of MyPyramid and MyPlate.

PP: *Waves to audience and gives high five to Speaker 1 and Speaker 2.*

Speaker 2: Power Panther wants all of us to eat smart and play hard, and he wants you to share that message with others. Can you repeat Power Panther's message with me? I want to hear all the ladies yell 'Eat Smart' and all the guys to say 'Play Hard.' Okay, ready? What does Power Panther want us to do? (*Hold hand to ear to prompt audience response*) One more time: Eat Smart—Play Hard. That's great!

*Customize it by using audience-specific language.

- If your audience is primarily children, address them as "girls" and "boys" (instead of "ladies" and "guys").

PP: *Holds hand to ear.*

III. Eat Smart. Play Hard.™ - and being Powerful

PP: *Walks to center of the stage, and points to his Eat Smart. Play Hard T-shirt, and makes a bicep flex with a fisted power glove to suggest power/strength.*

Speaker 1: Do you know what Eat Smart. Play Hard. means? (*Waits for audience responses*) It means eating healthy meals and snacks, and making sure you're physically active each day.*

*Customize it by using event-specific language.

Give kudos to your audience or participating in physical activities at your event. For example, after Speaker 1 says "...making sure you're physically active each day," add:

- "Just like you're doing here today by walking around the Convention Center."
- "Just like you're doing today by participating in the dance contest."

Speaker 2: Why is eating smart and playing hard so important for kids? Eating smart or healthy helps you go, glow and grow since it will give you energy, and help you focus and learn in school.

PP: *Gives a "thumbs up" to the helper and nods yes.*

Speaker 1: Power Panther says adults should also eat smart and play hard. It helps them to stay healthy and helps reduce the risk of some health problems and controls weight. And when parents eat healthy and are active, they show their kids that it's good for them too, so kids will eat healthy too. [If audience is children, omit last sentence above.]

PP: *Gives a "thumbs up" to the helper and nods yes.*

Speaker 2: Power Panther says it's really important to combine your day with healthy food and active play so you can have the energy and strength to be your very best.

Speaker 1: Power Panther knows that we all have the power within ourselves to make healthy choices every day. And parents can help their kids to make healthy choices too—like Power Panther does.

IV. Eat Smart. Play Hard.™ - and MyPyramid

PP: *Turns around to show MyPyramid on back of shirt.*

Speaker 2: Power Panther uses MyPyramid to help him and Slurp eat smart and play hard. He wears the MyPyramid on his t-shirt. How many of you know about MyPyramid? *(Waits for audience responses)* How many of you have visited MyPyramid on the internet? *(Waits for audience responses)*

Speaker 1: MyPyramid shows us how to eat healthy, in the right amounts from all the different food groups, and to be active. You can use the MyPyramid web site to create a healthy eating and physical activity plan that's just right for you.

PP: *Gives thumbs up.*

Speaker 2: Does anyone know what the orange stripe on MyPyramid means? *(Waits for audience responses)*

PP: *Sneaks across stage behind presenters' backs showing orange poster to audience. Poster, from MyPyramid for Kids reads "Grains: Make half your grains whole."*

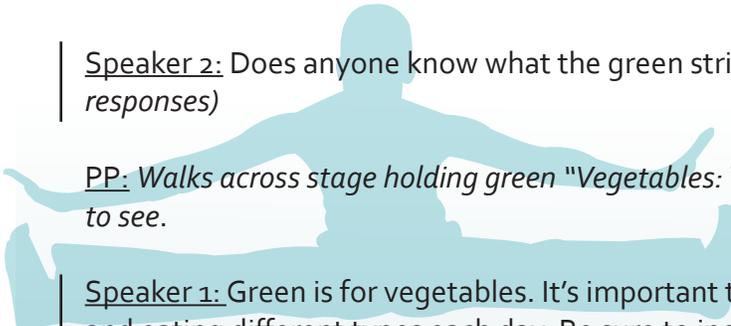
Optional—Give prizes to audience for participating in the presentation. Speakers can prompt audience participation by passing out small participation prizes that reinforce eating smart and playing hard—examples include Eat Smart. Play Hard.™ stickers.

Speaker 1: That's right, orange is for grains. Can anyone name some foods that are grains?

Speaker 2: Each day, we need to make sure that half our grains are whole grains, but what exactly does that mean? Can anyone name some whole grains?

Speaker 1: That's right. You can tell which foods are whole grain by looking at the food label—make sure you see the word "whole" before grains on the ingredients list. Whole grains are foods like corn, oatmeal, brown rice, low fat popcorn, and whole wheat bread.

PP: *Gives thumbs up.*



Speaker 2: Does anyone know what the green stripe on MyPyramid means? *(Waits for audience responses)*

PP: *Walks across stage holding green "Vegetables: Vary your veggies" poster above his head for audience to see.*

Speaker 1: Green is for vegetables. It's important to make your plate colorful by varying your veggies and eating different types each day. Be sure to include dark green and orange vegetables too. Can anyone name a dark green or orange vegetable? They are things like spinach, broccoli, carrots, and sweet potatoes. And can anyone name a purple vegetable? Eggplant and cabbage can both be purple vegetables!

PP: *Rubs his stomach.*

Speaker 2: How about the red stripe on MyPyramid—does anyone know which food group red represents? *(Waits for audience responses)*

PP: *Walks across stage holding red "Fruits: Focus on fruits" poster above his head for audience to see.*

Speaker 1: Red is for fruits—nature's treats: sweet and delicious. It's good to focus on fruits—to eat fruits with meals and at snack time too. Choose fresh, frozen, canned or dried fruit. When you do choose juice, make sure it's 100 percent juice.

Speaker 2: How about the yellow stripe—any ideas? I'll give you a hint... it's not a food group, but you need some every day for good health *(Waits for audience responses)*

Speaker 1: Yellow is for oils. We all need oil. It's best to get oils from fish, nuts and liquid oils like corn, soybean, canola, and olive oil. Does anyone know what the blue stripe represents? I'll give you a hint... it comes from cows. *(Waits for audience responses)*

PP: *Walks across stage holding blue "Dairy: Get your calcium-rich foods" poster above his head for audience to see.*

Speaker 2: That's right, it's the dairy group. We all need calcium-rich foods—like milk, yogurt, and cheese—to build strong bones. Be sure to check the container to make sure your milk, yogurt, or cheese is low fat or fat-free.

PP: *Flexes muscles.*

Speaker 1: There's only one group left and, you're right Power Panther, it helps build muscles. Does anyone know which foods are represented by the purple stripe? *(Waits for audience responses)*

PP: *Walks across stage with purple "Protein: Go lean with protein" poster above head for audience to see.*

Speaker 2: Purple stands for protein—be sure to go lean with your protein by choosing lean or low fat meat, chicken, turkey, and fish. And, like Power Panther always does, eat it baked, broiled or grilled—not fried.

Speaker 1: And, it's nutty but true. Nuts, seeds, peas, and beans are all great sources of protein, too. Try changing your tune by adding beans and peas to your meals—in salads, burritos, or soups.

PP: *Gives thumbs up.*

V. Power Up with Breakfast!

PP: *Whispers into Speaker 2's ear.*

Speaker 2: Power Panther likes to eat breakfast. He wants to ask you about breakfast because that's one of his favorite meals. How many of you eat breakfast every day—raise your hands? *(Waits for audience responses)* That's great!

Speaker 1: Do you know why breakfast is important? *(Waits for audience responses)* Eating breakfast will not only make you feel good and powerful, it will give you energy, and help you be more alert so you'll do better in school or work. How many of you had breakfast today?

PP: *Pulls out a piece of fruit and holds it up to the audience.*

Speaker 2: Breakfast helps get Power Panther going in the morning and helps him keep his mind on what he's doing. If he's running late, he sometimes grabs something like leftovers from dinner or makes a quick peanut butter and banana sandwich to eat on the way.

Speaker 1: Power Panther thinks it's important for families to eat breakfast together. In fact, every morning, he has a healthy breakfast like cereal, fruit, and low-fat milk with his nephew, Slurp.

Speaker 2: Let's see a show of hands for everyone who plans to eat breakfast in the morning—that's a great way to start eating smart!

VI. Balance your Day with Food and Play

Speaker 1: Power Panther tries to balance his day with food and play to grow healthy and strong. Does anyone know why physical activity is important? *(Waits for audience responses)*

Speaker 2: That's right! Being physically active is good for your health, builds strong bones and muscles, and helps you feel more energetic and strong. It will also help adults stay healthier longer, lower their risk for diseases, and helps control weight.

Speaker 1: Power Panther likes to set a good example for Slurp, so he makes sure that fun physical activities are part of their time together. They're even taking the President's Challenge together!

[Note: See Background Information for Presenters for additional information on the President's Challenge.]

Speaker 2: By taking the President's Challenge, they get to track their physical activities together online and earn awards for being active. Like MyPyramid recommends, Power Panther and Slurp get 60 minutes of activity on most days of the week by playing basketball together or going on walks around their neighborhood.

PP: *Pretends to shoot a basket.*

Speaker 1: Can you name some other great physical activities you could have fun doing every day?

PP: *Prompt audience response by dancing, swinging a golf club, stretching, running in place, doing jumping jacks, etc.*

Speaker 2: That's right, being active should be fun! Activities like dancing, gardening, golfing and jumping rope are all great ways to be physically active.

Speaker 1: Anything you like that makes you move more and sit less is great!

VII: Interactive Audience Activity (Est. Time: five minutes)

Speaker 1: Would you like to join Power Panther in an activity today? It's a little activity with big ideas that we call Power Up Moves! Everyone please stand up and repeat after us!

[Perform "Power Up Moves with audience]

Speaker 2: OK, should we try it with some music?

[music starts: "Be Like Power Panther"] Repeat activity 2–3 times

Speaker 1: Great Job! Thanks for participating!

[Make any closing announcements—e.g., Stop by Booth XX to have your photo taken with Power Panther!]

Order Up! At the Eat Smart.™ Grill

Materials Needed:

- Follow Eat Smart Grill recipes (page 82) to gather ingredients and utensils needed
- 3 or 4 eight-foot tables
- Rags and tub of warm, soapy water to clean tables
- Gloves or hand-washing station for volunteers
- Laminated copies of the Eat Smart Grill Menu (page 82) for use during the event
- Copies of the Eat Smart Grill Menu (page 82) for families to take home (optional)
- Pads of paper for waitresses to take orders

Volunteers Needed:

Three to four volunteers needed to take orders, prepare and serve snacks. These volunteers will also instruct and assist children in making their family's order.

Description:

Families "Order Up!" at the Eat Smart Grill, ordering, preparing and sampling nutritious and portable snacks. Each family member will be able to view the menu (on page 82) and order one of the three snacks. Once families order, the children get to "enter the kitchen" and help the "cook" prepare what their family has ordered!

Final Tips:

Jazz up this activity by mimicking a restaurant. One to two volunteers can dress and act like waiters/ waitresses at a diner, while two volunteers can act as cooks. Have the "cooks" guide kids through preparing the recipes for their families. Place a table at the front of the station, decorated like a diner counter, and two to three additional tables at the back of the station to prepare the recipes.





Chili Popcorn

Put some spice in your life!

You need:
 4 cups popped popcorn
 1 tablespoon melted margarine
 1 teaspoon chili powder
 A dash of garlic powder

Mix popcorn and margarine.
 Mix seasonings thoroughly
 Sprinkle over popcorn. Mix well.

Eat Smart Play Hard

Serve immediately and enjoy with family and friends! Makes four one-cup servings.

Fruit Sundae (serves 4)

Try this flavorful snack at home!

You need:
 2 cups of your favorite fruit
 1 cup (8 oz.) plain or lowfat vanilla yogurt
 2 cups ready-to-eat cereal
 4 large glasses or paper cups

Place 2 tbsp. of fruit in the bottom of the cup. Spoon 2 tbsp. yogurt on top of the fruit layer



Spoon 2 tbsp. cereal on top of the yogurt. Repeat twice.

Wash fruit (i.e., remove seeds and pits), drain canned fruit or thaw frozen fruit.



This will make three layers of each ingredient. Enjoy with your family and friends.

Eat Smart Play Hard

Snack Mix

You need energy to keep you moving. Try this recipe to help you get the energy you need to MOVE!

You need:
 1 cup mini pretzels
 1 cup raisins
 1 cup of nuts (your choice)
 1/2 cup sunflower seeds

Mix ingredients together.

Store in airtight container.

Eat Smart Play Hard

Makes twelve 1/4 cup servings. ENJOY!

Fun Food Trivia—Test Your Knowledge

Materials Needed:

- Fun Food Trivia Questions (you may choose to use worksheets or question/answer cards for this activity)
- Game show props like a microphone and score board (optional)

Volunteers Needed:

One volunteer is needed to host the trivia game and/or provide correct answers to the trivia questions. The volunteer will also monitor the time for this activity.

Description:

Test families' nutrition knowledge with fun food trivia questions! These questions are both fun and informative, letting families learn and be entertained at the same time. This activity can be set up like a game show or a more laid-back worksheet format.

To host a Food Trivia Game Show, the volunteer leader acts as the host. Print or copy the trivia questions (pages 87–89) onto heavy paper and cut them into cards for the host to hold. The volunteer host may choose to dress like a game show host and may even use a play microphone to put contestants on the spot. Families can compete against other families for the best score using all the questions or individual family members may compete in a “sudden death” style game (if a family member answers a question incorrectly, they are eliminated from the game). In order to allow family members an opportunity to participate as long as possible, you may choose to use a three-strikes-and-you're-out format in lieu of “sudden death.” The family team with the most points, or the last remaining individual wins the game.

This game can also be played using trivia worksheets (pages 84–86). This is a less-competitive format where family members may work individually or together as a team to answer the trivia questions. The volunteer leader allows participants 5–10 minutes to complete the activity and then reads the answers. The individual or family with the most correct answers wins.

Final Tips:

Consider awarding prizes to the winning family or individual. A list of healthy prize ideas can be found on page 153.



Fun Food Trivia—Can you out-smart your family?

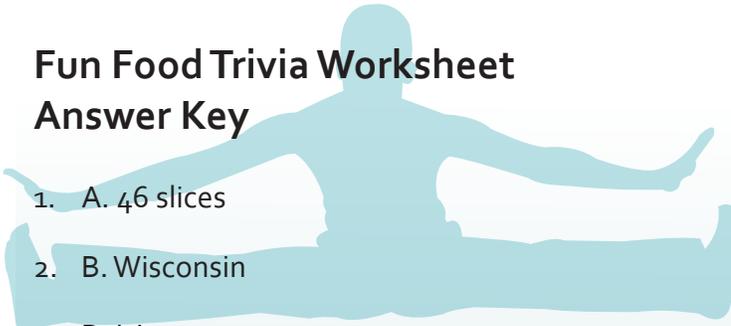
1. The average kid in America eats about how many slices of pizza per year?
a. 46 b. 100 c. 200
2. What state grows the most cranberries?
a. Washington b. Wisconsin c. New England
3. What food is made from grapes that have dried in the sun for 2–3 weeks? _____
4. How many pounds of milk does it take to make one pound of cheese?
a. 5 b. 10 c. 22
5. Are pumpkins fruits or vegetables? _____
6. True or False - Hawaii is the only state that grows pineapples. _____
7. What vegetable do Americans eat the most each year?
a. Corn b. Lettuce c. Potatoes
8. Sheep raised in North Dakota produce enough wool each year to make how many sweaters?
a. 1,000 b. 10,000 c. 600,000
9. Fresh apples float because 25 percent of their volume is what? _____
10. What state produces almost all of the nation's wild blueberries?
a. Maine b. Nevada c. Idaho
11. How many honeybees does it take to produce a tablespoon of honey?
a. 2 b. 12 c. 100
12. Each American eats about 22 pounds of tomatoes each year. How much of this is in the form of ketchup and tomato sauce? _____
13. In Japan, the most popular topping for pizza is squid! What is the most popular topping in the US?

14. Who planted the first olive trees in California in 1769?
a. Cowboys b. Native Americans c. Monks
15. These vegetables originated 5,000 years ago and were white, purple, red, yellow, green and black.
a. Carrots b. Celery c. Cucumbers
16. True or False. During the Alaskan gold rush, potatoes were so valued for their Vitamin C content, miners traded them for gold. _____

17. This vegetable is a member of the sunflower family.
a. Corn b. Peas c. Lettuce
18. On average, how many cherries does one tart cherry tree produce?
a. 100 b. 7,000 c. 12,000
19. The first breakfast cereal was made by adding sugar and milk to this grain.
a. Popped popcorn b. Wheat c. Oats
20. True or False. Noodles were first made in Italy. _____
21. Straight from the cow, the temperature of milk is:
a. 20°F b. 50°F c. 97°F
22. The US produces 25% of the world's total supply of this fruit.
a. Peaches b. Kiwi c. Mangos
23. The average American eats 14 lbs. of this meat each year, more than double the rate of 20 years ago. What is it? _____
24. It takes a farmer nine seconds to harvest enough wheat to make ____ loaves of bread.
a. 10 b. 70 c. 200



Fun Food Trivia Worksheet Answer Key

- 
1. A. 46 slices
 2. B. Wisconsin
 3. Raisins
 4. B. 10 pounds of milk
 5. Fruits
 6. True
 7. C. Potatoes
 8. C. 600,000 sweaters
 9. Air
 10. A. Maine
 11. B. 12 bees
 12. Half
 13. Pepperoni
 14. C. Monks
 15. A. Carrots
 16. True
 17. C. Lettuce
 18. B. 7,000 cherries
 19. A. Popped popcorn
 20. False, China actually produced the first noodles.
 21. C. 97°F
 22. A. Peaches
 23. Turkey
 24. B. 70 loaves

<p>Question #1 The average kid in America eats how many slices of pizza per year?</p> <p>A. 46 B. 100 C. 200</p> <p>Answer: A</p>	<p>Question #2 What state grows the most cranberries?</p> <p>A. Washington B. Wisconsin C. New England</p> <p>Answer: B</p>
<p>Question #3 What food is made from grapes that have dried in the sun for 2–3 weeks?</p> <p>Answer: Raisins</p>	<p>Question #4 How many pounds of milk does it take to make one pound of cheese?</p> <p>A. 5 B. 10 C. 22</p> <p>Answer: B</p>
<p>Question #5 Are pumpkins fruits or vegetables?</p> <p>Answer: Fruits</p>	<p>Question #6 True or False - Hawaii is the only state that grows pineapples.</p> <p>Answer: True</p>
<p>Question #7 What vegetable do Americans eat the most each year?</p> <p>A. Corn B. Lettuce C. Potatoes</p> <p>Answer: C</p>	<p>Question #8 Sheep raised in North Dakota produce enough wool each year to make how many sweaters?</p> <p>A. 1,000 B. 10,000 C. 600,000</p> <p>Answer: C</p>



<p>Question #9 Fresh apples float because 25% of their volume is what?</p> <p>Answer: Air</p>	<p>Question #10 What state produces almost all the nation's wild blueberries?</p> <p>A. Maine B. Nevada C. Idaho</p> <p>Answer: A</p>
<p>Question #11 How many honeybees does it take to produce a tablespoon of honey?</p> <p>A. 2 B. 12 C. 100</p> <p>Answer: B</p>	<p>Question #12 Each American eats about 22 pounds of tomatoes each year. How much of this is in the form of ketchup and tomato sauce?</p> <p>Answer: Half</p>
<p>Question #13 In Japan, the most popular topping for pizza is squid. What is the most popular topping in the U.S.?</p> <p>Answer: Pepperoni</p>	<p>Question #14 Who planted the first olive trees in California in 1769?</p> <p>A. Cowboys B. Native Americans C. Monks</p> <p>Answer: C</p>
<p>Question #15 These vegetables originated 5,000 years ago and were white, purple, red, yellow, green and black.</p> <p>A. Carrots B. Celery C. Cucumbers</p> <p>Answer: A</p>	<p>Question #16 True or False - During the Alaskan gold rush, potatoes were so valued for their Vitamin C content, miners traded them for gold.</p> <p>Answer: True</p>

<p>Question #17 This vegetable is a member of the sunflower family.</p> <p>A. Corn B. Peas C. Lettuce</p> <p>Answer: C</p>	<p>Question #18 On average, how many cherries does one tart cherry tree produce?</p> <p>A. 100 B. 7,000 C. 12,000</p> <p>Answer: B</p>
<p>Question #19 The first breakfast cereal was made by adding sugar and milk to this grain.</p> <p>A. Popped popcorn B. Wheat C. Oats</p> <p>Answer: A</p>	<p>Question #20 True or False - Noodles were first made in Italy.</p> <p>Answer: False! China actually produced the first noodles.</p>
<p>Question #21 Straight from the cow, the temperature of milk is ____?</p> <p>A. 20°F B. 50°F C. 97°F</p> <p>Answer: C</p>	<p>Question #22 The U.S. produces 25% of the world's total supply of this fruit.</p> <p>A. Peaches B. Kiwi C. Mangos</p> <p>Answer: A</p>
<p>Question #23 The average American eats 14 lbs. of this meat each year, more than double the rate of 20 years ago. What is it?</p> <p>Answer: Turkey</p>	<p>Question #24 It takes a farmer 9 seconds to harvest enough wheat to make ___ loaves of bread.</p> <p>A. 10 B. 70 C. 200</p> <p>Answer: B</p>



Materials Needed:

- Six different ingredients (see the list on page 100 for suggested foods) and serving utensils
- Disposable utensils for tasting—plates/bowls, forks/spoons, napkins, etc.
- Two eight-foot tables
- Rags and tub of warm soapy water to clean tables
- Disposable latex/plastic gloves

Volunteers Needed:

Two volunteers are needed to explain the activity, clean tables and refill ingredients as needed.

Description:

Give families the tools to be creative and invent their own signature snacks! By providing a variety of ingredients, individuals can use their imagination to make a snack according to their own taste-buds!

Set up the same ingredients at each table in bowls/containers along with the appropriate serving utensils. Have individuals wear disposable gloves as they make their snacks. When they are finished and are sampling their invention, encourage them to name their snack creations.

Final Tips:

Make a class “cookbook” that includes recipes for super snack creations. Post a MyPlate or MyPyramid for Kids poster near this activity and have families identify the food groups that are represented in their snacks.

Feel free to offer other ingredient options, just be sure that they’re healthy ones!



Food Group	Ingredient	Snack Serving Size
Fruits	Bananas	1/3 to 1/2 banana
	Canned fruit	1/4 cup
	Grapes	2 oz
	Raisins	1-2 Tbsp
Vegetables	Baby cut carrots	2 oz
	Corn (frozen and thawed or canned)	2 oz
	Salsa	2 Tbsp
Grains	Graham crackers	1/2 'sheet'
	Oat circles cereal	1/4 cup
	Popped popcorn	1/2 cup
	Pretzels	1/4 cup
	Whole wheat bread	1/2 slice
	Whole wheat tortilla	1/2 tortilla
Dairy	Cottage cheese	1/4 cup
	Low-fat yogurt	1/4 cup
	Shredded cheese	1 oz
Protein	Peanut butter	1 Tbsp
	Walnuts	1 Tbsp
	Refried Beans	1 Tbsp
Other	Honey	1 Tbsp

Food Group	Ingredient	Snack Serving Size	For 50 Participants*	For 100 Participants*
Fruits	Bananas	1/3 to 1/2 banana	12 bananas	25 bananas
	Canned fruit	1/4 cup	10 cups	19 cups
	Grapes	2 oz	4.5 lbs	9 lbs
	Raisins	1-2 Tbsp	5 cups	10 cups
Vegetables	Baby cut carrots	2 oz	4.5 lbs	9 lbs
	Corn	2 oz	4.5 lbs	9 lbs
	Salsa	2 Tbsp	8 cups	16 cups
Grains	Graham crackers	1/2 'sheet'	19 'sheets' (about 2 boxes)	38 'sheets' (about 4 boxes)
	Oat circles cereal	1/4 cup	10 cups	19 cups
	Popped popcorn	1/2 cup	20 cups (2-3 microwavable bags)	40 cups (4-6 microwavable bags)
	Pretzels	1/4 cup	10 cups	20 cups
	Whole wheat bread	1/2 slice	1 loaf (1.5 lb loaf)	2 loaves (1.5 lb loaf)
	Whole wheat tortilla	1/2 tortilla	38 tortillas	75 tortillas
Dairy	Cottage cheese	1/4 cup	10 cups (about 9.25 lbs)	20 cups (about 18.5 lbs)
	Low-fat yogurt	1/4 cup	10 cups (about 9.25 lbs)	20 cups (about 18.5 lbs)
	Shredded cheese	1 oz	2.25 lbs	4.5 lbs
Protein	Peanut butter	1 Tbsp	2.75 lbs	5.5 lbs
	Walnuts	1 Tbsp	1 lb	2 lbs
	Refried Beans (low-fat or fat free)	1 Tbsp	2 16-ounce cans	4 16-ounce cans
Other	Honey	1 Tbsp	1 lb	2 lbs

*Note: These quantities are estimates and assume that only about 75 percent of participants will select any one item to add to their snack. Some participants will probably take more or less than the recommended snack serving size of an item while most will choose to not use all of the ingredients. You may choose to offer more or less of an item depending on your budget and your participant preferences.



It's Time To Go Grocery Shopping

Materials Needed:

- A variety of empty food containers from all food groups (see page 96 for suggestions)
- Four eight-foot tables (for food containers)
- Two card tables (for "check out")
- Baskets for participants to "shop" with
- Pencils
- Copies of the take-home shopping lists (page 198) (optional)

Volunteers Needed:

Two volunteers are needed to act as store clerks using the Food Group Check-out Sheet (on page 97). An additional volunteer may be enlisted to return items to the "store shelves" once a family has completed the activity.

Description:

Set this station up to resemble a grocery store. Mimic store shelves by lining tables with empty food containers. Use shorter tables, such as card tables, for clerks to use as they "check out" the customers.

Families "shop" together and try to select a variety of items from each of the five food groups. You may ask families to select items that they usually purchase from the grocery store to determine if they are picking up items from all of the food groups. Limit participants' selections to 12 items or fewer (you may choose to post "express check-out" signs next to the "check out" stations that state a limit to the number of items selected).

The volunteer clerks use the Food Group Check-Out Sheet (page 97) and determine each family's food group score. Clerks may also pass out take-home shopping lists to participants as they leave the station.



Food Group Container Suggestions

Fruit Group

Boxes/cans of raisins or other dried fruit, variety of canned fruit (peaches, pears, apricots, etc.), bags from frozen fruit (strawberries, peaches, etc.), bottles/cans of juice (apple, orange, etc.).

Vegetable Group

Variety of canned vegetables (green beans, corn, peas, tomatoes, etc.), bags from frozen vegetables (broccoli, cauliflower, mixed vegetables, etc.) bottles of vegetable juice.

Grain Group

Pasta boxes (any variety), 100% whole wheat pasta boxes, cracker boxes (any brand), graham cracker boxes, cans or sacks of chips, 100% whole wheat bread, white bread, 100% whole wheat tortillas, flour tortillas, white rice boxes, brown rice boxes.

Dairy Group

Milk jugs (whole, 2%, skim), regular yogurt containers, low-fat yogurt containers, regular cottage cheese containers, low-fat cottage cheese containers, packages of regular cheese (any variety), packages of low-fat cheese (2% or fat-free).

Protein Group

Cans of beans (kidney, navy, etc.), sacks of dried beans (any variety), cans of tuna or chicken packed in oil, cans of tuna or chicken packed in water, jars of peanut butter, jars of reduced fat peanut butter, packages from lunch meat, packages from reduced fat lunch meat.

Final Tip:

To save money and to ensure that there is an adequate supply of food containers, have volunteers start saving food containers ahead of time, or bring containers from their pantries at home. Be sure that all empty food containers and bags are washed/rinsed clean.

Food Group Check-Out Sheet

Count the number of items in each food group and write that number in the appropriate food group box, then answer the questions at the bottom of the page to get your total score.

Fruit Group

Vegetable Group

Grain Group

Dairy Group

Protein Group

1. Did you select at least one food from each group? If so, give yourself 10 points.

Score: _____

2. Did you select at least one 100% whole grain product? If so, give yourself 2 points.

Score: _____

3. Did you select at least one low-fat dairy product? If so, give yourself 2 points.

Score: _____

4. Did you select at least one low-fat or lean protein product? If so, give yourself 2 points.

Score: _____

5. Did you select at least 3 vegetables and/or fruits? If so, give yourself 3 points.

Score: _____

Total score: _____

Under 10 points:

Try to select a greater variety of foods, and include foods from each food group. Eating a variety of healthful foods each day including fruits and vegetables, whole grains, and low-fat protein and dairy products will help feed your body the nutrients it needs!

10–17 points:

You selected foods from each food group—good job! Don't forget to look for foods made from whole grains (like 100% whole wheat bread), different colors of fruits and vegetables, and low-fat protein and dairy products. Eating these healthful foods will keep you feeling your best!

More than 17 points:

You're doing a great job of selecting healthful foods from each food group. Keep up the good work! Remember that selecting plenty of colorful fruits and vegetables, whole grains, and low-fat protein and dairy products will help you stay at the top of your game. Share your healthy food know-how with other families and bring healthy foods to classroom parties and snack time!

It's Time to go Grocery Shopping!



's Shopping List

(your name)

In the blanks below, list your favorite foods from each food group. Post this list on your fridge and use it next time your family goes grocery shopping!

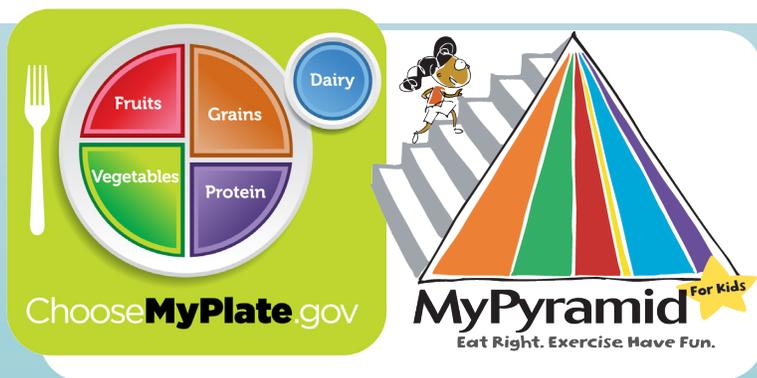
Fruit Group

Vegetable Group

Grain Group

Dairy Group

Protein Group



What's the Combination?

Materials Needed:

- Pictures of combination foods (use the foods on pages 101–104 or use your own)
- Pencils and paper

Volunteers Needed:

One to two volunteers are needed to show pictures of foods and reveal the correct answers.

Description:

Combination foods are foods that contain more than one food group. Using colorful pictures of combination foods, like pizza and tacos, families can compete as they guess the different food groups they contain.

Participants may be grouped in families or in teams of 2–3. Give each team a pencil and piece of paper. The volunteer will hold up a food picture as teams write down their guesses on a sheet of paper. Once all the pictures are shown, the volunteer reveals the correct answers.

Final Tips:

If two volunteers are available, copy a second set of color pictures for the second volunteer to show simultaneously. This will allow more families/teams to participate at one time.

Award the team with the most correct answers a prize (healthy prize ideas can be found on page 153).

Have a MyPlate or MyPyramid poster hanging nearby for teams to use as a reference. If you do not have a poster, they can be downloaded or ordered on www.ChooseMyPlate.gov.



What's The Combination?

Answer Key

Pepperoni Pizza:

Grain group (crust), vegetable group (tomatoes and tomato sauce), protein group (pepperoni), dairy group (cheese)

Spring Roll:

Grain group (noodles), protein group (shrimp), vegetable group (carrots, cucumbers)

Beef Taco:

Grain group (tortilla), protein group (ground beef), vegetable group (lettuce and tomato salsa)

Vegetarian Pasta:

Grain group (noodles), dairy group (cheese), oils (olive oil), vegetable group (peppers and olives)

Chicken Stew:

Protein group (chicken, beans), vegetable group (olives, carrots, tomatoes, and cabbage)

Cheeseburger:

Grain group (bun), protein group (beef patty), dairy group (cheese), vegetable group (lettuce, tomato)

Ham Sandwich:

Grain group (bread), protein group (ham), vegetable group (lettuce and tomato), oils (mayonnaise)

Macaroni and Cheese:

Grain group (pasta), dairy group (cheese)

Pepperoni Pizza



Shrimp Spring Roll



Beef Taco



Vegetarian Pasta



Chicken Stew



Cheeseburger



Ham Sandwich



Macaroni and Cheese



Nutrition Scavenger Hunt!

Materials Needed:

- Toy tractor
- Vegetable seed packet
- 12-ounce jar of peanuts
- Leaf from a tree
- Toy cow (this could be a plastic figure, stuffed animal, etc.)
- Empty cereal box
- Empty ice cream cone (cone only, no ice cream) or ice cream cone box
- Feather
- Copies of the Nutrition Scavenger Hunt! Worksheet

Volunteers Needed:

One volunteer is needed to hide the objects, explain the rules, and provide correct answers to participants.

Description:

Hide the items listed above (except the copies of the worksheet) throughout the building/room that you are using for your Family Fun, Food & Fitness event. Place a "found" tag (on page 107) with each object so that participants know when they have correctly found an object.

Since every building is different, a "Hint" blank is provided on the worksheet after each clue to write in your own personal hint about where in the room/building the object can be found. For example, if an object is hidden in the band room, the hint might read "This object can be found where sweet music is made." (Make sure to write in these personal hints BEFORE you make copies of the worksheet for participants.) Once a group has filled in all the blanks on their worksheet, check their answers (below). You may choose to award prizes to participants who correctly complete the scavenger hunt. For a list of healthy prize ideas, see page 153.

Answers:

Clue 1 - Toy tractor, Grains

Clue 2 - Vegetable seed packet, Vegetables

Clue 3 - Jar of Peanuts, Protein

Clue 4 - Tree leaf, Fruits

Clue 5 - Toy cow, Dairy

Clue 6 - Cereal box, Grains

Clue 7 - Ice cream cone, Dairy

Clue 8 - Feather, Protein



Nutrition Scavenger Hunt Worksheet

Use the following clues to find objects that relate to each food group. Once you find the object, write it in the blank provided. YOU DO NOT NEED TO TAKE THE OBJECT WITH YOU. Objects will contain a note indicating that you have found the correct object. Then fill in the next blank with the name of the correct food group. The MyPyramid food groups are: Fruits, Vegetables, Dairy, Protein, and Grains.

Clue #1 - Farmers drive me to plant their wheat crop. What am I? _____
Wheat is used to make bread, which is in the _____ group.

Hint: _____

Clue #2 - Many people plant me every spring in their garden. What am I? _____
I am a favorite in green salad, which is in the _____ group.

Hint: _____

Clue #3 - I may be little, as it takes 540 of me to make a 12 ounce jar of this favorite food. What am I?
_____ I am a good source of 30 essential nutrients and belong to the _____ group.

Hint: _____

Clue #4 - I fell to the ground, but I used to hang from a big tree that grows pears. What am I?
_____ Pears are part of the _____ group.

Hint: _____

Clue #5 - I live on a farm and make milk for people every day. What am I? _____
Milk is part of the _____ group.

Hint: _____

Clue #6 - I am a favorite breakfast food and come in many different varieties. What am I?
_____ I am a member of the _____ group.

Hint: _____

Clue #7 - I am a favorite summertime treat, but I am missing my delicious top! What am I?
_____ I am filled with food from what food group? _____

Hint: _____

Clue #8 - I can be found on a bird, helping to keep it warm. What am I? _____
Chickens and the eggs they lay are members of the _____ group.

Hint: _____

Nice Job! You've found an object!	Awesome! You've found an object!
Way to go! You've found an object!	Terrific! You've found an object!
Congratulations! You've found an object!	Outstanding! You've found an object!
Great Work! You've found an object!	Cool! You've found an object!

Kids a Cookin' Demonstration

Materials Needed:

- *Kids a Cookin'* recipe (pages 110–112)
- Two eight-foot tables
- 10–15 folding chairs
- Copies of the recipe for families to take home. Recipe cards for the recipes below can be found at kidsacookin.org.
- Small portion cups (1-2 oz. size; these may be available from your school foodservice staff or you can try a party supply store)
- Small plates, napkins
- Gloves for volunteers (these may be available from your school foodservice staff)
- Rags and tub of warm soapy water to clean tables

Volunteers Needed:

One to two volunteers are needed to prepare the recipe, hand out samples and recipe to participants, and interact with participants.

Description:

This activity is designed to mimic a cooking demonstration at a food show or on television. A volunteer leader stands at a table in front of the participants and prepares a *Kids a Cookin'* recipe (pages 110–112). Use the second table to hold extra ingredients, serving cups, etc. Set up folding chairs in front of the demonstration table for families to sit, but close enough for them to see and interact with the volunteer leader.

Have the volunteer prepare the selected recipe every 15–20 minutes throughout the night. Be sure to interact with the audience, allowing participants to help measure, mix, read the recipe, pass out samples, etc. The volunteer leader can also discuss the nutritional benefits of each ingredient (food group, etc.) or ask nutrition questions like “Which food group includes cheese?”

Allow participants to taste the final product (which may be prepared ahead of time, if preferred). Be sure to hand out copies of the recipe to each family as they leave your demonstration.



Mighty Milk

Makes bones strong!
Level: Easy
Serves: Six, one cup each



Kids' Tool Kit

Blender
Measuring cup
Measuring spoon
Rubber spatula

Chef's Choice

Mighty Milk
Graham crackers

Ingredients:

- 8 ice cubes
- 1 cups low fat milk
- 2 bananas
- 4 tablespoons frozen orange juice concentrate

Directions:

Remember to wash your hands!

1. Put all ingredients in a blender.
2. Cover and blend for about 20 seconds. Serve in a frosty glass.

Helpful Hints:

Store milk in the refrigerator, but if it tastes sour, don't drink the rest of it. Sour milk won't make you sick, but it doesn't taste very good. Check the "sell by" date on the carton of milk. That's the date when the store needs to sell it. Once the carton is open at home, it will only keep fresh about five days.

Safety Tips:

Young children need adult supervision when using a blender. Always put on the cover before turning on the power. To blend, place one hand on the lid of the blender and one hand on the base controls. Don't use a rubber spatula or spoon in the blender when it is running.

Nutrition Facts

Serving Size 1 cup (167g)
Servings Per Container 6

Amount Per Serving

Calories 90 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.5g **3%**

Cholesterol 5mg **1%**

Sodium 35mg **2%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **5%**

Sugars 14g

Protein 4g

Vitamin A 4% • Vitamin C 35%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

Source: *Book Cooks*, Creative Teaching Press. Suggested book for this cooking activity: *It Looked Like Spilt Milk* by Charles G. Shaw. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Fiesta Dip

Tex-Mex flair is an American favorite!

Level: Easy

Serves: 12

Ingredients:

- 1/2 cup fat-free refried beans (about half of a 16 oz. can)
- 1/2 cup fat-free sour cream
- 1 tablespoon dry taco seasoning
- 3/4 cup picante sauce
- 2 or 3 green onions, chopped
- 1 small tomato, chopped
- 1/4 cup sliced black olives, drained
- 1 cup low fat shredded cheese (chedder or co-jack)
- Dippers: whole wheat crackers, homemade tortilla chips, veggies

Directions:

Remember to wash your hands!

1. Spread refried beans in a glass pie plate.
2. Mix sour cream and taco seasoning in a small bowl.
3. Spread sour cream mixture over refried beans.
4. Pour picante sauce on top of sour cream mixture.
5. Sprinkle onions, tomato, black olives and cheese on top.

Helpful Hints:

Fiesta means party! This dip is perfect for an activity with kids of any age. Try snipping green onions with clean kitchen shears. This may be easier for young cooks than using a knife!

Double this recipe and use the whole can of beans and black olives. Make the dip in two plates and freeze one for a quick snack another day. Use your favorite cheese on top or a mixture of two cheeses. Buy Mexican blend cheese for this recipe and other favorite dishes that can use an extra zip! Choose favorite toppings for the dip. Try adding green and red pepper or avocado for a special twist.

Safety Tips:

Wash can lids before opening so germs and dirt don't get in the food. How long has it been since you washed your can opener with hot, soapy water? Food safety is important with this layered dip. Beans are a protein food and must be refrigerated after opening. Don't let the dip sit out at room temperature for more than two hours. Refrigerate leftovers safely!

Remember to wash the tomato and onions before dicing. Green onions need special attention. Before using green onions, trim off the root end and outer thin layer and throw away. Thoroughly wash the remaining green and white part of the onion. Let clean water run through the onion tops to wash away all dirt and germs. In this recipe, dice most of the fresh, green part of the onion for the dip. Green onions, scallions or diced onion can be used in this recipe.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



Kids' Tool Kit

Mixing bowl
Can opener
Measuring spoon and cup
Scissors
Cutting board and knife
Strainer
Grater
Pie plate or platter
Rubber spatula
Spoon

Chef's Choice

Fiesta Dip and Dippers
Low fat milk

Nutrition Facts

Serving Size 3 tablespoons (59g)
Servings Per Container 12

Amount Per Serving	
Calories 45	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 5mg	1%
Sodium 310mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber <1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 6%	Vitamin C 2%
Calcium 6%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
	Fat 9	Carbohydrate 4 · Protein 4

Breakfast Bars



Try these tasty bars for breakfast or for a snack!

Level: Easy

Serves: 16

Kids' Tool Kit

- 9" x 9" pan
- Large mixing bowl
- Measuring cups
- Measuring spoons
- Rubber spatula
- Wooden spoon
- Knife

Chef's Choice

- Breakfast Bars
- Apple slices
- Milk

Nutrition Facts

Serving Size 1 bar (45g)	
Servings Per Container 16 bars	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1.5g	9%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	6%
Sugars 16g	
Protein 6g	
Vitamin A 10%	Vitamin C 6%
Calcium 10%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

Ingredients:

- 6 tablespoons margarine
- 3 cups miniature marshmallows
- 1/2 cup peanut butter
- 1/2 cup nonfat dry milk
- 1/4 teaspoon cinnamon
- 1 cup raisins
- 4 cups ready-to-eat oat cereal circles

Directions:

Remember to wash your hands!

1. Spray a square pan, 9" x 9" x 2"-pan with cooking spray.
2. In microwave, melt margarine in a large microwave-safe bowl at high power for 45 seconds to one minute, or until melted.
3. Stir in peanut butter and marshmallows.
4. Microwave on high power for 1 to 1 1/2 minutes, or until mixture is melted. Stir until smooth.
5. Add dry milk, cinnamon, raisins and cereal; stir until evenly coated.
6. With buttered hands, pat mixture into pan.
7. Cool thoroughly and cut into squares.

Helpful Hints:

Breakfast has been proven to be the most important meal of the day, and this tasty bar features four different food groups! The dry milk adds a secret nutritional ingredient—calcium, to help make strong bones. These bars are easy to make, make great snacks, and they pack well.

Safety Tips:

If your hands find the mixture too warm to press out, try slipping plastic bags over their hands before pressing the mixture. The ingredients won't stick, and the mixture can be pressed while still warm.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Complete Meal Challenge!

Materials Needed:

- Complete Meal Challenge! MyPlate example and MyPlate coloring sheet
 - Kitchen timer
 - Crayons, markers, colored pencils
- AND/OR
- Magazines, scissors and glue sticks or paste
 - Prizes

Volunteers Needed:

One volunteer leader is needed to hand out coloring sheets, give instructions, keep time, evaluate drawings, and award prizes.

Description:

The objective is to create a complete meal using MyPlate as a resource! Are families up to the challenge? Divide participants into teams of two or three and have them use the blank coloring sheet as a canvas to draw a meal that they would like to eat. You may choose to provide crayons and markers for participants to draw OR old magazines and glue sticks for participants to cut and paste their food choices on their place settings.

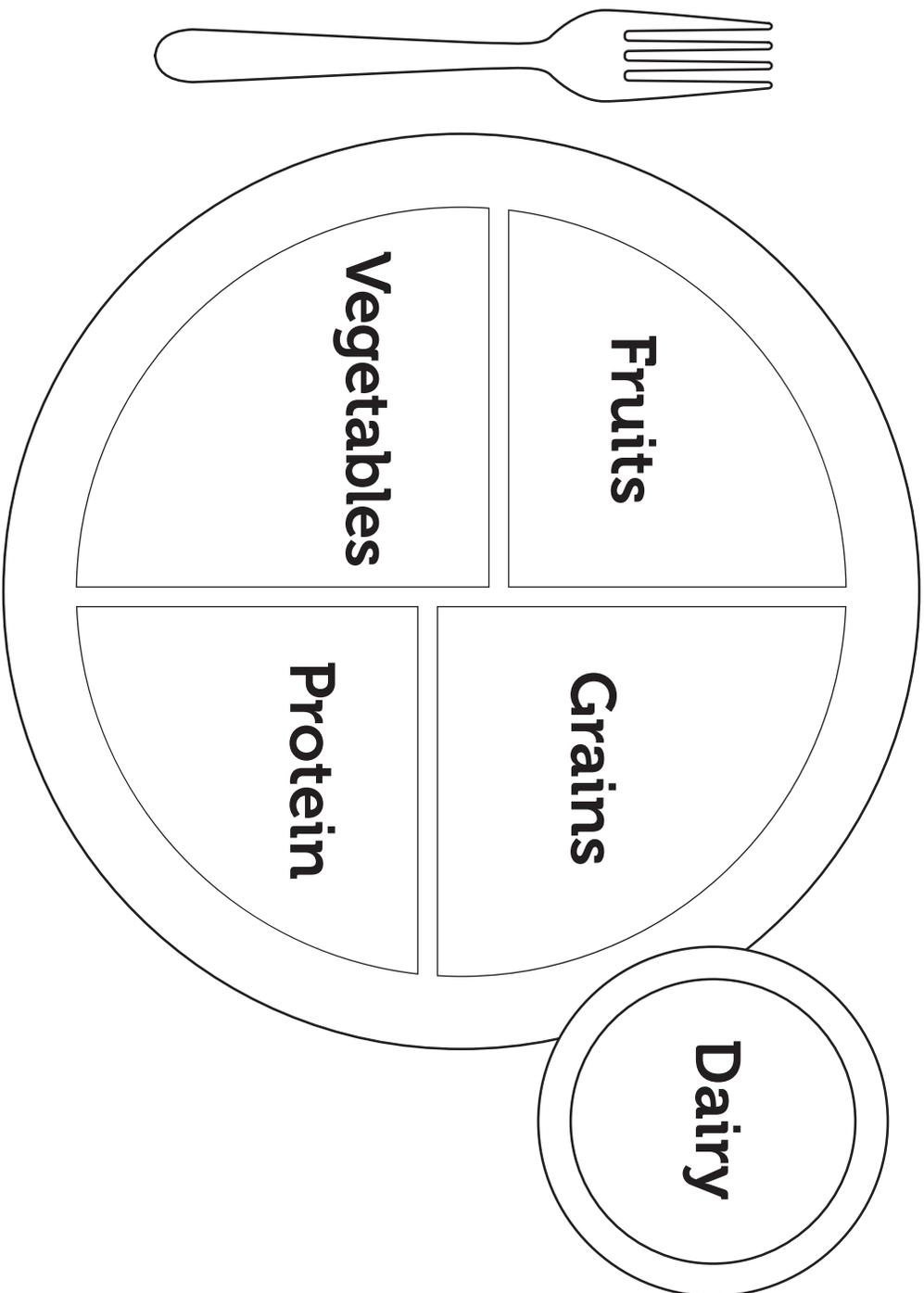
Teams have five minutes to draw/cut and paste *any* foods, but challenge them to make their meal complete and include all five food groups and using MyPlate as a guide. Participants whose place settings include all five food groups and follows MyPlate recommendations can be awarded a prize, or have their names put into a drawing to receive a prize at the end of the event (a list of healthy prize ideas is provided on page 153).

Final Tips:

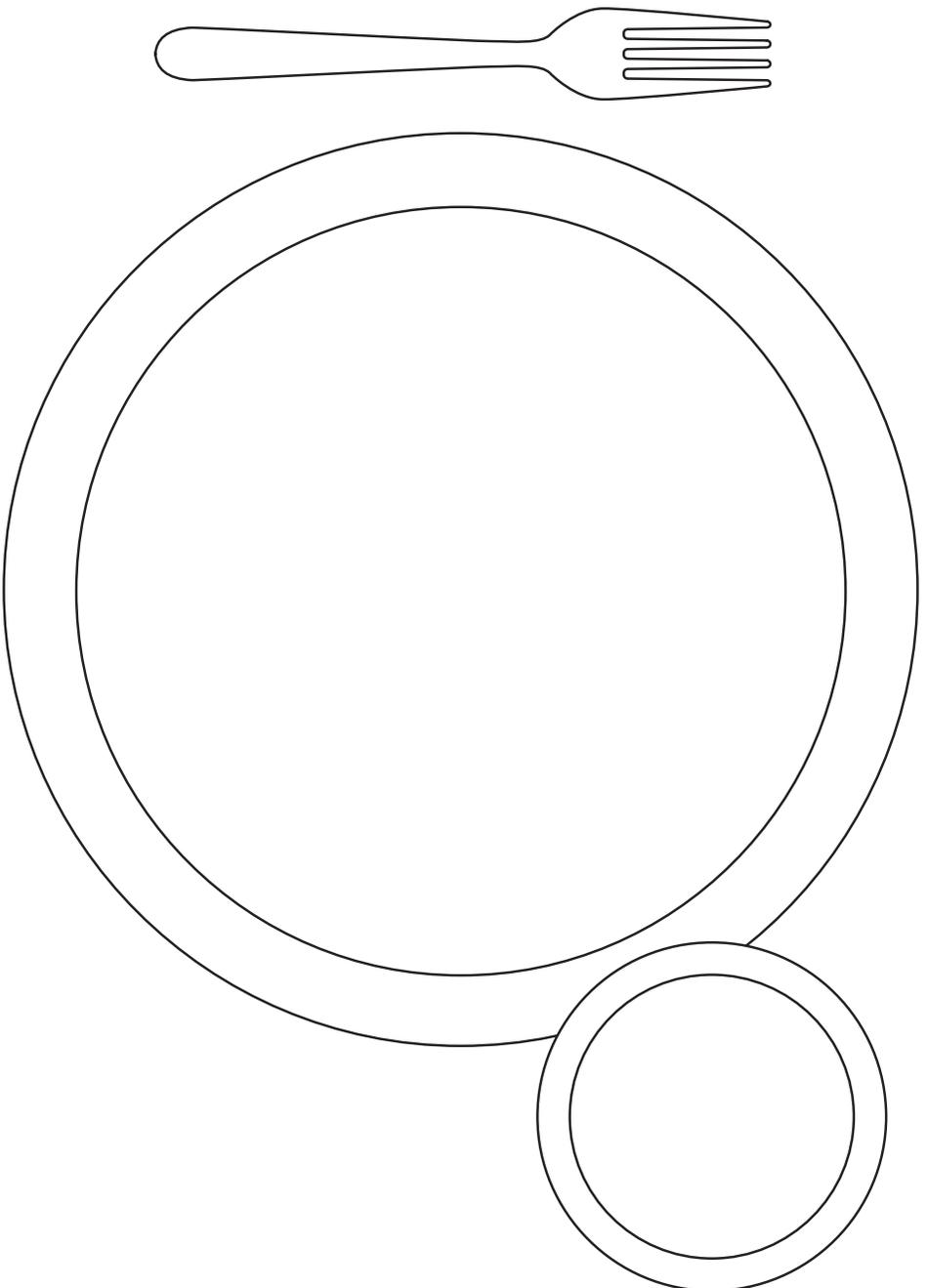
Emphasize to participants that they do not have to be artists. The *quality* of the drawing is not what is being considered.

Consider hanging a MyPlate and MyPyramid or MyPyramid for Kids poster near this station for families to use as a reference. You can also download and print your own copies of these materials from the same www.choosemyplate.gov/tipsresources/printmaterials.html website. Printed copies of MyPlate and MyPyramid can be ordered from www.choosemyplate.gov/global_nav/order.html.





ChooseMyPlate.gov



Choose My Plate.gov

Draw a complete meal that you would like to eat using the MyPlate example! What is a complete meal? One that uses all the major food groups (grains, vegetables, fruits, dairy, protein).

Materials Needed:

- 2–3 food or beverage items of your choice
- Small portion cups (1–2 oz.) or small plates
- Disposable forks/spoons (if needed)
- Ballot slips (see page 118)
- Ballot box
- Pens or pencils
- Two eight-foot tables
- Rags and tub of warm, soapy water to clean tables

Volunteers Needed:

Two to three volunteer leaders are needed to serve samples and total participant votes.

Description:

Have volunteers use small plates/portion cups to portion out foods. Use one table for portioning out samples and the other for tasting foods. (Be sure to have a trash can nearby for food sample waste.)

Participants taste each of the food or beverage items and using ballot slips, mark their favorite. Ballot slips may be collected by a volunteer or participants may place them in a large ballot box.

Final Tips:

Write the sample foods' names on the ballots before photocopying.

Close this station 15 minutes early to count ballots and announce the winner, or the ballots could be counted after the event and the winner announced at a future school-sponsored event.

This activity is an excellent opportunity to test new items for lunch menus, vending machines, concession stands, etc. Be sure to meet with school foodservice staff, school administration, and/or student council members to determine the best option for this activity. Be sure that the items being sampled are healthy options. They could be new items, or healthier items that can be used to replace current menu, vending or concession options.



**Vote For Your Favorite!
Ballot Slip**

Directions: Circle the food/beverage sample that you like the best. Only circle ONE choice.

Sample #1 _____

Sample #2 _____

Sample #3 _____

**Vote For Your Favorite!
Ballot Slip**

Directions: Circle the food/beverage sample that you like the best. Only circle ONE choice.

Sample #1 _____

Sample #2 _____

Sample #3 _____

**Vote For Your Favorite!
Ballot Slip**

Directions: Circle the food/beverage sample that you like the best. Only circle ONE choice.

Sample #1 _____

Sample #2 _____

Sample #3 _____

**Vote For Your Favorite!
Ballot Slip**

Directions: Circle the food/beverage sample that you like the best. Only circle ONE choice.

Sample #1 _____

Sample #2 _____

Sample #3 _____

**Vote For Your Favorite!
Ballot Slip**

Directions: Circle the food/beverage sample that you like the best. Only circle ONE choice.

Sample #1 _____

Sample #2 _____

Sample #3 _____

**Vote For Your Favorite!
Ballot Slip**

Directions: Circle the food/beverage sample that you like the best. Only circle ONE choice.

Sample #1 _____

Sample #2 _____

Sample #3 _____

Materials Needed:

- Low-fat and regular versions of two different foods (examples: peanut butter, yogurt, cheese, lunch meat, salad dressing with dippers like carrot sticks or broccoli florets, graham crackers, milk, etc)
- Small portion cups (1 or 2 oz size); You may ask your school foodservice staff to help you acquire these cups or look for them at a party supply store.
- Permanent marker
- Two eight-foot tables
- Rags and a tub of warm, soapy water to clean tables

Volunteers Needed:

Two to three volunteers are needed to portion food into cups and share information with participants.

Description:

Have volunteers portion foods into cups. Number the portion cup containing the regular food with a #1 and the portion cup containing the low-fat food with a #2. Volunteer leaders then ask for participant responses and give feedback to participants.

Use one table as a tasting table and one for preparing food samples. Have a trash can nearby for food sample waste.

Final Tips:

Volunteers can prompt discussion by asking participants to compare sample #1 with sample #2. Ask participants to describe and compare the color, texture, taste, appearance, etc. of the food samples.

This is a great opportunity for school foodservice to test new low-fat menu items like flavored milk or salad dressing. Talk to your foodservice personnel to see if they would be interested in helping with this activity.



Who Wants to be a Foodinare?

Materials Needed:

- List of “Who Wants to be a Foodinare?” questions (pages 122–124) OR notecards
- Prizes

Volunteers Needed:

One volunteer is needed to be the host of the trivia game and to award prizes.

Description:

This activity is played like the “Millionaire” game show only using nutrition facts. Families choose one member to be in the “hot seat” and answer nutrition questions. Copy and laminate (optional) the question sheet on pages 122–124. You could make a PowerPoint with the different questions or just have the “host” ask the questions to the participant in the hot seat.

The questions become increasingly more difficult. Each individual gets three “lifelines” to use if they need help. Individuals may be awarded prizes, which can increase in value, according to which “Level” they reach before answering a question incorrectly.

Lifeline 1: Poll the audience. The participant’s family and other onlookers are polled for which answer they think is correct using a show of hands.

Lifeline 2: Phone a friend. The participant picks one audience member to ask for help. The participant has 60 seconds to get a response from their “friend.” (Note: the participant is not actually using a phone to call someone.)

Lifeline 3: 50/50. The participant can ask the host to eliminate two of the wrong answers, leaving the correct answer and one other answer to choose from.

There is one question per level (see pages 122–124 for lists of questions). If a participant gets all 10 Levels correct, they win the “Foodinaire” grand prize. Designate prizes, increasing in value, for each of the 10 levels. See page 153 for fun and healthy prize ideas.



Who Wants to be a Foodinaire?

Question Set #1

Level #1: A ripe banana is what color?

- A. Orange
- B. Blue
- C. Yellow
- D. Purple

Level #2: The following is NOT a food group:

- A. Fruit
- B. Grains
- C. Dairy
- D. Soup

Level #3: Which of the following foods is in the Dairy Group?

- A. Wheat bread
- B. Pears
- C. Yogurt
- D. Celery

Level #4: Lettuce is what kind of vegetable?

- A. Leafy
- B. Cruciferous
- C. Root
- D. Starchy

Level #5: One of MyPlate's consumer messages is to make half your plate?

- A. Protein
- B. Dairy
- C. Fruits and Vegetables
- D. Oils and Sweets

Level #6: Oranges are best known to be high in what vitamin?

- A. Vitamin D
- B. Vitamin C
- C. Vitamin X
- D. Vitamin A

Level #7: Whole wheat bread contains what 3 parts of the kernel?

- A. Bran, germ, endosperm
- B. Bran, oat, kernel
- C. Germ, kernel, hull
- D. Endosperm, grain, millet

Level #8: Which of the following foods is an excellent source of omega-3 fatty acids?

- A. Chocolate
- B. Salmon
- C. Shredded wheat
- D. Whole wheat tortillas

Level #9: Antioxidants in food protect your cells from _____?

- A. Free radicals
- B. Fat buildup
- C. Death
- D. Hypertension

Level #10: HDL cholesterol is the type of cholesterol that is good for your body. The letters HDL stand for _____.

- A. High-Determining Lipid
- B. Heavy-Deposit Lipoprotein
- C. High-Density Lipoprotein
- D. Hard-Developing Lipid

Who Wants to be a Foodinaire? Question Set #2

Level #1: An orange is what color?

- A. Pink
- C. Green
- C. Purple
- D. Orange

Level #2: Which of the following is a real food group?

- A. Lasagna Group
- C. Pie Group
- B. Fruit Group
- D. Appetizer Group

Level #3: Which of the following foods is in the Grains Group?

- A. Apricot
- C. Cereal
- B. Cottage Cheese
- D. Cucumber

Level #4: What type of grain is the healthiest to eat?

- A. Whole Grain
- C. Refined Grain
- B. Half Grain
- D. Soft Grain

Level #5: Dairy foods, like milk, are best known for what nutrient?

- A. Zinc
- C. Magnesium
- B. Vitamin E
- D. Calcium

Level #6: According to MyPlate and MyPyramid, Americans should make half their grains?

- A. Refined Grain
- C. White Grain
- B. Whole Grains
- D. Multi-grain

Level #7: Many foods are naturally high in oils. Which of the following is NOT?

- A. Nuts
- C. Legumes
- B. Olives
- D. Avocados

Level #8: Which of the following foods is a member of two food groups?

- A. Beans (Protein and Vegetable)
- C. Muffins
- B. Tomatoes
- D. Crab

Level #9: With the release of MyPlate in 2010, which food group below received a name change?

- A. Fruits
- C. Vegetables
- B. Dairy
- D. Grains

Level #10: Omega-3 and Omega-6 fatty acids are known as “good” fats. What type of fat are they?

- A. Monounsaturated fat
- C. Triple-unsaturated fat
- B. Saturated fat
- D. Polyunsaturated fat

Who Wants to be a Foodinaire?

Question Set #3

Level #1: Fruits and vegetables are packed full of:

- A. Fat
- B. Fillers
- C. Vitamins and Minerals
- D. Artificial Flavors

Level #2: Which of the following is NOT a type of milk?

- A. Whole milk
- B. Skim milk
- C. Half milk
- D. 2% milk

Level #3: Beef is known as a ____ meat.

- A. Red
- B. White
- C. Purple
- D. Pink

Level #4: Which food would be the healthiest choice for a snack?

- A. Candy bar
- B. Regular Soda
- C. Potato chips
- D. Low-fat yogurt

Level #5: Which of the following is NOT considered a starchy vegetable?

- A. Corn
- B. Asparagus
- C. Peas
- D. Potatoes

Level #6: The MyPyramid logo shows a person climbing stairs. This represents:

- A. Moderation
- B. All foods fit
- C. Physical activity
- D. Finding your balance

Level #7: Cholesterol is ONLY found NATURALLY in:

- A. Animal foods
- B. Manufactured snacks
- C. Plant foods
- D. Artificial foods

Level #8: What organization developed the MyPlate and MyPyramid food guidance system?

- A. U.S. Agriculture Service
- B. U.S. Food Service
- C. Dept. of Health & Human Services
- D. U.S. Department of Agriculture

Level #9: Proteins, such as meat and eggs, are broken down into ____ when they are eaten.

- A. Carbohydrates
- B. Amino Acids
- C. Sub-proteins
- D. Fatty-acids

Level #10: Trans-fat, an unhealthy type of fat, is a(n) _____ fat.

- A. Saturated
- B. Polysaturated
- C. Unsaturated
- D. Omega fat



Chapter 4

Building Community Support





Hosting a Family Fun, Food & Fitness Event is a great way to promote healthy habits in both students and their parents! This type of event also provides an excellent opportunity to promote the health of your entire community. Gaining the support of your community can become an asset to a school. Local community members and businesses can provide valuable resources, expertise, and even funding for your Family Fun, Food & Fitness Event(s).

Schools who effectively utilize these resources can then use community support to further update, improve, and implement their wellness policies. One of the most effective approaches to gaining community support for your school is to have an organized plan. This chapter provides information on forming a plan to recruit the support of the local community:

Step 1: Evaluate the resources and assets in your community.

Step 2: Obtain community support through education of community members.

Step 3: Secure involvement for your event.

Step 4: Keep community members informed and involved before, during and after your event.

Step 1: Evaluate Community Resources

Each community has its own unique strengths. It is important to identify those strengths and determine whether they can be used in your Family Fun, Food & Fitness event. Does your community have a college or university? Active community organizations? A hospital?

The following list contains organizations that your community or region may have. It is by no means a complete list, but does provide a good starting point when looking for community contributions to your event:

- Your county K-State Research & Extension office
- A local amateur, collegiate, or club sports team that may be looking for community service hours.
- A community health club or gym
- College or University with a nutrition, health, and/or physical education program may have students who are looking for volunteer hours
- Local women's organizations
- Kiwanis Clubs, Rotary Clubs, etc.
- Community-based organizations: United Way, YMCA, Boys & Girls Clubs, 4-H, etc.
- Senior centers
- Credit unions
- Hospitals, health clinics and doctors offices
- Community action agencies
- Cultural or ethnic clubs
- Press and media: local newspapers, radio stations, etc.
- Local grocery stores
- Co-ops or other agriculture related businesses
- Banks
- Local small businesses

It is a good idea to have your entire planning committee participate in this step. Not only will you get a more comprehensive list of possible community resources, but you are also more likely to find someone with a personal connection to the organization(s) you are trying to reach.



Step 2: Obtaining Support

When approaching community members for support, it is important to have a well-planned and organized approach. Ideally, this starts through an already-established personal contact between the organization and one or more members of your planning committee or school wellness committee. However, there are plenty of other ways to inform community organizations about your event, and ways they can participate.

Be sure that, when approaching community members, organizations and businesses, you are able to tell them the mission/message of your event, specific examples of how they can help, and information on how this event is also valuable to them.

For example: A member of your planning/wellness committee got his/her degree at the local university. This individual approaches a former professor about the possibility of a class of physical education students coming to your event. The students would help run the physical activity portion of the evening. They explain that the event's focus is to promote regular physical activity outside of school hours and the theme is "Get up, get out, get active!" The planning committee member also explains that there will be students and parents in attendance, and that the event could provide an excellent opportunity to promote the quality of the university's physical education program, as well as provide "real world" experience for the students.

By having a plan before approaching a community member, business or organization, it gives your event credibility and may increase the likelihood of participation from community-based groups. Take the time to develop this basic information/statement (the mission/message of the event, specific example of how an organization can help, and how the event is valuable to the community) for each organization, and be sure that each planning committee/wellness committee member is able to present this information when approaching a community-based organization.

Personal contact is ideal, and can be accompanied by printed materials. However, there are many instances when time and resources prohibit visiting every community-based organization on your list. The following pages include letters that can be mailed out to local businesses, or can be brought along when making personal visits or during meetings. If your committee chooses to mail letters to local businesses, be sure to follow-up with a phone call a week or two later to gauge an organization's interest and to further promote the event.

Some school districts may want to use their local paper to advertise the event and to search for volunteers within the community. Be sure to include vital information about the event and the type of volunteers you're looking for. Don't forget to include contact information so those wanting to volunteer are able to reach the right person.

Sample Letter #1 (for community members, businesses, and organizations)

(Date)

(Name)

(Title, Organization/Business Name)

(Address)

(City, State, Zip Code)

Dear (Name),

We are contacting you to inform you about an exciting upcoming event at (School/Site Name). This event is called Family Fun, Food & Fitness Night, our theme is () and will be held on (Day, Date, and Time).

It is important to us that our community members help us to support a healthy school environment where children learn to be active and eat healthy, nutritious foods. You can help us build healthier students and a healthier community. Family Fun, Food & Fitness Night will give parents and other adults the opportunity to engage with children in fun physical activities, learn more about nutrition, and prepare simple and healthy recipes. Children who attend this event will also learn more about making healthy choices, staying active, and eating healthy.

As part of our community, you have the opportunity to help make our families, schools and community a better, healthier place to live. Please consider being a part of this exciting event by filling out the enclosed form and returning it in the self-addressed, stamped envelope provided.

If you have any questions or would like to discuss this in person, please contact me at (Contact Information). We sincerely thank you for your participation.

Sincerely,

(Insert Name)

(Title/Organization)



Sample Letter #1 (continued)

Please indicate your interest in Family Fun, Food & Fitness Night by checking one or more of the following:

- I would be willing to advertise by posting Family Fun, Food & Fitness Night flyers in my local business/neighborhood.
- I would be willing to donate items from my local business as prizes for the event. (Items with your logo are welcomed and could serve as free advertising for you.)
- I would be willing to make a monetary donation for food/supplies needed for the event.
- I would be willing to present information/run an activity that utilizes my expertise in health, wellness, fitness, and/or physical activity.
- I would be willing to serve as a volunteer to help with activities the night of the event.

Your Name: _____

Your Phone Number: _____

Time you can be reached: _____

Sample Letter #2 (for community member)

(Date)

(Address)
(City, State, Zip Code)

Dear Community Member,

Would you like to be a part of something that can help people in our community practice healthy behaviors while having fun and building relationships? If so, then let us tell you about Family Fun, Food & Fitness Night! This exciting upcoming event is being organized by (Name of School or Organization) and will be held at (Location) on (Date and Time). Our theme is ().

Our Family Fun, Food & Fitness Night will give parents and other adults the opportunity to engage children in fun physical activities, learn more about nutrition, and prepare simple and healthy recipes. Children who attend this event will also learn more about making healthy choices, staying active and eating healthy.

As part of our community, you have the opportunity to help make our families, schools and community a better, healthier place to live. Please consider being a part of this exciting event by indicating your interest below. If you have any questions, contact me at (Contact Information). Thank you.

Sincerely,

(Your Name)
(Title/Organization)

_____ Yes, I am interested in being a part of Family Fun, Food & Fitness Night! Please send me information. My name and address are: _____

_____ No, thank you. I am not interested at this time. My name is: _____

(Please cut along the line and use the enclosed self-addressed, stamped envelope to mail your response.)

Sample Letter #3 (for school staff)

(Date)

(Address)

(City, State, Zip Code)

Dear (Insert name of school district) staff member,

An exciting event is coming to (Name of school district). This event is called Family Fun, Food & Fitness Night, our theme is () and will be held at (Location) on (Date).

It is important to us that you help us to support a healthy school environment where children learn to be active and eat healthy, nutritious foods. You can help us build healthier students and a healthier community. Family Fun, Food & Fitness Night will give parents and other adults the opportunity to engage children in fun physical activities, learn more about nutrition, and prepare simple & healthy recipes. Children who attend this event will also learn more about making healthy choices, staying active, and eating healthy.

As part of our school organization, you have the opportunity to help make our families, schools and community a better and healthier place to live. Please consider being a part of this exciting event! Find out how you can help by contacting (Contact Person Name) at (Contact Phone/E-mail). If you are unable to help with this event, please mark it on your calendar and plan on bringing your family to join the fun! We sincerely thank you for your support!

Sincerely,

(Your Name)

(Title/Organization)

Sample Letter #4 (for parents)

(Date)

(Address)
(City, State, Zip Code)

Dear (Name of School District) parent,

An exciting event is coming to (School District Name). This event is called Family Fun, Food & Fitness Night, with the theme of (), and will be held at (School/Site Name) on (Date), starting at (Time).

It is important to us that parents help us support a healthy school environment where children learn to be active and eat healthy, nutritious foods. You can help us build healthier students and a healthier community. Our Family Fun, Food & Fitness Night will give parents and other adults the opportunity to engage with children in fun physical activities, learn more about nutrition, and prepare simple and healthy recipes. Children who attend this event will also learn more about making healthy choices, staying active, and eating healthy.

As a parent, you have the opportunity to help make our schools and community a better and healthier place to live. Please mark this event on your calendar and plan on bringing your family to join the fun! Find out how you can help with this event by contacting (Contact Name) at (Contact Phone/E-mail). We sincerely thank you for your support and hope to see you at Family Fun, Food & Fitness Night!

Sincerely,

(Your Name)
(Title/Organization)



Step 3: Secure Involvement

As mentioned in Step 2, it is important to have a well-organized, planned approach to recruiting community support for your event. This is especially true in Steps 2 and 3 where community members', businesses', and organizations' involvement in your Family Fun, Food & Fitness Event is requested and secured.

In this step, members of your planning/wellness committee follow-up with visits, phone calls and letters sent to community members, organizations and businesses. The purpose of Step 3 is to determine what, specifically, a person/group is willing to contribute to your Family Fun, Food & Fitness Event. This step is crucial in determining whether there are any gaps in your event's program, information or resources. Learning about potential gaps early ensures that your committee has enough time to find other activities, people and resources within the school district or from areas outside of the community.

Follow-up responses from community members, businesses and organizations with a phone call or personal visit. Be sure that you provide them with a written copy of the things you discuss. This includes specific information about your event as well as specific information about what you would like/expect them to do to contribute to the event. This will help avoid miscommunications and misunderstandings.

Several sample letters are included on the following pages. These letters can be customized to your specific event and can be used to solidify communications between your planning/wellness committee and the community resource. In addition, a sample planning/informational meeting agenda (designed for use with volunteers) is also included in this section.

Sample Letter #5
(This letter can be used if a positive response was received from Sample Letter #2.)

(Date)

(Address)
(City, State, Zip Code)

Dear (Community Member/Business Name),

Thank you for your interest in being a part of our upcoming Family Fun, Food & Fitness Event at (School or Site Name) on (Date and Time). We are excited to have your support! There are a number of ways in which you can become involved:

1. Help us advertise! We have enclosed flyers and would appreciate your help in posting them to promote our event, and our mission to make our students healthier.
2. You can help with prizes and supplies needed for the event. Donations of prizes, supplies, and/or equipment for the event would be helpful and appreciated. Feel free to contact our planning/wellness committee member (Contact Name, Phone/E-mail), for specific information about what kinds of prizes and supplies are ideal for this event.
3. You can make a monetary donation for food and supplies that are needed for the event. All the event activities will be educational experiences related to nutrition and physical activity.
4. Volunteer! You can be a volunteer to help direct activities on the night of the event. There are a number of jobs you can choose from—all of which are sure to be entertaining and rewarding. The event is estimated to last approximately 90 minutes.

Please consider the above options and let us know which is the best fit for you. One of our organizers will call you in 1–2 weeks to answer questions, and to find the best way for you to participate in our event. Thank you for your help!

Sincerely,
(Your Name)
(Title/Organization)



Sample Letter #6

(This letter can be used if an individual/business/organization has indicated interest in donating items.)

(Date)

(Address)

(City, State, Zip Code)

Dear (Name),

Thank you for your interest in our Family Fun, Food & Fitness Event, and for your willingness to contribute by donating items! For your information, we have enclosed a list of possible prizes, and supplies needed for the event. A planning/wellness committee member will be in contact with you to discuss which items you would like to donate as well as determine the best way to acknowledge your contribution at our event (company name, logo, slogan, etc.).

We sincerely thank you for your generosity and support of our activities. If you should have any questions, please contact (Contact Person Name, Phone/E-mail). We hope to see you there at (Site Name) on (Date) at (Time).

Sincerely,

(Name)

(Title/Organization)

Sample Letter #7

(This letter can be used if an individual/business/organization has indicated interest in providing a monetary donation.)

(Date)

(Address)
(City, State, Zip Code)

Dear (Name),

Thank you for your interest in our Family Fun, Food & Fitness Event, and for your willingness to contribute with a monetary donation! A planning/wellness committee member will be in contact with you to answer questions and determine the best way to acknowledge your generosity at our event (company name, logo, slogan, etc.).

Please complete the bottom portion of this page, cut along the line, and return it in the self-addressed, stamped envelope with your donation.

We sincerely thank you for your generosity and support of our activities. If you should have any questions, please contact (Contact Person Name, Phone/E-mail). We hope to see you there at (Site Name) on (Date) at (Time).

Sincerely,

(Name)
(Title/Organization)

Your Name: _____

Please check one:

Yes, I would like to make a monetary donation for Family Fun, Food & Fitness Night food/supplies.
Donation amount: _____.
(Please include donation with this form.)

I can no longer make a monetary donation.

Sample Letter #8

(This letter can be used if an individual has indicated interest in volunteering for the event.)

(Date)

(Address)
(City, State, Zip Code)

Dear (Name),

Thank you for your interest in our Family Fun, Food & Fitness Event, and for your willingness to volunteer your time! We will have an informational meeting for all volunteers at (Time) on (Date) at (Location). Please RSVP to (Contact Name) at (Phone/E-mail) by (Date). The purpose of this meeting will be to meet all the volunteers, and determine the best fit for the Family Fun, Food & Fitness Event. We are looking for people to lead games in our physical activity portion, to lead cooking/tasting activities, to hand out take-home materials to parents, and for set-up and clean-up.

We sincerely thank you for your generosity and support of our activities. If you should have any questions or concerns, please contact (Contact Name, Phone/E-mail).

Sincerely,

(Name)
(Title/Organization)

Sample Meeting Agenda (For volunteers)

Family Fun, Food & Fitness Night (Date), (Time) at (Location). Informational Meeting

1. Background and purpose of Family Fun, Food & Fitness Night (see Introduction on page 5).
2. Planning of a Family Fun, Food & Fitness Event (see Chapter 1 starting on page 7 for planning tips and success stories)
3. Physical Activities (See Chapter 2 starting on page 15 for activity ideas):
Physical Activity #1: _____
Leader(s): _____

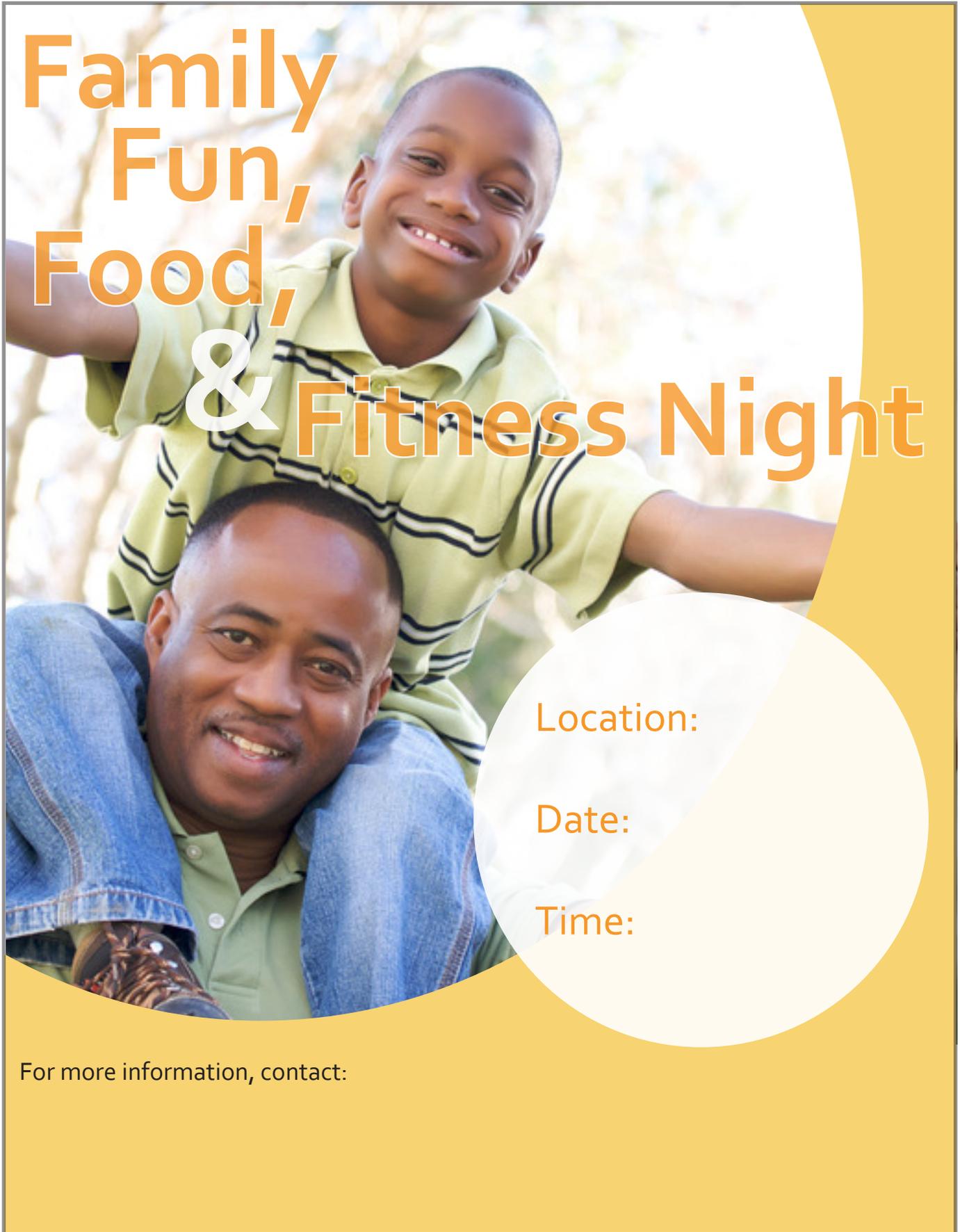
Physical Activity #2: _____
Leader(s): _____

Physical Activity #3: _____
Leader(s): _____
4. Nutrition Activities (See Chapter 3 starting on page 55 for activity ideas):
Nutrition Activity #1: _____
Leader(s): _____

Nutrition Activity #2: _____
Leader(s): _____

Nutrition Activity #3: _____
Leader(s): _____
5. Wrap-up (review meeting's decisions, schedule future meeting, if necessary)





Family Fun, Food, & Fitness Night

Location:

Date:

Time:

For more information, contact:

Step 4: Keeping Supporters Informed

It is essential that you keep your community supporters informed about your Family Fun, Food & Fitness Event. Your volunteers need to know logistical information (where, when, how long), and individuals and organizations that donate their time and money should be informed of how their donations were utilized. In addition, letters to follow-up donations (stating donation type and amount) are often kept and used by businesses for tax purposes.

Keeping your supporters informed is also a great way to build/maintain the credibility of your committee, school, and your wellness program. Be sure to let any supporters know if event information is published/shown by local media. A follow-up thank you letter is also a great way to show how much you appreciate their support of your event. You could have thank you letters at the registration table and have participants sign them as they enter or leave the event. If money or goods were donated, be sure to tell supporters how their donations were used.

It's also good to develop a short ½-page or one-page summary of your event that can be included with your correspondence. Include information about the number of participants, the number and names of community supporters involved, photos of the event, and a quote or two from event participants and/or school staff members. Don't forget to brag about your successes to all of your funders, including your school district, parent organizations, and any State or Federal organizations that contributed to your event's successes.

The following pages include a sample letter and a sample summary page that can be used to inform supporters and share your successes.



Sample Letter #9

(This letter can be used to follow-up with individuals/business who have donated time, money or supplies to your event.)

(Date)

(Address)

(City, State, Zip Code)

Dear (Name),

Thank you for participating in our Family Fun, Food and Fitness Event at (School/Site Location) on (Day, Date) at (Time). Your gift of (Donation Type) in the amount of (Amount, if applicable) was used to (Use of donation... this may take two or three sentences depending on the donation).

We have enclosed a short summary of our event for you to see what we're doing to promote health and wellness in the students and families in our community. If you have any questions, comments, or suggestions for future activities and events, please contact (Contact Name) at (Phone/E-mail).

Thank you again for your donation. Your generosity contributed to our event's success.

Sincerely,

(Name)

(Title/Organization)

Family Fun, Food & Fitness Night

at (Site Name)
(Date, Time)

(“Your event’s theme/slogan”)

(Site Name) recently hosted an event for students and families that focused on making healthy choices. About (Rounded Number of Attendees) attended the event, which included family-friendly physical activities, nutrition lessons, and healthy snacks. Participants learned about (topics of different activities included in event... this could take several sentences).

The (Name of Town/Area) community pulled together to support the health of its students and their parents. Donations from (list community donors here... feel free to highlight individual contributors and volunteers as well) were an integral part of the event’s success. (Insert quote from event participant and/or event coordinator)

There are already plans for another Family Fun, Food & Fitness Night at (Site Name)! Watch for updates and information to see how you can be a part of the next community-wide event.

(Insert a few photos here, with short captions describing the activities. Be sure to obtain permission from parents before posting photos of youngsters.)

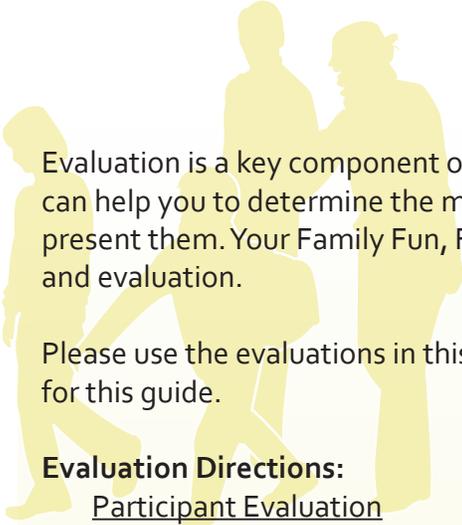




Chapter 5

Evaluation





Evaluation is a key component of any project, program or presentation. Feedback from your audience can help you to determine the most effective approach, the topics of most interest, and the best ways to present them. Your Family Fun, Food & Fitness Night, and this guide, can also benefit from user feedback and evaluation.

Please use the evaluations in this section to assess the quality, appeal and effectiveness of your event and for this guide.

Evaluation Directions:

Participant Evaluation

Have participants complete the evaluation provided in this guide on page 151 or another evaluation that your planning committee develops at the conclusion of the event.

Return Evaluations:

One of the requirements of participation is that you complete the online survey telling us about your event and how you spent mini-grant funds! To access this survey go to <http://www.surveymonkey.com/s/FBZDKQH>

Completed surveys are due on the following days:

Fall Grantees: December 31, 2012

Spring Grantees: June 1, 2013

Evaluations can be completed online at <http://www.surveymonkey.com/s/FBZDKQH>. It is important that you complete these evaluations as it helps us improve the programs for coming years. **Also, if a school does not return their evaluations then they will not be eligible to receive grant funding for the coming school year.**

Be sure to send success stories and pictures to Kansas Team Nutrition. These stories may be showcased on our website or in future Family Fun, Food and Fitness Event Planning Guides, and are also an important component in our ongoing efforts to secure additional funding for schools. Success stories can be sent via e-mail to Jill Ladd at jladd@ksde.org or to the address below:

Kansas Team Nutrition
120 SE 10th Avenue
Topeka, KS 66612.

Family Fun, Food & Fitness Night Participant Evaluation

Please complete and return this evaluation before you leave the event!

Please tell us your opinion of this event:

1. Was the event fun and enjoyable? Yes No Not Sure
2. Were the activities easy to understand? Yes No Not Sure
3. Did you learn something new tonight? Yes No Not Sure

If so, what did you learn? _____

4. Will you try any of these activities at home? Yes No Not Sure
5. Would you attend another, similar event in the future?
 Yes No Not Sure

6. What was your favorite activity tonight?

Why? _____

7. What was your least favorite activity?

Why? _____

8. What would you like to see at the next event? _____







Appendix Documents



Fun & Healthy Prize Ideas

Your event is aimed at getting kids and families healthy and active... make sure your prizes and incentives do the same.

School Supplies:

Highlighters, pens or pencils with colorful logos, markers, coloring books, rulers, pencil sharpeners, pencil boxes, gift certificate to the school store, erasers, notepads, crayons, bookmarks, stencils, etc.

Fashion:

T-shirts or hats, temporary tattoos, sunglasses, bracelets, necklaces, shoelaces, backpack patches, etc.

Sports Equipment:

Hula hoops, pedometers, paddleballs, Frisbees, water bottles, foam balls, jump ropes, hacky-sacks, inflatable balls, etc.

Toys and Games:

Yo-yos, stickers, rubber balls, stuffed animals, puzzles, key chains, marbles, jacks, playing cards, slinkies, gliders, silly putty, board games, etc.

Other:

Posters, a plant, seeds and a pot for growing a plant, paperback book, music CD, DVD, sidewalk chalk, cups with logos, magnets, crazy straws, gift cards to local businesses, etc.



Create Your Own Power Panther Costume!

Copy the following pages to make gloves, shoe covers, and a mask to look like Power Panther! This project could be an interactive activity at a Family Fun, Food & Fitness Event, or the costume could be prepared early and utilized by event staff and/or volunteers as a part of a skit or to lead activities.

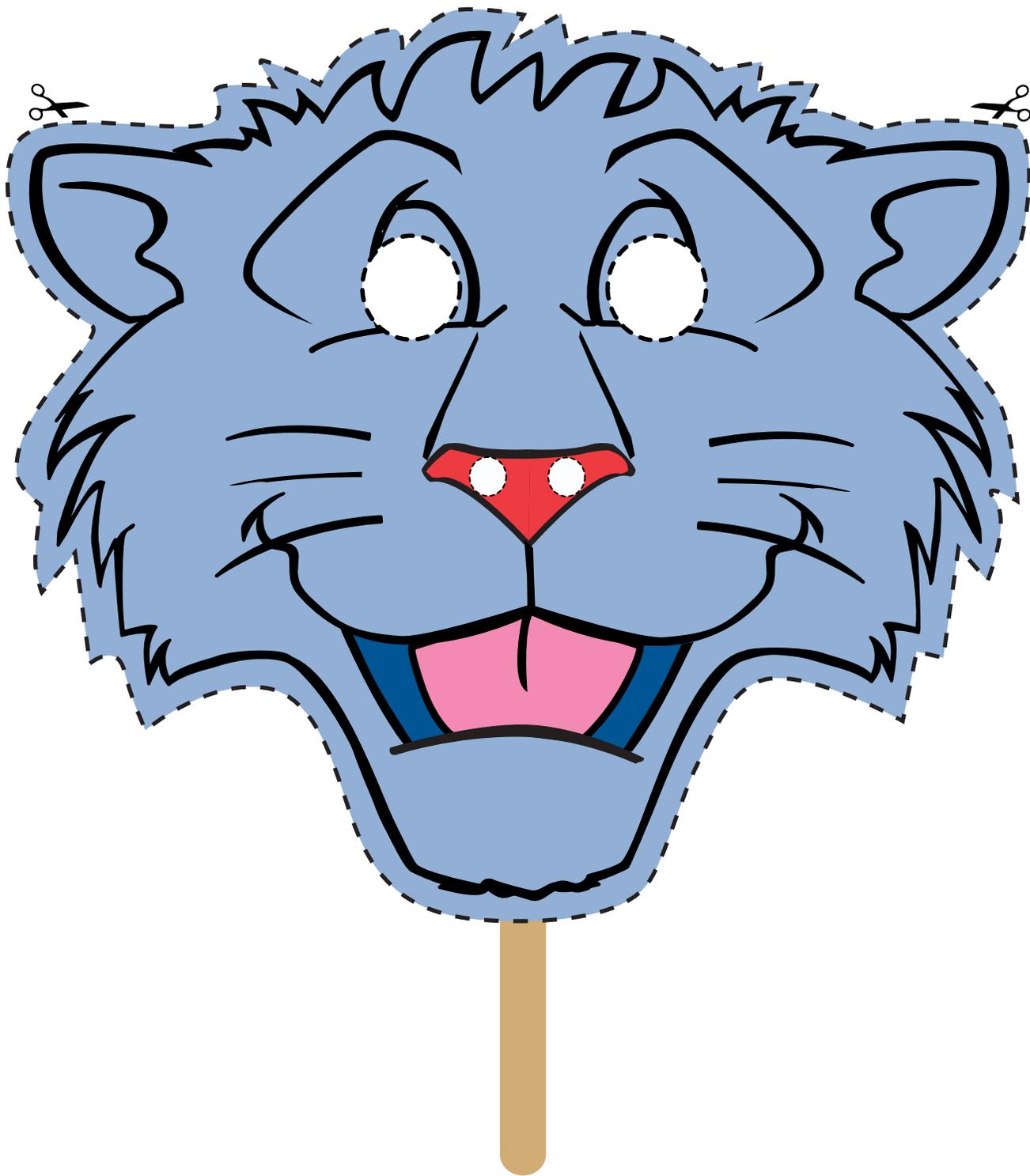




Make a Power Panther Mask!

1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.
2. Cut along dotted lines of mask.
3. Cut out white holes for eyes and nose.
4. Apply reinforcements or tape over grey holes to make paper stronger.
5. Punch holes in grey circles and attach ribbon or string.

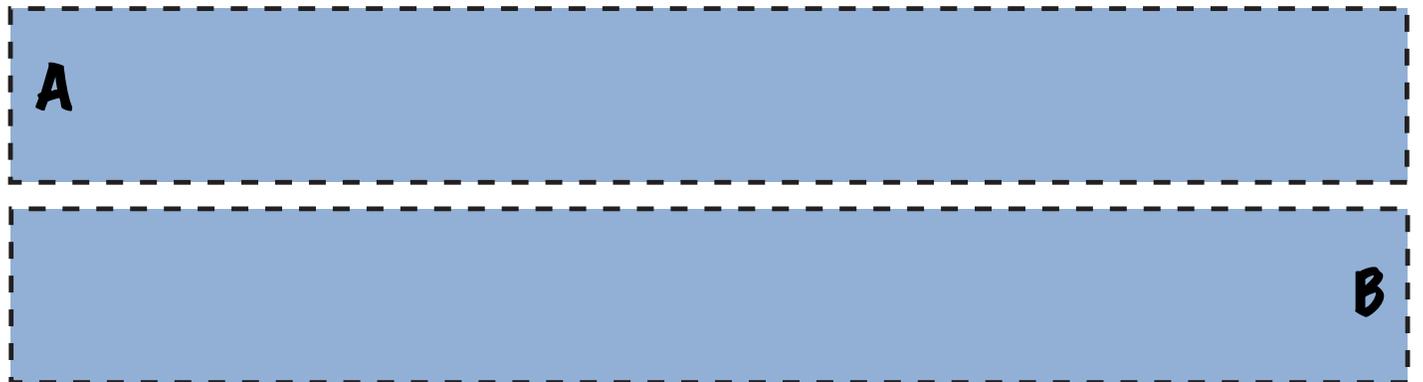




Make a Power Panther Mask!

1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.
2. Cut along dotted lines of mask and headband.
3. Cut out white holes for eyes and nose.
4. Glue or tape a wooden stick behind the mask.
5. To make mask stronger, glue on to cardboard or heavier paper.

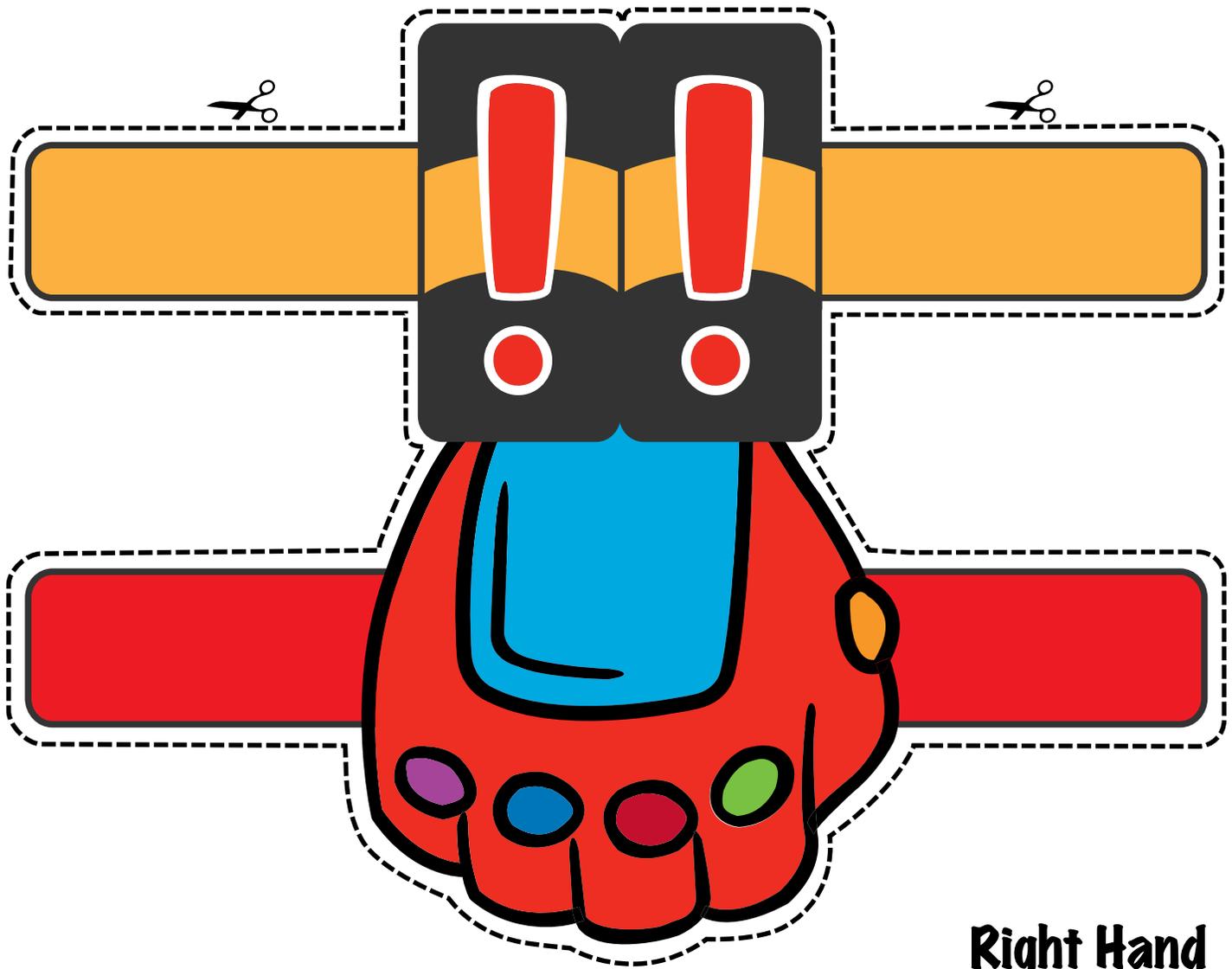




Make a Power Panther Mask!

1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.
2. Cut along dotted lines of mask and headbands.
3. Cut out white holes for eyes and nose.
4. Tape or glue headband straps to Tab A and Tab B by overlapping them.
5. Tape straps together in back of head to secure mask.



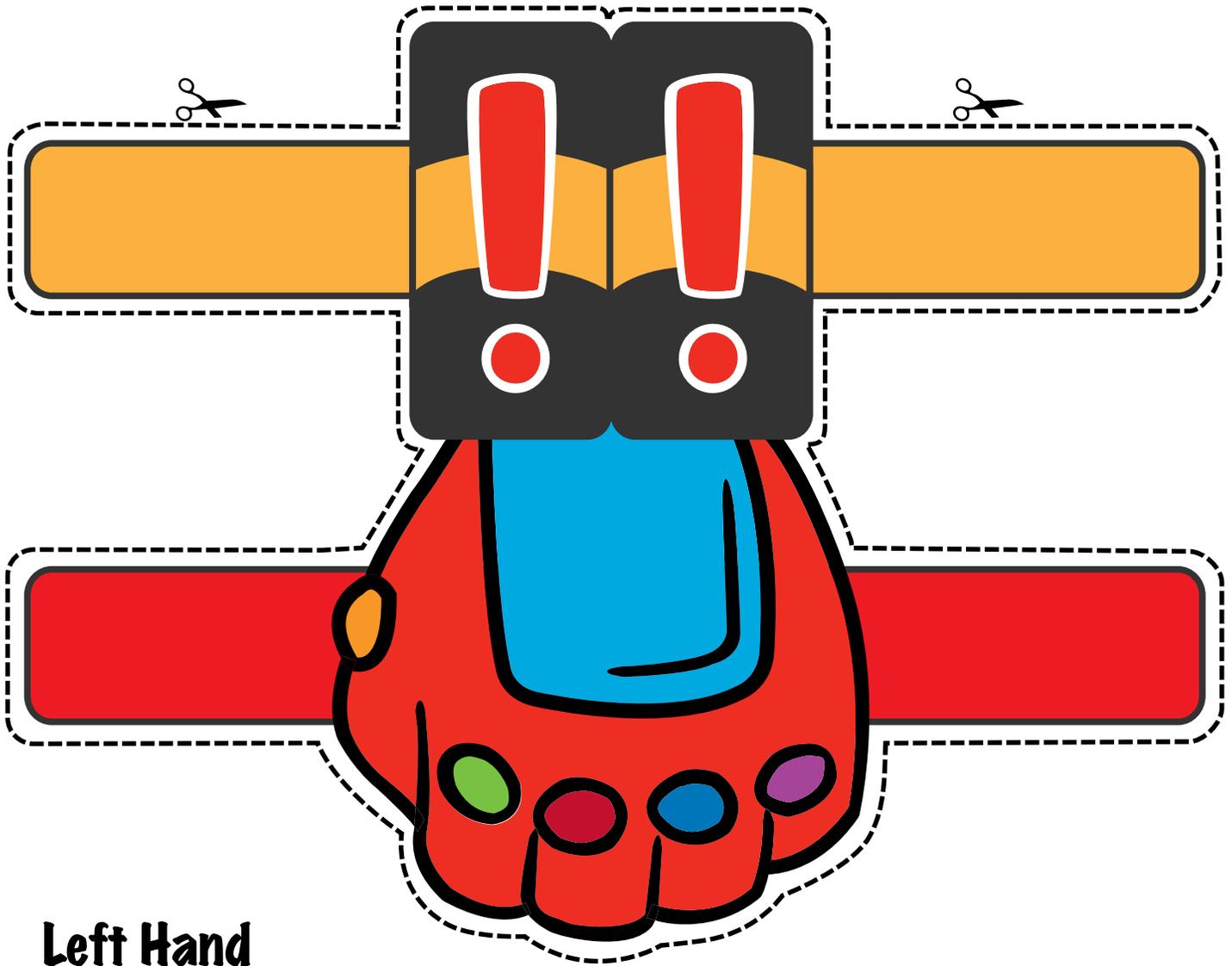


**Right Hand
Glove**

Make Power Panther Gloves! (Part 1 of 2)

- 1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.**
- 2. Cut along dotted lines of glove.**
- 3. Place glove on top of hand and adjust wristband to fit wrist by cutting and taping.**
- 4. Secure glove to top of hand by wrapping tabs around palm and taping.**



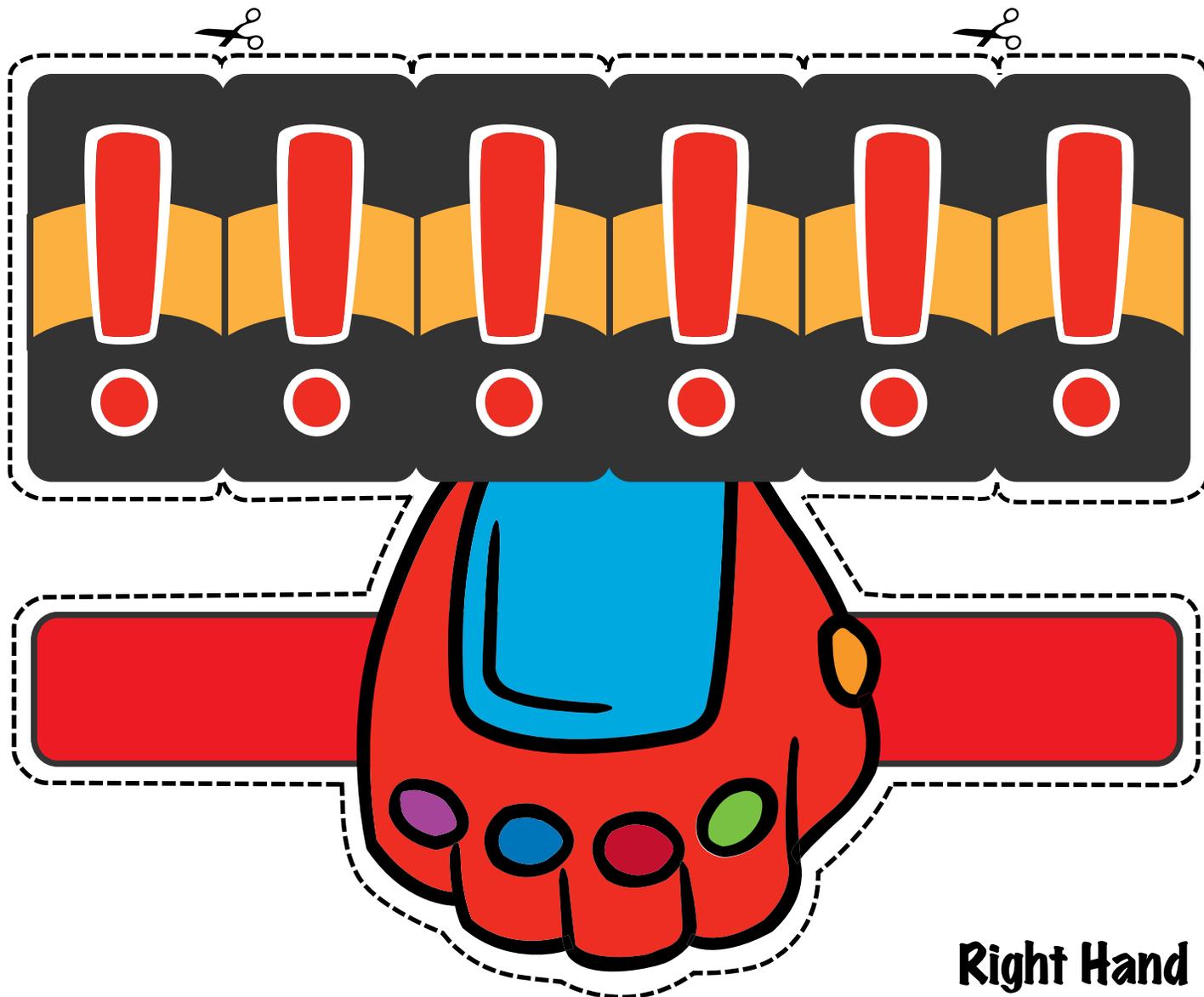


Left Hand Glove

Make Power Panther Gloves! (Part 2 of 2)

1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.
2. Cut along dotted lines of glove.
3. Place glove on top of hand and adjust wristband to fit wrist by cutting and taping.
4. Secure glove to top of hand by wrapping tabs around palm and taping.



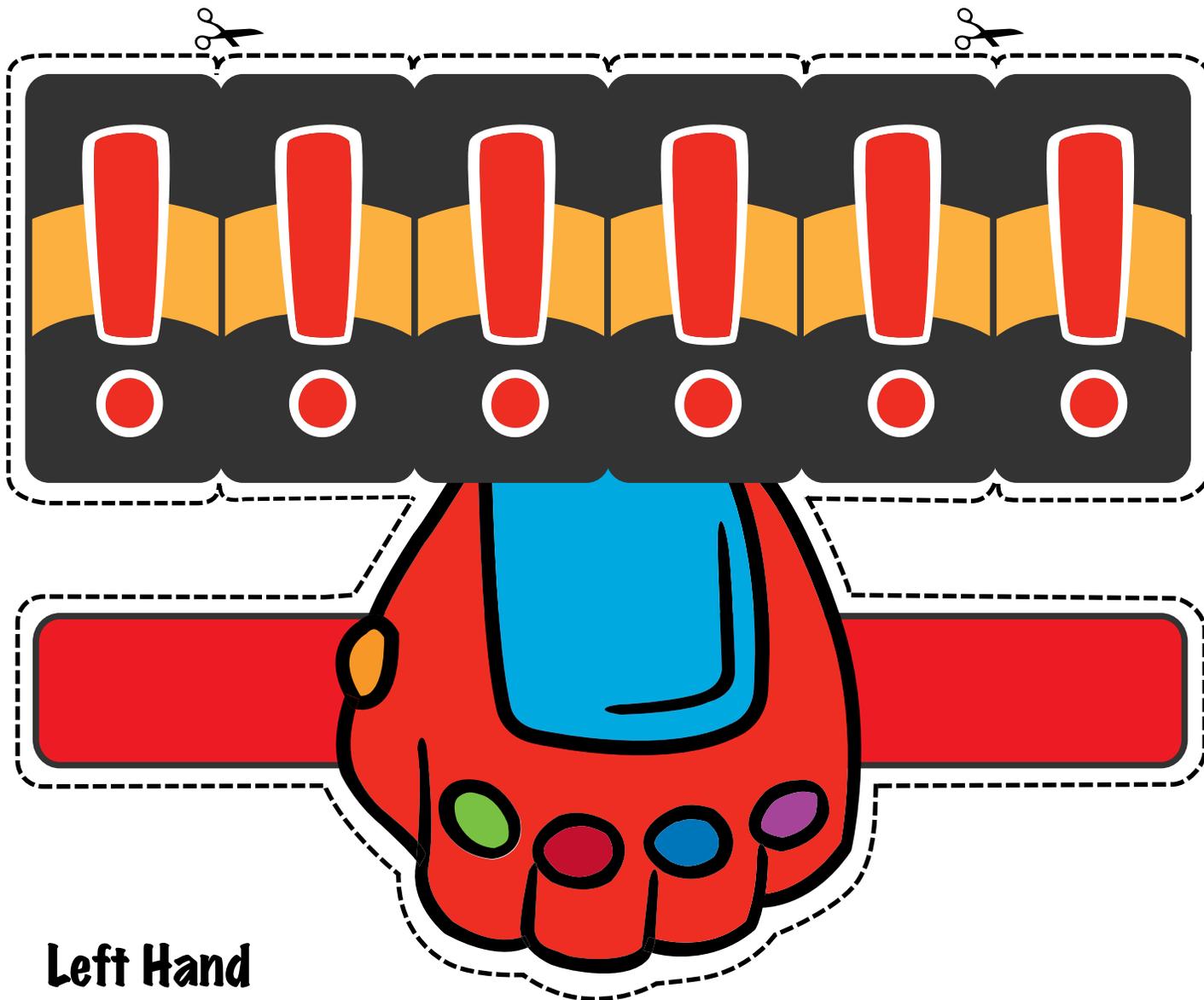


**Right Hand
Glove**

Make Power Panther Gloves! (Part 1 of 2)

- 1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.**
- 2. Cut along dotted lines of glove.**
- 3. Place glove on top of hand and adjust wristband to fit wrist by cutting and taping.**
- 4. Secure glove to top of hand by wrapping tabs around palm and taping.**



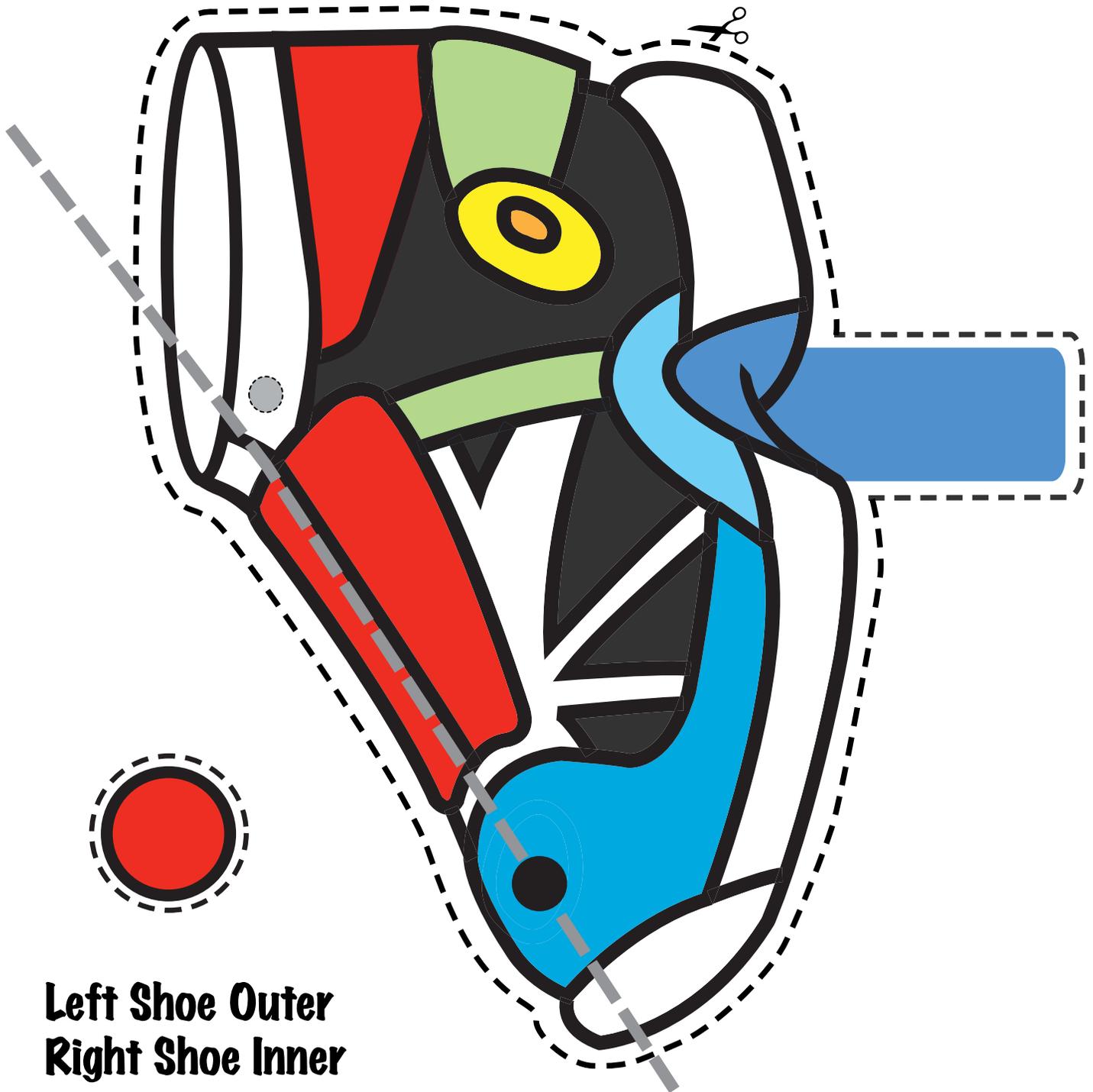


Left Hand Glove

Make Power Panther Gloves! (Part 2 of 2)

1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.
2. Cut along dotted lines of glove.
3. Place glove on top of hand and adjust wristband to fit wrist by cutting and taping.
4. Secure glove to top of hand by wrapping tabs around palm and taping.



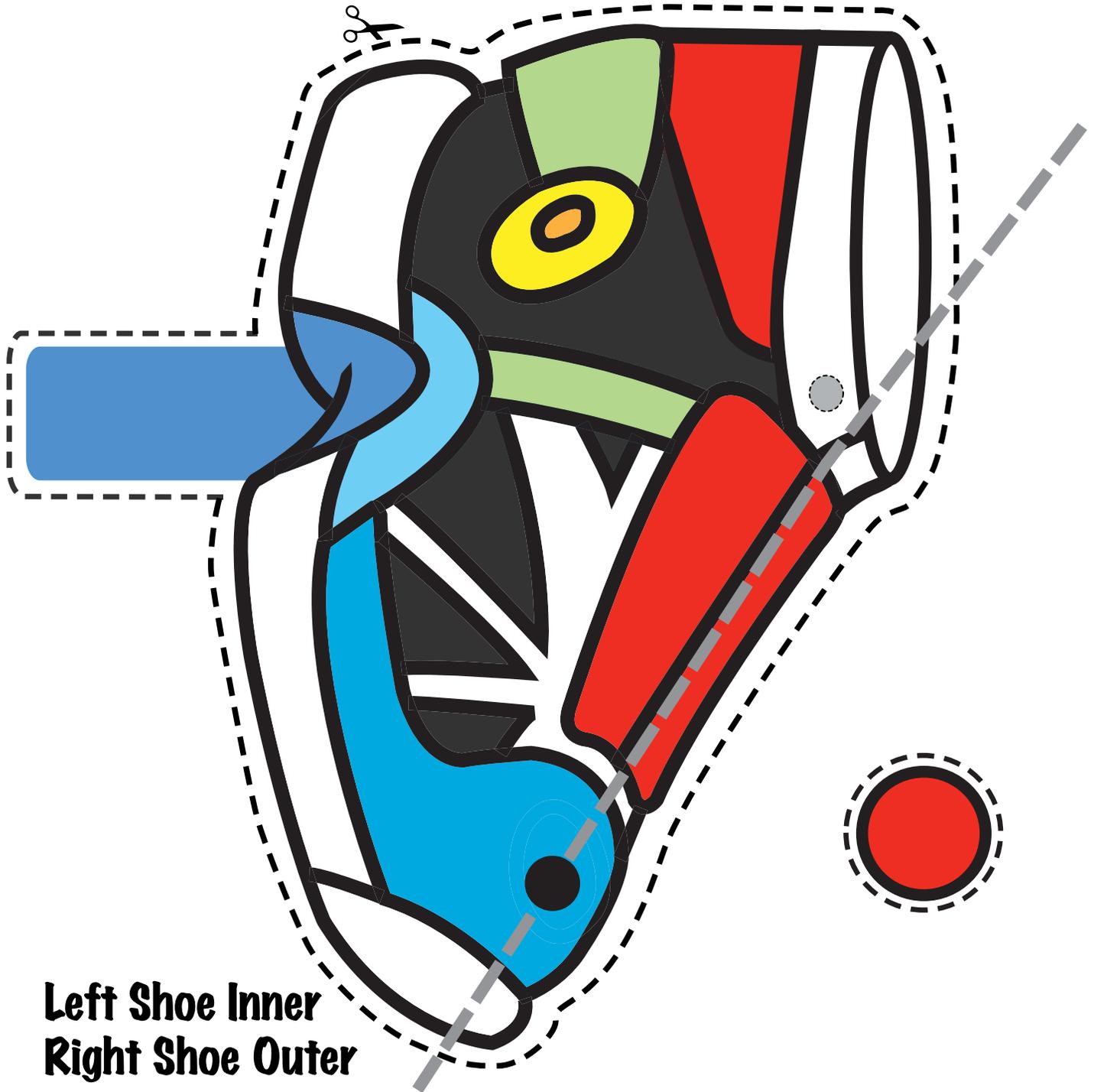


**Left Shoe Outer
Right Shoe Inner**

Make Power Panther Shoes! (Part 1 of 2)

1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.
2. Cut along dotted lines.
3. Tape Parts 1 and 2 together along dotted grey line
4. Tape Red Circle to black dot
5. Fold over white tip of shoe and tape to tip of sneaker
6. Reinforce area around grey circle using reinforcements or tape.
7. Punch hole in grey circle and put shoelaces through hole and tie to sneaker.
8. Secure paper tabs to shoe using tape.



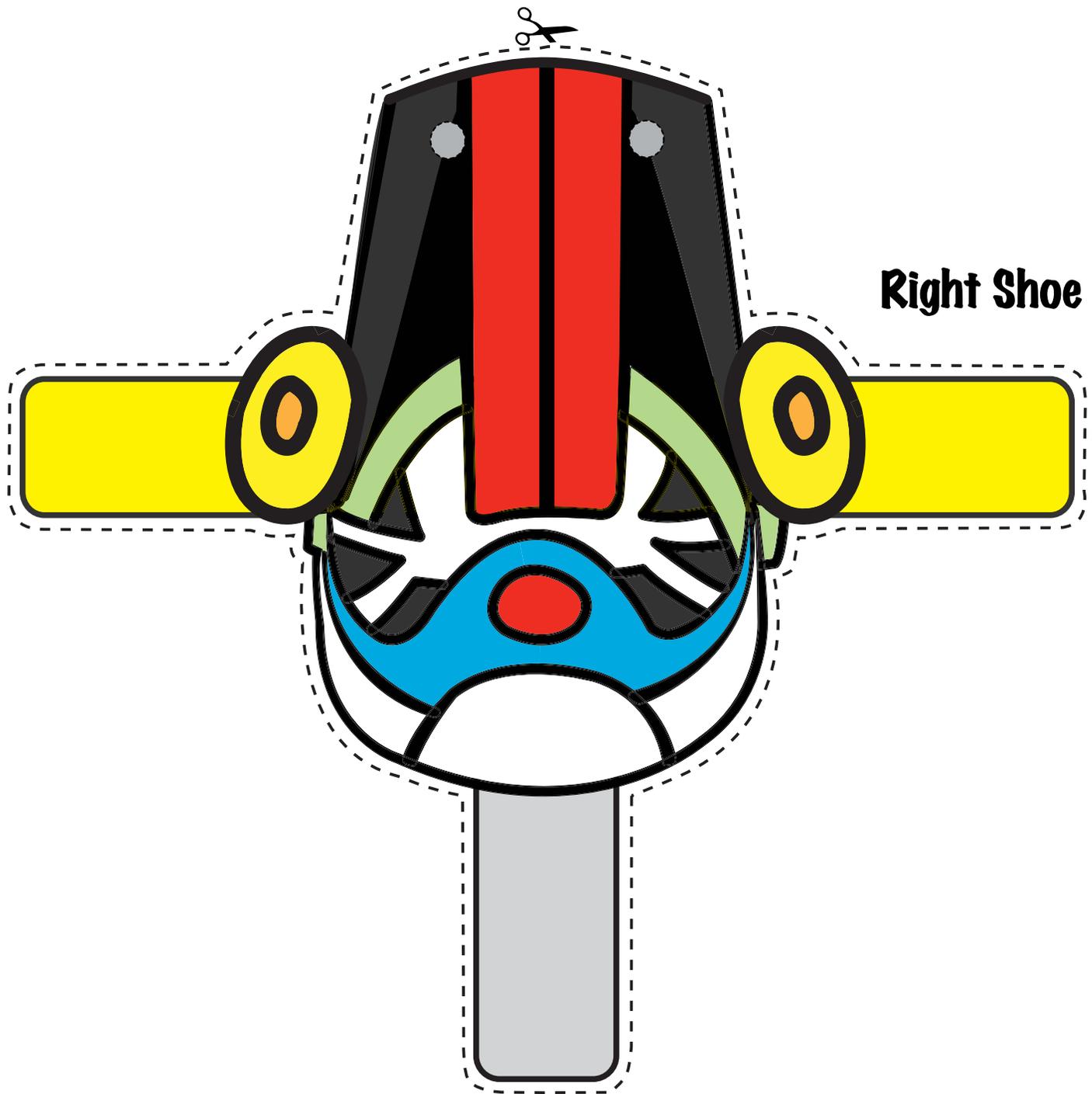


**Left Shoe Inner
Right Shoe Outer**

Make Power Panther Shoes! (Part 2 of 2)

1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.
2. Cut along dotted lines.
3. Tape Parts 1 and 2 together along dotted grey line
4. Tape Red Circle to black dot
5. Fold over white tip of shoe and tape to tip of sneaker
6. Reinforce area around grey circle using reinforcements or tape.
7. Punch hole in grey circle and put shoelaces through hole and tie to sneaker.
8. Secure paper tabs to shoe using tape.

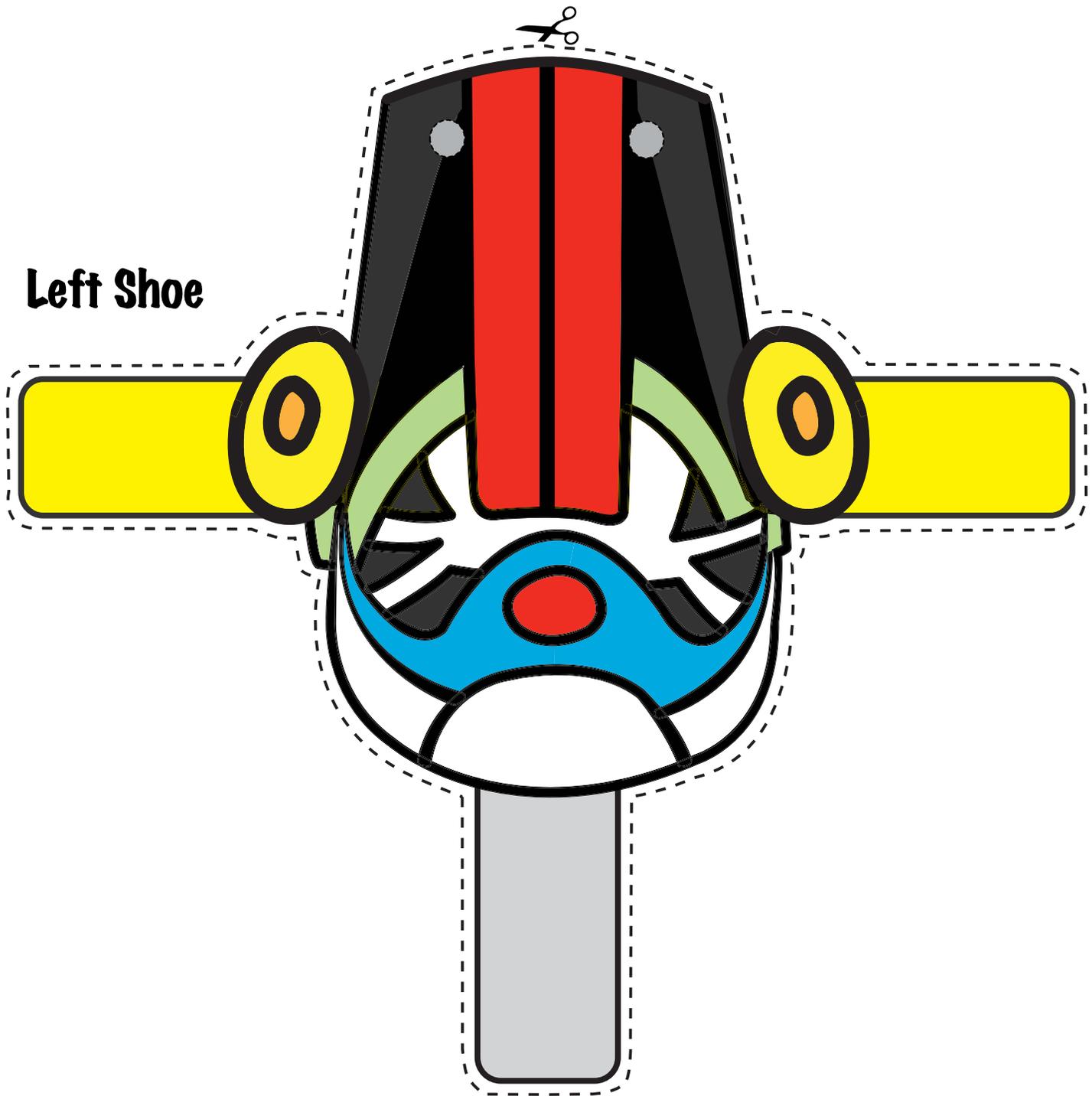




Make Power Panther Shoes! (Part 1 of 2)

1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.
2. Cut along dotted lines.
3. Reinforce area around grey circle using reinforcements or tape.
4. Punch holes in grey circles and put shoelaces through holes and tie to sneakers.
5. Secure paper tabs to shoe using elastic or tape.

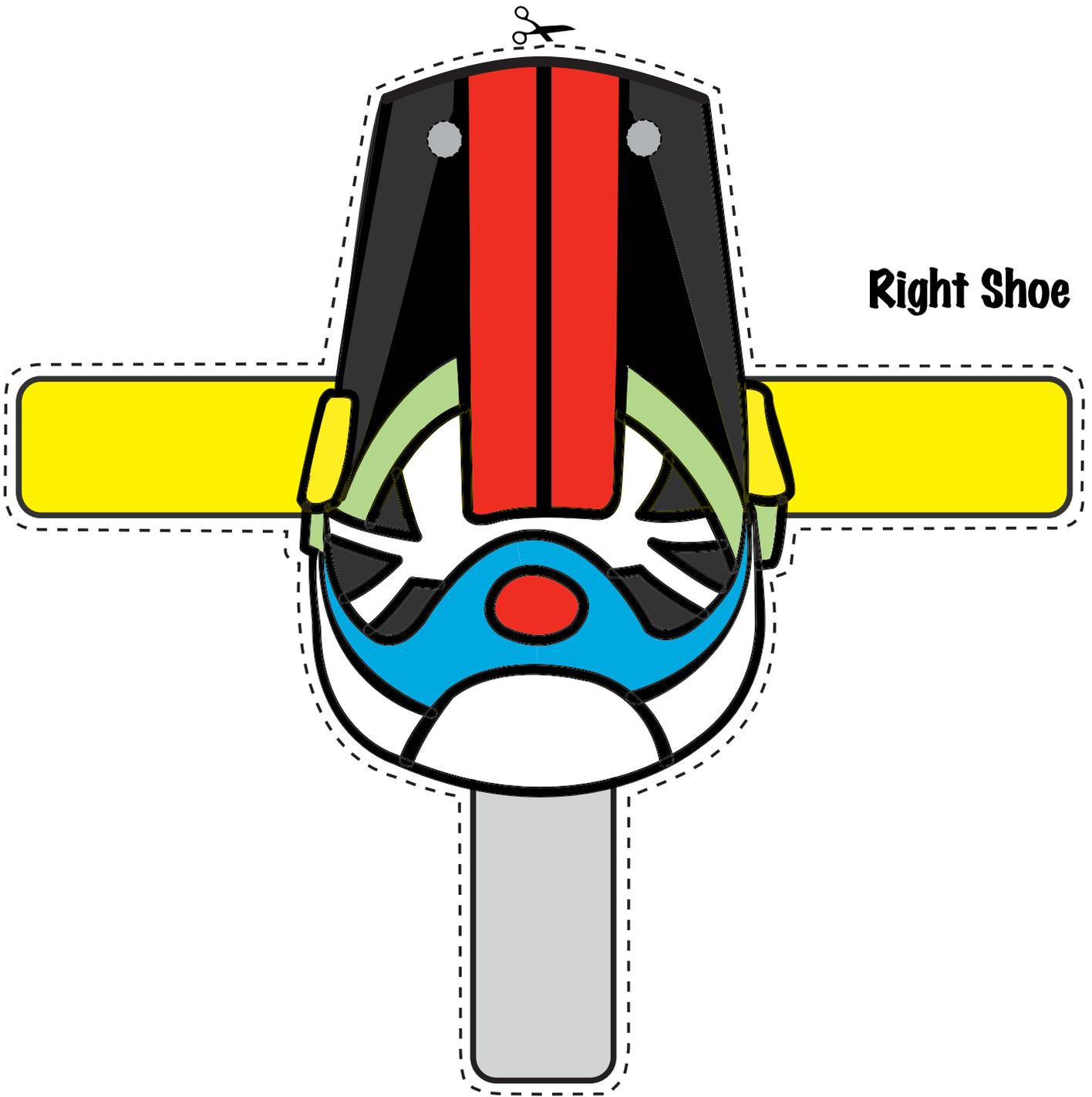




Make Power Panther Shoes! (Part 2 of 2)

1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.
2. Cut along dotted lines.
3. Reinforce area around grey circle using reinforcements or tape.
4. Punch holes in grey circles and put shoelaces through holes and tie to sneakers.
5. Secure paper tabs to shoe using elastic or tape.

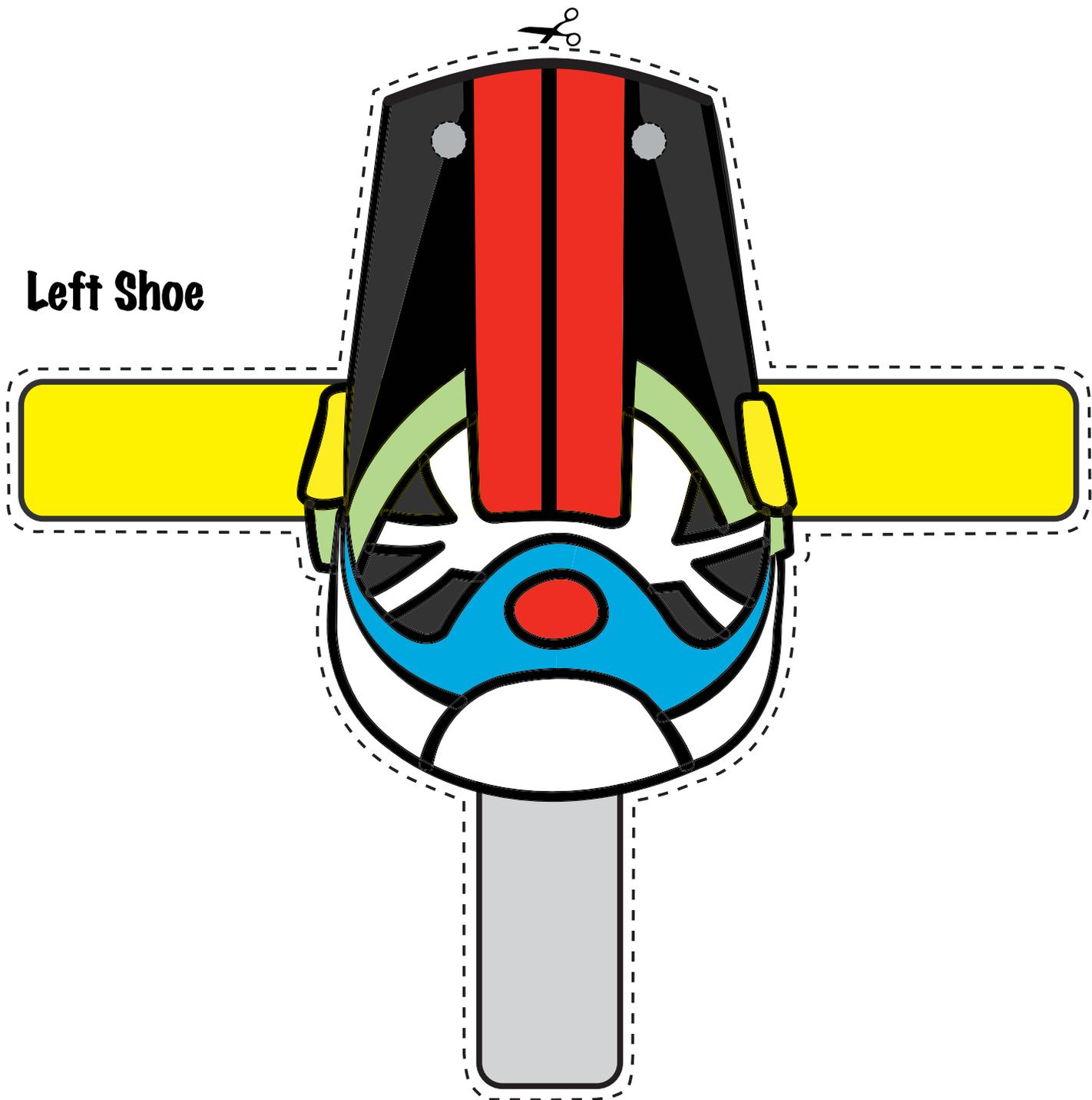




Make Power Panther Shoes! (Part 1 of 2)

1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.
2. Cut along dotted lines.
3. Reinforce area around grey circle using reinforcements or tape.
4. Punch holes in grey circles and put shoelaces through holes and tie to sneakers.
5. Secure paper tabs to shoe using elastic or tape.





Left Shoe

Make Power Panther Shoes! (Part 2 of 2)

- 1. If available, print on heavy paper or card stock. If desired, the image can be resized using the enlarge/reduce feature of your printer dialogue box.**
- 2. Cut along dotted lines.**
- 3. Reinforce area around grey circle using reinforcements or tape.**
- 4. Punch holes in grey circles and put shoelaces through holes and tie to sneakers.**
- 5. Secure paper tabs to shoe using elastic or tape.**

