

# Event Ideas

Themed events help tie activities together and are a fun way to create interest for your event. If you choose to do a themed event, the ideas in this section can be used in their entirety or as a starting point in helping to generate ideas. Get creative and have fun!



## Success Stories from Former Grantees

### Go For the Gold Carnival

USD 307—Ell-Saline

Ell-Saline Wellness Committee teamed up with its Community, Parents, & Teachers Association to host its Family Fun, Food and Fitness event, "Go For the Gold Carnival." The event was themed after the summer 2012 Olympics where athletes must eat healthy and train their best to win the gold! Committee members decorated with Red, White and Blue decorations found on clearance from the summer games. Prizes of fresh fruit were given to attendees who participated in the nutrition activities; Who Wants to be a Foodinaire, What's on MyPlate; and competed in timed Ballistic cups, rock wall climbing and basketball shooting contest. Attendees learned about proper portion sizes at the carnival's "Create your Own



Winning Trail Mix" table.



### Family Fun, Food, Fitness and Literacy Night

USD 333—Concordia

Concordia elementary school had previously hosted a Family Literacy Night to promote reading. This past year the school expanded the event to include healthy eating and physical activity. Tandy Rundus, Food Service Director, stated, "It was nice to work the FFFF event into an existing program and work together which increased our attendance numbers." K-State Research and Extension staff presented a program—Book Cooks, to encourage healthy eating and literacy. Elementary P.E. teachers highlighted classroom activities and the school's Wii Fit program. A display promoting the Fresh Fruit and Vegetable program was on hand and participants were provided with two unique tasting options—huckleberries and figs! The food service department made Sesame Street character themed fruit/veggie trays to accompany the meal that the district provided to attendees.



### Construction Zone: Building Healthy Bodies



USD 386—Madison-Virgil

Students and families from Madison Elementary School had the opportunity to visit numerous stations focused on making healthy choices. Participants were able to "construct" a healthy snack, test their nutrition knowledge through food trivia and visit a display showing the amount of sugar in different foods and drinks. Attendees learned from a "Build Your Body Strong Circuit", featuring fun and easy exercises that participants could do at home. The "Wii Workout" station was a favorite. Hannah Prophet, PE teacher, credits the success of the event to more than 20 community volunteers including secondary students, teachers, staff and administrators.



## Success Stories from Former Grantees

### Animal Up for Exercise & Eating

USD 457—Garden City



Students, parents, and staff turned out in record numbers for Alta Brown Elementary’s annual Harvest Family Fun, Food and Fitness Event held in conjunction with their curriculum night. Students, family members and the community enjoyed competing on an animal obstacle course that featured activities such as a crab walk, bear crawl, bunny hop, alligator snap and snake slither. Participants learned about MyPlate and a local college Spanish class was present to provide nutrition education and help explain activities to families in which Spanish is their primary language. Within 15 minutes of starting the event, two adults learned they had blood sugars over 300 through a local diabetes program, who was present. Alta Brown is making great strides in creating a healthier school and community!



### Feeling Great at 108

USD 108—Washington County



Encouraging families to have fun together, eat well, exercise and strive to be healthier, was the goal of Washington County Elementary School’s Family Fun, Food and Fitness Event. Families rotated between six stations to participate in: Strength Training, Aerobic Exercise, B.A.V.E., Bicycle Safety, Fat Facts, and Snack Attack. These stations were led by volunteers and members of the high school FCCLA. Participants at the snack station were able to make a whole grain snack while learning about healthier after-school snack options. Donations from 17 local businesses and support from the PTO and USD 108 allowed for a variety of exercise oriented prizes to be awarded to participants. The event was well attended and all children brought at least one adult family member. The local newspaper reported on the evening and community members have requested a similar event for next school year.

### Healthy Habits 4 Home

USD 465—Winfield



Webster Early Learning Center participated in a week-long study of Healthy Habits for Kids. Teachers worked on age appropriate practices that affect children’s health. Concepts such as hand-washing, eat smart, play hard, getting enough sleep, and dental hygiene were taught. As a culminating event, parents were invited to come to a Healthy Habits 4 Home night. Children shared the concepts they learned throughout the week with their parents through activities planned by center staff. Physical activities included a MyPlate relay, beanbag toss, and obstacle course. Families created Fruit Smiles (apples with peanut butter and yogurt covered raisins) together and enjoyed eating and making food group funny faces! Children were able to create a “make and take choose MyPlate art craft” and a local dentist provided free dental checks for children in attendance.



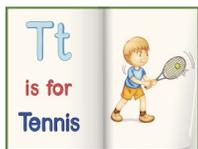
## Success Stories from Former Grantees

### Night of the Stars

#### Holy Rosary—Wea



Staff at Holy Rosary—Wea Catholic School decided to showcase the many talents and activities of its students and hosted a “Night of the Stars” in order to increase participation at their event. The band entertained a crowd that included, students, families, grandparents, and community members. Student artwork and classroom projects were on display. The school featured its brand new salad bar while allowing participants to make their own yogurt parfait or tortilla roll-up. Attendees got moving in the gym with numerous activities including: Wii Dancing, Hula Hoops and Jolly Jumper Skipping Ropes. The school had over 500 vegetable plants, grown from seeds by the students, for sale during the event which made for a profitable fundraiser.



**Let’s Read! Let’s Move!  
Let’s Eat!**

#### USD 465—Winfield

Country View Elementary families enjoyed a night of food, fun and fitness. Attendees rotated between stations throughout the evening. At the “Funny Food Faces” station, fresh fruits and vegetables were used to design funny food faces on laminated placemats. School staff manning the station encouraged students to select new foods and took a picture of students with their funny food face design before their creation was devoured. Participants were encouraged to take a placemat home to promote fruit and vegetable consumption at home! At another station, local college athletes provided tennis instruction using equipment purchased from grant funds awarded by the United States Tennis Association and Winfield USD 465 Foundation. Families enjoyed browsing through books at the book fair and were encouraged to stock up on summer reading material with a BOGO deal!



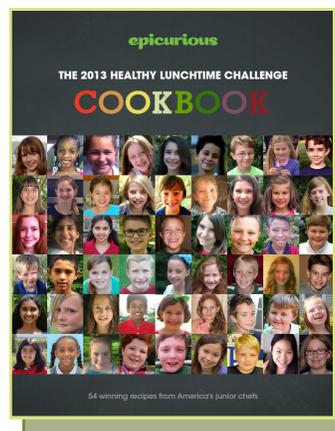
### Food & Fitness Revolution -Luau Style

#### USD 309—Nickerson

To kick off Nickerson Elementary School’s luau themed Family Fun, Food and Fitness event, a local Hula - Zumba instructor engaged participants in an energetic Hula workout! Participants were then released to visit the following stations:

- 1) Smoothie Bar—Featuring fresh fruit and drink umbrellas
- 2) Recipe Creation Station—Make your own whole-grain tortilla roll-ups with mango, peanut butter, honey and cinnamon
- 3) Sand Castle—Create your own sand castle
- 4) Limbo Contest—Winners received their own “Grow Kit” to start their own garden at home
- 5) Career Station—Explore future career options
- 6) Chill Station– Learn stress relief techniques
- 7) Walking Trail—Mile walk around the “Wildcat Walking Path”

The committee created a scavenger hunt including each station and featuring a different clue to encourage participation at each station. Each family took home a “Healthy Lunchtime Challenge Cookbook” that the school printed to encourage healthy eating at home.



<http://www.recipechallenge.epicurious.com/>



# Discover Health is the Greatest Treasure

## NUTRITION ACTIVITIES

### **Food Group “Go Fish”:**

Families will learn about the food groups using this card game found in the nutrition activities section.

### **Build Your Own Fruit or Vegetable**

#### **Sword:**

#### **Ingredients:**

- Variety of Fruits and/or Vegetables (cut)
- Kabob Sticks or Toothpicks

#### **Directions:**

Instruct participants to wash their hands and thread a variety of fruit and vegetable onto kabob sticks to make “swords”.



#### **Nutrition Education Ideas:**

- Print recipes for participants to take home.
- Print copies of 10 tips from Nutrition Education Series handouts found at <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html> such as:
  - Smart Shopping for Veggies and Fruits
  - Liven up Meals with Vegetables and Fruits
  - Kid-Friendly Veggies and Fruits

### **Gone Fishing for Nutrition:**

Rather than fishing for prizes, families will “fish” for nutrition questions that they can answer together! See the nutrition activities section for instructions.



## PHYSICAL ACTIVITIES



### **Pirate Relay Race:**

Have teams race against each other through various obstacles such as:

- ◇ Walk the Plank (Place the plank over a blue construction paper, to mimic water, and lay out plastic alligators)
- ◇ Hop over Sharks (Place obstacles, such hula hoops or cones, that students must hop over or through in order to avoid sharks)
- ◇ Cannon Throw (Make a Basket or Kick a Goal)

#### **Materials Needed:**

- 2 Planks (balance beam, long piece of wood, or tape on the floor)
- Hula Hoops or Cones
- 2 balls

### **Capture the Treasure :**

1. Divide the playing space in two and designate a “jail” in the area.
2. Divide participants into two equal teams. Each team goes to its side of the field and places its flags, “the treasure”, around its half of the playing area.
3. Instruct players to capture their opponents’ “treasures”; however, if a player is tagged on the other teams side that player must go to “jail”.
4. The game is over when one team captures all of the other team’s “treasures”.

#### **Materials Needed:**

- Large space (field, gym, playground)
- Flags (2 different colors)



# Speed Into Shape

## NUTRITION ACTIVITIES



### **Stoplight Snack Stop:**

Ingredients:

- Red Fruits/Vegetables, cut into round slices
- Yellow Red Fruits/Vegetables, cut into round slices
- Green Red Fruits/Vegetables, cut into round slices
- Graham Crackers
- Cream Cheese, low-fat or non-fat



Directions:

Instruct participants to wash their hands and spread a thin layer of cream cheese on graham cracker sections. Add fruits/vegetables to resemble a stoplight. Look both ways and take a big bite!

Nutrition Education Ideas:

- Print recipes for participants to take home.
- Print copies of 10 tips Nutrition Education Series handouts found at, <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html> such as:
  - Be a Healthy Role Model for Children
  - MyPlate Snack Tips for Parents
  - Eating Better on a Budget

### **Nutrition Letter Line-Up Relay :**



Test everyone’s nutrition knowledge by having families compete in this fast-paced spelling relay! See the nutrition activities section for instructions.

## PHYSICAL ACTIVITIES

### **Hallway Speed Skating:**

Give each team two pieces of paper and get them to line up in a hallway. Designate a finish line or turnaround point in the hallway.

- ◇ Instruct team members to place one piece of paper under each foot and on the signal to begin, players will “skate” down the hallway, turning around at the designated point.
- ◇ Players will then skate back and tag the next team member in line. The next player in line places his feet on the paper and repeats the relay! A team wins when all players on that team have completed the relay.

Materials Needed:

- Paper, each team or person needs at least two pieces of paper. (Extra paper may be given in case the paper tears during the race.)
- Cones or tape to mark turnaround point

### **Sport Stacking:**

Have teams compete against each other in this exciting individual or team sport where participants stack and unstack 12 specially designed plastic cups in pre-determined sequence. Great for all grade levels! For sport stacking instructions visit:

[http://www.curriculumsupport.education.nsw.gov.au/secondary/pdhpe/new\\_ideas/stacking\\_instructions.pdf](http://www.curriculumsupport.education.nsw.gov.au/secondary/pdhpe/new_ideas/stacking_instructions.pdf)



Sport Stacking Photo from USD 375—Circle, Family Fun, Food and Fitness Night (2011-2012)



# Mighty MyPlate

## NUTRITION ACTIVITIES

### **MyPlate Food Drive:**

Hold a school-wide food drive to help provide healthy foods to a community organization while increasing students' nutrition knowledge. Invite students and community members who attend your event to bring shelf-stable foods that are in line with MyPlate! Decorate giant boxes in the color that correlates to the five food groups of MyPlate or create a giant MyPlate with construction paper or tape to collect the donated items by food group. Have attendees sort the food into the appropriate food group as they arrive with their donation.

Want to make a competition out of it? Assign a different grade to each food group and track the number of pounds received for each food group.



### **Complete Meal Challenge:**

Families will race each other to make a complete plate in this fun activity featured in the nutrition activities section.



## PHYSICAL ACTIVITIES



### **Nutrition Volleyball:**

Find wall space where a MyPlate poster can be hung. On both sides of the poster place five rolled pieces of painters tape. Participants will play volleyball as normal but when a team scores they get to pull a "food" from a paper grocery bag and place the food item on a piece of tape, the game continues until a team has collected a food from all five food groups.

#### Materials Needed:

- Volleyball and Volleyball Net/Court
- MyPlate Poster
- Pictures of Food or Food Models from Dairy Council
- Paper Grocery Bag
- Painter Tape



### **MyPlate Relay:**

Run this relay game with no more than two to three students per group. Use hoops and colored beanbags, with each color representing a different food group. Have participants take turns running to collect one beanbag to bring back to their hoop to "fill up their plate" using the MyPlate guidelines. Have participants name a food from each of the food groups once their plate is complete!

#### Materials Needed:

- Hula Hoops
- Beanbags in Five Colors (Red, Orange, Green, Purple and Blue)



# Blast Off to a Healthier You

## NUTRITION ACTIVITIES

### **Blast Off to Fill Up MyPlate:**

Participants can reach “Planet Power” by filling up MyPlate with food and physical activity! Host food group stations that participants must visit to pick up the various segments (food groups) of MyPlate to add to their plate. (Use the MyPlate Puzzle activity sheet found in the nutrition activities section). This method can be used to encourage participants to visit each of the stations.



Dairy

For example, conduct a smoothie tasting at the Dairy group station. For other food group activity ideas check out the nutrition activities section.

### **Fuel Up Tasting Idea—Sunshine Smoothies:**

#### Ingredients:

- 4-5 ice cubes
- 1 cup 100% orange juice
- 2/3 cup skim milk
- 1/2 cup low-fat vanilla yogurt
- 2 tsp honey

#### Directions:

Add ice to blender, cover and crush. Add remaining ingredients, cover and puree until smooth.

*Recipe adapted from [www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org)*

#### Nutrition Education Ideas:

- Print recipes for participants to take home.
- Print copies of 10 tips Nutrition Education Series handouts found at <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html> such as:
  - Got Your Dairy Today?
  - MyPlate Snack Tips for Parents
  - Make Better Beverage Choices



## PHYSICAL ACTIVITIES

### **Spaceship Up, Spaceship Down:**

Provide all but 3 participants with a hula hoop. Tell these players they are “astronauts”. The remaining 3 participants will be the “taggers” and can be provided with a different color hula hoop than the astronauts.

- ◇ Instruct “astronauts” to move around the area on a space walk while standing inside their hoops.
- ◇ When a participant is touched by a “tagger” they are told by the tagger, “Spaceship Down”, and must sit on the floor inside their hoop until rescued by another astronaut. To be rescued an astronaut touches a downed spaceship on their head and says, “Spaceship Up” and the frozen participant can return to the game.

#### Materials Needed:

- Hula Hoops—minimum of 2 colors
- Large Space



### **Catching Stars:**

Set up two boundaries about twenty feet apart. Divide the players into two groups: “Stars” and “Catchers”

- ◇ Catchers—Stand in the middle of the two boundaries. Instruct the group to say, “Star light, star bright, how many stars are out tonight?”
- ◇ Stars—Stand on one side of the boundaries. Instruct this group to respond, “More than you can catch!”
- ◇ The stars run across to the other end and try not to get tagged. Repeat until the last star is caught, then have players switch roles.



# Multicultural Night - Celebrating Different Heritages

## NUTRITION ACTIVITIES

Food is one thing that connects people around the world. People eat food for various reasons including hunger, nutritional needs, convenience, and pleasure. Many people eat special foods during holidays and special rituals. Using food tasting and/or cooking activities to introduce students and their families to healthy foods from different countries/cultures around the world is a great way to teach children about food and people from different cultures.

### **Identify Exotic Fruits and Vegetables:**

Purchase a variety of fresh fruits and vegetables in their natural form. Ask students and their families to identify the origin of the food and what nutrients they contain. Consider providing samples for families to try together and have them vote on their favorite! Check out [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) to gather information on the featured fruits and vegetables.

### **Global Cuisine Cooking Demonstration:**

Host a cooking demonstration for global cuisine. Consider asking a local chef or community member to lead the demonstration. Possible demo and tasting ideas could include:

- Homemade Tortillas
- Stir-Fry with Brown Rice
- Caprese Salad
- Sushi Rolling
- Greek Salad
- Ratatouille
- Hummus



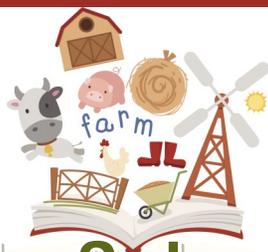
## PHYSICAL ACTIVITIES



Provide an opportunity for students and their families to try new activities that originate from other cultures. Set up physical activity stations where you might ask local gym or martial arts instructors to give short lessons. Don't have a local gym? Consider purchasing DVDs to lead the group or ask your physical education teacher if they would be willing. Some lesson ideas include:

- Latin Fitness Dance Instruction
- Line Dancing
- Yoga or Pilates
- Karate or other martial arts
- Kickboxing
- Hip-Hop Dance
- Bollywood Dance
- Tai Chi
- Aerobic Dance





# Farm to School Night

## NUTRITION ACTIVITIES



### Farmer-to-School:

Invite a local farmer to come and speak about life on the farm so families can learn about the farms and farmers in or around your community.



Consider asking the farmer to bring sample products and plants from the field or farm for the children to see, touch and possibly taste. Encourage the farmer to talk about the nutrition that their products provide.

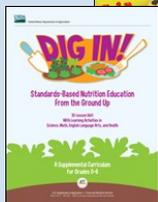
### Host a Farmers Market:

Consider organizing a farmers market for your event. Ask vendors to provide samples and/or recipe cards to highlight ways in which to use their products. This can encourage families to purchase and consume healthy foods. Have a school garden? Consider having students set up a stand to sell the produce as a fundraiser.

### Nutrition Education Activities:

Check out the USDA Team Nutrition’s gardening resources for fun activities to conduct with attendees at your event. The Great Garden Detective Adventure features activities that include, Detective Veggie Dice and Fruit and Vegetable Flash Cards. Dig In! features Farm to Plate Playing Cards as well as posters that could be displayed at your event. Both resources provide parent newsletters that can be downloaded and printed to handout at your event!

<http://www.fns.usda.gov/tn/resource-library>



## PHYSICAL ACTIVITIES

### Farm to School Jammin Minute:

Have families participate in this one-minute fitness routine by enacting the activities listed. (ex: for irrigate, one could mimic a sprinkler). Ask families to develop their own Farm to School themed Jammin Minute and lead the group in their routine!

Reps	Activity: Standing Routine
10	Dig a Hole
10	Irrigate
10	Tractor Drive
10	Windmill Toe Touches
10	Milk the Cow

### Farmer and the Animals:

Assign one person to be the farmer, then divide the group into 5 teams and assign each team a farm animal (cow, chicken, horse, sheep, or pig). Spread cards around play area.

- Instruct the farmer to call out one of the animal name groups.
- Members from that group will rush out to find a card with the name or picture of their animal on it.
- Once a team member finds a card, have them stand next to the card and call out the animal noise that the animal makes.
- The farmer can then run out and bring each of the “animals” in one at a time.
- Repeat with other animals groups.

### Materials Needed:

- Cards with pictures of animals or animal names written on them. (One card per player)

