



**FAMILY**

**Fun, Food**

**& Fitness**

**Event Planning**

**Guide**



This resource was developed by Kansas Team Nutrition, Child Nutrition & Wellness, Kansas State Department of Education. Resource content and activities were adapted from the following sources:

- <http://www.kidactivities.net/post/gym-games-for-school-age-kids!.aspx>
- [http://www.aaps.k12.mi.us/northside.dekeon/northside.dekeon\\_skills/tag\\_games](http://www.aaps.k12.mi.us/northside.dekeon/northside.dekeon_skills/tag_games)
- <http://www.nationaldairycouncil.org/Recipes/Pages/Sunshine-Frothie.aspx>
- <http://www.choosemyplate.gov>
- <http://www.fns.usda.gov/tn/team-nutrition>
- <http://www.midwestdairy.com/>
- <http://www.nfsmi.org/documentlibraryfiles/PDF/20110831092328.pdf>
- [http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/kids/kidzsmart/coloring/coloring%20pages\\_3.pdf](http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/kids/kidzsmart/coloring/coloring%20pages_3.pdf)
- <http://www.nourishinteractive.com/nutrition-education-printables/793-my-plate-kids-fun-protein-food-group-bookmarks-coloring-page>
- <http://school.fueluptoplay60.com/documents/NASPE-101-Tips-TeachingNutrition.pdf>
- National Food Service Management Institute—Introducing Culture to Nutrition
- <http://www.farmtoschoolmonth.org/october-25-kids-dig-farmers-day/>
- <http://www.pedagonet.com/PhysEd/game72.htm>
- <http://www.actionforhealthykids.org/success-stories/704-milk-a-milk-product-taste-test-ideas> [http://healthymeals.nal.usda.gov/hsmrs/MI\\_Preschool\\_Booklist.pdf](http://healthymeals.nal.usda.gov/hsmrs/MI_Preschool_Booklist.pdf)
- <http://www.michigan.gov/documents/mde/>
- Kansas Coordinated School Health 2009 Success Stories
- <http://gameshows.about.com/od/minutetowinitgames/>
- [http://www.educationworld.com/a\\_lesson/03/lp315-01.shtml](http://www.educationworld.com/a_lesson/03/lp315-01.shtml)
- <http://www.weissice.com/fd.htm>
- Wiertsema, H. (2002) 101 Movement Games.
- <https://healthykidshealthyfuture.org/activities.html>
- <http://tots2tweens.com/2012/06/physical-activity-ideas-with-pool-noodles-and-beach-balls/>
- <https://www.valleyair.org/Programs/ActiveIndoorRecess/Active%20Indoor%20Recess%20Curriculum%20-%20Kindergarten%20-%206th.pdf>
- <http://school.fueluptoplay60.com/tools/view.php?id=15749467>



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**FAMILY**  
**Fun, Food**  
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# Introduction



## **FAMILY** **Fun, Food** **& Fitness**

## Background Information

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 a balanced diet and be more physically active together, and persuade 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.

Families and communities play an important role in the health and wellbeing of a child. Adults, acting as healthy role models, can reinforce and support these healthy behaviors. By bringing parents, community members, and children together in a positive, healthy environment, schools can ensure that healthy messages extend beyond the school grounds.

## TIME LINE AND REQUIREMENTS

### **Fall Grantees:**

May 31, 2014—Applications Due

June 2014—Awardees Announced

September 2014 — Materials & Sub-Grant Funds Distributed

December 19, 2014—Event must be Completed

December 19, 2014—Online evaluations Due

### **Spring Grantees:**

October 31, 2014—Applications Due

November 2014—Awardees Announced

December 2014 — Materials & Sub-Grant Funds Distributed

May 31, 2015—Event must be Completed

May 31, 2015—Online evaluations Due



## Use of Sub-Grant Funds

### **The majority of sub-grant funds should be expended on:**

Ingredients and supplies (napkins, cups, disposable flatware) for cooking/tasting activities at the event that promote one or more of the following Team Nutrition Messages:

- \* Eat 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

Team Nutrition funds **cannot** be used to provide a meal for participants or volunteers

### **Guidance for spending remaining sub-grant funds:**

#### Acceptable

- Small Mobile Kitchen Equipment—Up to \$25  
(to be used for hands on food experiences at event)
- Incentive Items — Up to \$12  
(items must reinforce Team Nutrition messages)
- Health Education Materials such as posters, pamphlets, and audiovisuals
- Small, Activity Supplies  
(i.e. a few classroom jump ropes or hula hoops to help promote life-long physical activity habits)

#### Unacceptable

- Pedometers or Award Pins
- Playground Equipment
- Exercise/Sports Equipment to Supplement Physical Education Department
- Sports Lessons (swimming/skating)
- Services of a For-Profit Physical Fitness Organization
- Providing a meal to participants or volunteers
- Foodservice operation equipment



### **Questions?**

#### **Contact a Team Nutrition Staff Person**

Jill Ladd, Team Nutrition Project Director

jladd@ksde.org or 785-296-2790

Emily Brinkman, Team Nutrition Project Director

ebrinkman@ksde.org or 785-368-8039

**Receipts should be kept on file in the event of an audit but do not need to be submitted to Team Nutrition staff as part of the evaluation.**



# Planning Your Event



**FAMILY**  
**Fun, Food**  
**& Fitness**

## Event Planning Checklist

### 1. Get Organized

- Organize a Planning Committee.** Planning an event can be a time consuming project so share the workload with others. Enlist the help of school personnel (school nurses, PE teachers, classroom teachers, administrators, and school food service personnel), community members (health professionals, public health agencies, extension personnel, recreation center staff, and local business owners), and students.
- Choose a Date.** Consult the school and community calendar. Avoid dates where sporting and popular community events are held.
- Choose a Location.** Have a rainy-day plan if the event is scheduled to be held outside.
- Allow Plenty of Time to Plan.** Be sure to allow adequate time to plan and promote your event to help ensure a successful experience.

### 2. Determine the Focus of Your Event

- Identify a theme.** A catchy theme or phrase can provide a starting point in planning your event and help tie all the activities together.
- Determine your Target Audience.** Will this event involve all students (K-12) in the district or target a specific grade or grades?

### 3. Select Activities for the Event

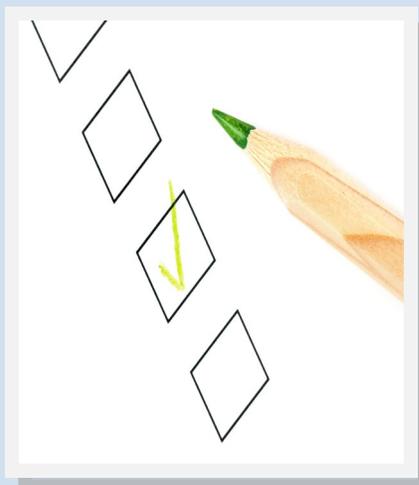
When selecting activities, consider the target audience and focus of the event. Consider the areas of expertise of committee members, look for ways to utilize those skills.

- Choose a minimum of 2 Eat Smart Activities.** Select from the ideas in this guide or brainstorm new ideas. Be sure that nutrition messaging is evidence based and promotes Team Nutrition messages.
- Choose a minimum of 2 Play Hard Activities.** Select from activities found in this guide or be creative and brainstorm new ideas to fit into the focus of your event.

### 4. Promote the Event

Promotion is key to a well-attended event.

- Invite Parents.** Send notes home with students or email parents.
- Utilize the web.** Post information about the event on your district's webpage or use social media to get the word out.
- Advertise to the Community** through the newspaper or even the local community television channel.



## Advice from Former Grantees

Use the notebook as it has lots of great ideas and everything is spelled out for you making it easy to put on an event like this. Make sure you have lots of volunteers!  
— **Nancy Arnold, USD 231 Gardner Edgerton**

Make a list of all items needed for every activity and station several weeks before your event. Double check the day before to make sure you have everything. Do a dry run of activities before participants arrive. Expect the unexpected to happen....it always does! — **Ellen Feiden, Holy Trinity Catholic Grade School**

Form a team of people at your school to plan event activities. More ideas come from a large group and everyone has ownership in the evening. Designate a photographer! Ask your food service coordinator to serve on the committee—ours had great ideas mostly because of all her experience with serving large groups. She helped keep the cost down, made us look good and provided us with a great tasting opportunity for participants! — **Wendy Burton, USD 465 Winfield**

By working our event into an existing program we increased participation and both programs won! — **Tandy Rundus USD 333, Concordia**

The sky is the limit! Recruit lots of help and ask for feedback afterwards. — **Geri Beatty, USD 264 Clearwater**

We have had trouble getting attendees to fill out the evaluation survey at past events. This time, I asked the local roller rink to help out and they donated passes. Attendees received a roller pass after submitting a completed survey. It worked great!! — **Elaine Musick, USD 253 Emporia**

Designate a photographer!  
— **Wendy Burton, USD 465**

Look around the community for interested people to provide a service or information. Parents can be great resources! — **Krista Linenberger, USD 457 Garden City**

Encourage parents to participate in the activities and stations. We had several parents who just wanted to observe and had to be encouraged to participate with their child. Be sure to have plenty of volunteers. Our school utilized high school students needing community service hours.  
— **Norma Sanchez, USD 483 Southwestern Heights**

Plan to have a variety of activities for different ages. Smaller kids had trouble with the hula hoop station but could easily do the bean bag toss. — **Peggy Hill, USD 335 North Jackson**

Advertise, Advertise, Advertise! I put a full page flyer in our school newsletter, a small advertisement on the school page of our local paper, on the community service announcements of our local radio station, sent notices home with each student and had it announced the week of the event on our morning announcements at school!  
— **Cheryl McAfee, USD 430 South Brown County**



## Building Community Support

Hosting a Family Fun, Food and 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 is an asset to a school. Local community members and businesses can provide valuable resources, expertise, and even funding for your event!

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

Each community has its own unique strengths. The following list contains organizations that your community or region may have. By no means is this a complete list, but does provide a good starting point when looking for community contributions or support for your event:

- K-State Research & Extension
- Local amateur, collegiate or club sports teams
- Community health club or gym
- College or University with a nutrition, health and/or physical education program or degree
- Kiwanis, Junior League, PEO, Rotary, Lyons Clubs, etc.
- Community-based organizations: 4-H, United Way, YMCA, Boys & Girls Clubs etc.
- Community or Senior Centers
- Hospitals, health clinics and doctors offices
- Community action agencies
- Cultural or ethnic clubs
- Press and media: local or regional newspapers, radio stations, etc
- Local grocery stores
- Co-ops or other agriculture related businesses
- Banks or Credit Unions
- Local small businesses

Involve your planning committee in brainstorming a list of possible community partners. Not only will you get a more comprehensive list, but you are also more likely to identify someone with a personal connection to the organization(s) you are trying to reach.

### Step 2: Obtain Support.

When approaching community members for support, it is important to have a well-planned and organized approach. Be sure that when approaching potential community partners, 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 valuable to them. By having a plan before approaching a potential partner, it gives your event credibility and may increase the likelihood of participation.

**For example:** A member of your planning committee got their degree from a local community college. This individual approaches a former professor about the possibility of a class of nursing students coming to your event, suggesting that the students would help run the stations throughout the evening. Explaining that the event’s focus is, “Mighty MyPlate” and that there will be students and parents in attendance, and that the event could provide an excellent opportunity to promote the nursing program, as well as provide “real-world” experience for students.



## Building Community Support

While personal contact is ideal, there are many instances when time and resources prohibit visiting every community partner on your list. See the appendix for sample letters and emails. Be sure to follow-up with a phone call a week or two after sending letters out to gauge interest and to further promote the event

### Step 3: Secure Involvement.

Determine what specifically, a community partner is willing to contribute to your 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/or resources within your district or organization or from areas outside of the community.

Follow-up to responses from community partners with a phone call or personal visit. Be sure to clearly communicate your expectations. If a community partner has agreed to present at the event, be sure you communicate what time you’d like them to arrive. Find out what they will need to have a successful presentation, such as projector, electrical outlet, microphone, etc. If the community partner is donating something for your event, determine if a committee member needs to stop by to pick it up or if they will be dropping it off at a determined location by a certain date.

### Step 4: Keep Supporters Informed.

It is essential to keep your community partners informed about your event. Volunteers need to know logistical information (where, when, how long). Keeping supporters informed is a great way to build or maintain the credibility of your committee, school and wellness program. Be sure to let any supporters know if event information is published or shown by local media.

### Step 5: Thank Supporters.

Everyone loves to be thanked! Ensuring that supporters are thanked properly for their donations is a great way to show that their donation was appreciated. Include the impact their donation had on your event to make your note more personalized. Offering letters that state donation type and amount are a nice gesture and are often kept by businesses and individuals for tax purposes.

It’s never too early to start thinking about your next event and thank you letters are a way to bridge the gap to future support. Think of a thank you note as the first step in acquiring the next donation for future events!





# 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.



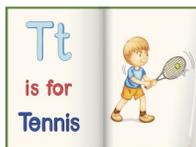
## Success Stories from Former Grantees

### 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!



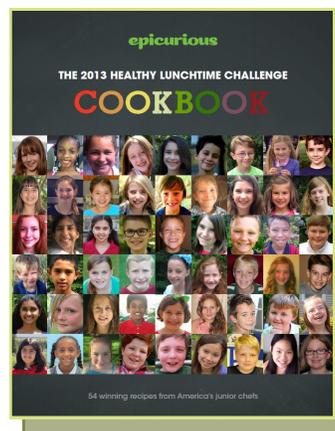
### Food & Fitness Revolution -Luau Style

#### 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.



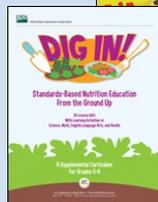
Consider asking the farmer to bring sample products and plants from the field or farm for the children to see, touch and possibly taste. Encourage the farmer to talk about the nutrition that their products provide.

### 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

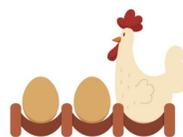
### Farmer and the Animals:

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)



# Fun Fitness Activities

Each event should feature a minimum of two physical activities. This section provides fun ideas to meet that requirement. Feel free to use these ideas or create your own!



**FAMILY**  
**Fun, Food**  
**& Fitness**

## Family Friendly Physical Activities

This section contains family friendly physical activities that are well-suited for a Family Fun, Food and Fitness event. As you plan and prepare for your event, review the activities in this section to generate ideas. Remember to plan a minimum of 2 physical activities for your event. Use this section as a guide but feel free to brainstorm your own ideas as a planning committee. The PE teacher at your school can serve as a great resource for your event.

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone! Families play an important role in helping youth learn to be active and stay active throughout their lives.

### **Physical Activity Tips:**

- Consider what activities meet your needs including: time, space, budget and theme.
- If you are expecting large crowds at your event, multiple stations of the same activity may be needed.
- Think about the number of volunteers that are needed to conduct the activity.
- Make a list of the supplies you will need prior to your event.
- Modify activities to meet the needs and age ranges for your target audience.



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**GENERAL PHYSICAL ACTIVITY IDEAS**

- Animal Yoga
- Bean Bag Toss
- Circuit Stations
- Croquet Golf
- Dance Classes
- Duck, Duck, Goose
- Hokey Pokey
- Football Target Throw



- Geocaching
- Mini-Frisbee Golf Course
- Obstacle Course
- Parachute
- Potato Sack Races
- Run—5K

- Rock Wall Climbing
- Scavenger Hunt
- Simon Says
- Spoon and Egg Race
- Three Legged Race
- Interactive-Workout Videogame Station
- Workout Videos
- Yoga



## **Bowling Bash**

Set up bowling pins and have participants attempt to knock down as many pins as they can with two rolls of the ball.

### **Materials Needed:**

- 20-30 bowling pins (Two-liter plastic soda bottles filled with an inch of sand work well if bowling pins are unavailable)
- Balls (younger students may do better with larger balls such as volleyballs while smaller balls such as a baseball can be used for older students)



## **Cone On, Cone Off**

Divide the group into equal teams. Line each team up across from a traffic cone. Give the first player on each team a ball. On the "go" signal, the player with the ball runs and places the ball on top of the cone and runs back to tag the next person in line. This player will run out and remove the ball from the cone and bring to the next person in line. Play continues until everyone in the line makes it through the activity. Have teams race against each other for a friendly competition.



### **Tips:**

- Test to make sure the ball size you choose will balance on top of the cones.
- Substitute other locomotor skills for running.

### **Materials Needed:**

- Traffic cones with hole in top
- Balls

## **Banana Split Tag**

1. Banana Split Tag
2. Choose 2-4 people to be "IT". Give those individuals jerseys or scarves that they can tie around their arm so they can be easily identified.
3. Everyone who is not "IT" will run away from the people who are "IT" to avoid being tagged.
4. The "IT" players will try to tag the other players. (Remind players this should just be a tap, not a push or shove).
5. If a player gets tagged, they must stand frozen with their hands together over their head, slightly slanted forward (in the shape of a banana).
6. To get unfrozen an untagged player must pull the frozen players hands apart like they are peeling a banana.
7. Be sure to stop the game periodically and choose new players to be "IT"

### **Materials Needed:**

- Scarves, wristbands, jerseys or something to identify the "ITS"
- Gym with boundaries



**The Moving Alphabet**

Instruct participants to imagine that the letters of the alphabet could move. Each letter has its own sound so each letter could have its own movement!

Tell the group they are going to move like letters. Some starting points for translating a letter into movement include:

- Shape of a Letter: Letter "U" - Make U-turns while Letter "A" walks with legs stiffly parted
- Sound of a Letter: Letter "S" - Move like a hissing snake
- Word Beginning with a Letter: "B" - Bounce

Part of the activity may be coming up with movements for the alphabet letters or event organizers may choose to do so ahead of time and have hand outs or posters with letters and corresponding movements.

Variations of the Activity:

1. For those learning to read or spell, this activity can be a fun way to practice the letters of the alphabet or spelling different words.
2. Put on a letter parade.
3. Alphabet Charades—Divide participants into two groups. Have a team choose a word and present it letter by letter. The other team has to guess what word came to life in front of them!

**Putting Movement into Reading**

Have participants act out a story or participate in the motions that are described in a story as it's being read to them.



**ABC Fun**

Label 26 buckets with the letters of the alphabet. Have participants line up in a single file line giving everyone a bean bag. Call out a letter of the alphabet and have the first participant run to the correct bucket to throw in their bean bag. Give the next participant in line a new letter and cycle through the entire line.

**Materials Needed:**

- (26) buckets
- Bean Bags



## **Round and Round the Tire Goes**

1. Set up a looped course.
2. Provide participants with a tire (and gloves to keep their hands clean).
3. Time participants as they roll the tire around the outside of the loop.

### **Materials Needed:**

- Tires
- Sets of gloves



## **MyPlate Hopscotch**

Draw a hopscotch board with 6 boxes. Label the boxes: Fruits, Vegetables, Grains, Dairy, Protein, and Oils. Depending on your event, multiple hopscotch boards may be necessary.

Ask participants nutrition questions and instruct them to hop to the box that they believe is the answer. Consider challenging participants by having them balance on one leg, jump in place, pat their head and rub their stomach while hopping, etc.

### **Tip:**

If unable to use sidewalk chalk, use painters tape to draw the hopscotch board and make labels to include in each of the boxes.

### **Materials Needed:**

- Sidewalk Chalk



# Got Milk?

Eat Smart  
to Play Hard



Use empty milk cartons in your activity stations by:

- Having participants jump forward and backward, or side-to-side over empty milk cartons.
- Consider setting up an obstacle course where participants run through a course stopping at each milk carton to do a new activity! Label the milk carton with the activity to be conducted.



# 12 Days of Fitness

Just like the 12 days of Christmas song, except participants create exercises to go with each day and do the exercises as the group goes through the song:

**On the first day of fitness**

**My goal was said to be**

**1 push-up in perfect form for me**

**On the second day of fitness**

**My goal was said to be**

**2 sit-ups and 1 push-up in perfect form for me**



# Play Cards

Using a standard card deck, assign an activity to each of the four suits (ex: jumping in place, running in place, sit-ups, squats). Pass out a card to each participant and instruct them to do the activity for that suit for 20 seconds. Have participants pass their cards to their neighbor and repeat for 5 passes. Add a twist: have students perform the activity the number of times designated on the card.



# Keep it Clean

Split a room in two by placing painters tape down the center. Divide participants into two teams, with each team on either side of the center line. Give participants several soft objects to throw (wadded up paper from the recycle bin works well). Once the game begins, have participants start throwing objects across the line, while attempting to block the incoming objects from the other side. The object is to keep objects off of your side of the room. When you call "time" the cleanest side (the one with the fewest objects) wins.



## Pool Noodle Fun



- **Noodle Limbo**—Have two volunteers hold the ends of a noodle, starting up high- over their heads. Have participants go under the noodle, then have the noodle holders lower the noodle in increments (i.e. shoulder height, chest, belly button, hip, thigh, knee, shin) so that participants need to get down lower to get under the noodle. Consider letting all participants continue as the noodle gets lower without eliminating anyone. See what creative ways participants will generate to get under the noodle as it gets lower?
- **Tunnel Fun**—Line up a few chairs facing each other, a few feet apart. Lay pool noodles across the chairs to make a tunnel. Participants can crawl underneath the noodles through the tunnel!
- **Ride'em Cowboy!** - Have participants put on their imaginary cowboy hat and spurs, grab a pool noodle and pretend the noodle is a horse and gallop. Add some fun by giving signals to go fast/slow or start/stop. Direct participants to use different locomotor skills such as sliding from side to side; twisting back and forth; and walking in straight, curved or zig-zag paths.

## Beach Ball Activities

- **Toss and Turn**—This is “Simon Says” with a twist. Toss the beach ball up into the air and do something fun before it hits the ground. An adult (Simon) gives a direction, such as “touch your nose,” “clap your hands,” “jump up and down,” “turn around”. Children throw the ball up into the air and do what Simon Says before it hits the ground. For added fun, let the children take turns being Simon.
- **Beach Ball Volley**—Pair participants up, giving each pair a beach towel. Have one pair place a beach ball on their towel and toss the beach ball into the air for another pair to catch.
- **Catch and Move**—Label multiple beach balls with different movements (i.e. jump, push up, jumping jack, lunge, etc.). Start tossing around the beach balls and as participants catch a ball they must do the movement that their right hand is nearest.



## A Day at the Beach

Divide participants into groups. The number of groups should not exceed the amount of materials you have.

Have each group line up in a single file line. When the relay starts, the first player in each line should pick up their groups beach chair and beach bag containing a towel, sunglasses and magazine and carry them to the finish line. At the finish line, the player will set up their beach chair, lay out their towel, sit on the chair, put on the sunglasses and open the magazine. After the participant is “lying on the beach,” he/she will jump up, pack up the towel, sunglasses and magazine into the beach bag, fold up their beach chair, and carry it all back to the next person in line. The relay will continue until each of the group members has a a turn to “lay on the beach”.

### Materials Needed Per Relay Team:

- Beach Chair
- Beach Bag
- Towel
- Sunglasses
- Magazine



# Physical Activity "Minute To Win It" Games

Have contestants take part in a series of 60-second challenges that use commonly available objects. Having duplicate materials will allow multiple participants to participate at one time!

## Defying Gravity

**The Goal:** Keep 3 balloons in the air for 60 seconds.

**How to Play:** When the clock starts, player releases 3 balloons into air and attempts to keep all 3 balloons from hitting the ground. Player may not hold balloons, allow them to rest on the body, or hit the ground or the game is over!



## Nervous Nelly

**The Goal:** Accumulate 500 "steps" between four different pedometers.

**How to Play:** Strap pedometers to each arm and leg using sweatbands. Make sure pedometer displays are at "0". When the clock starts the player begins moving arms and legs for 60 seconds. If they player gets a combined total of 500 clicks or more they win!

**Physical Education:** Talk with participants about the number of steps one should aim for in a day or that children and adolescents should aim for 60 minutes of physical activity each day, while adults should aim to get between 75-150 minutes per week depending on the intensity level.

## Junk in the Trunk

**The Goal:** Shake a bunch of ping-pong balls out of a tissue box attached to the backside of the player.

**Preparation:** Put together a tissue box/belt combo prior to the event. This can be done multiple ways, for ideas visit: <http://gameshows.about.com/od/minutetowinitgames/g/Minute-To-Win-It-Junk-In-The-Trunk-Game.htm>. Test it out first to make sure the box won't tear or fall off while playing.

**How to Play:** Put the belt on the player with the box resting just above their backside. Place 8 ping pong balls in the box. When the timer starts, the player must start jumping and wiggling in order to get all 8 balls out of the box in their allotted 60 seconds.

## Magic Carpet Ride

**The Goal:** While sitting on a carpet square or placemat maneuver through an obstacle course.

**Preparation:** Determine the length of the course. Place three obstacles throughout the course that players will be required to maneuver around. Use tape to indicate starting and ending lines.

**How to Play:** Player begins by sitting on carpet square or placemat, once the timer starts the player will inch their way through the course and around the obstacles using their legs and bottom. Players may not touch the floor, carpet square or placemat, or any of the obstacles with their hands.

# Physical Activity Additional Resources

# 10 tips

Nutrition  
Education Series

# be an active family

## 10 tips for becoming more active as a family



**Physical activity is important for children and adults of all ages.** Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

### 1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



### 2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

### 3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



### 4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

### 5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

### 6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

### 7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

### 8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



### 9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



### 10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

# healthy eating for an active lifestyle



## 10 tips for combining good nutrition and physical activity

For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

**1 maximize with nutrient-packed foods**  
Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

**2 energize with grains**  
Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

**3 power up with protein**  
Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

**4 mix it up with plant protein foods**  
Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

**5 vary your fruits and vegetables**  
Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.



**6 don't forget dairy**  
Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

**7 balance your meals**  
Use MyPlate as a reminder to include all food groups each day. Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

**8 drink water**  
Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

**9 know how much to eat**  
Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that's right for you, and track progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

**10 reach your goals**  
Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to [www.presidentschallenge.org](http://www.presidentschallenge.org) to sign up for the Presidential Active Lifestyle Award (PALA+).



# 10 tips

Nutrition  
Education Series

# stay fit on campus

## 10 tips for college students to stay active



Between classes and studying, it can be difficult to find time to be active. Even if you only exercise for a short period of time, you will feel more energized and better about your health. Get up and move!

### 1 walk or bike to class

If you live close enough to campus, avoid driving or spending money on public transportation by walking or biking to class. If you drive to campus, park your car farther away from the building to lengthen your walk.



### 2 take the stairs

As tempting as the elevators and escalators are, avoid them by using the stairs. This exercise is a great habit to start and will help tone your legs at the same time!

### 3 join a sport

Find a sport that interests you the most and one that will keep you active during your spare time. If you played a sport in high school such as basketball or soccer, you can continue playing in college!

### 4 join an intramural team

Another fun way to remain active is by joining an intramural team. Most universities offer classic sports such as basketball or baseball. But some campuses also offer activities such as ultimate frisbee and bowling.

### 5 hit the gym!

Visit your school's gym or recreation center. Go for a run on an indoor track or grab a basketball and shoot some hoops. Try to vary your routine each time to avoid boredom.

### 6 be active with friends

Go for a walk, hike, or bike ride with friends to catch up and have fun!

### 7 take a fitness class

Most universities offer a wide range of fitness classes for little or no charge. Find a schedule online and choose a class that you enjoy such as yoga, spinning, kickboxing, or aerobics.

### 8 fitness for credit

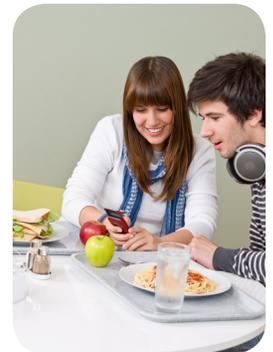
Elective classes such as swimming are a great way to remain active while also earning school credit. Not only are these classes fun, but they offer you a scheduled workout once or twice a week. Sign up with friends or try out a new class that strikes your interest.

### 9 sign up for an adventure trip

Many universities also offer adventure trips, such as hiking and whitewater rafting, to their students at a discounted price. Check out your university's recreation Web site for a list of upcoming events, and sign up for an active trip.

### 10 balance calories!

What you eat is just as important as how active you are. Keep track of how much you eat and your daily physical activity to help you to maintain a healthy weight. Use the free SuperTracker online application to track your fitness goals: [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).



# 10 tips

Nutrition  
Education Series

# be active adults

10 tips to help adults include physical activity into their lifestyle



**Being physically active is important for your health.** Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

## 1 start activities slowly and build up over time

If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.



## 2 get your heart pumping

For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.



## 3 strength-train for healthy muscles and bones

Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.

## 4 make active choices throughout the day

Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

## 5 be active your way

Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

## 6 use the buddy system

Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.



## 7 set goals and track your progress

Plan your physical activity ahead of time and keep records. It's a great way to meet your goals. Track your activities with the Physical Activity Tracker on **SuperTracker**.\* Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

## 8 add on to your active time

Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

## 9 increase your effort

Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.



## 10 have fun!

Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

\*Find the SuperTracker at <https://www.supertracker.usda.gov>.



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"I learn great new strategies for making my school a healthier place to learn, and share my own ideas too!"

Emma Buchanan,  
Fuel Up to Play 60 Student Ambassador  
Patrick Henry High School,  
Glade Spring, VA



"Fuel Up to Play 60 is helping us figure out different ways to get our kids moving and eating better. The program also empowers kids to get other kids involved in making healthy choices."

Cassie Brooks,  
Physical Education Teacher &  
Fuel Up to Play 60 Program Advisor  
Brownsburg West Middle School,  
Brownsburg, IN

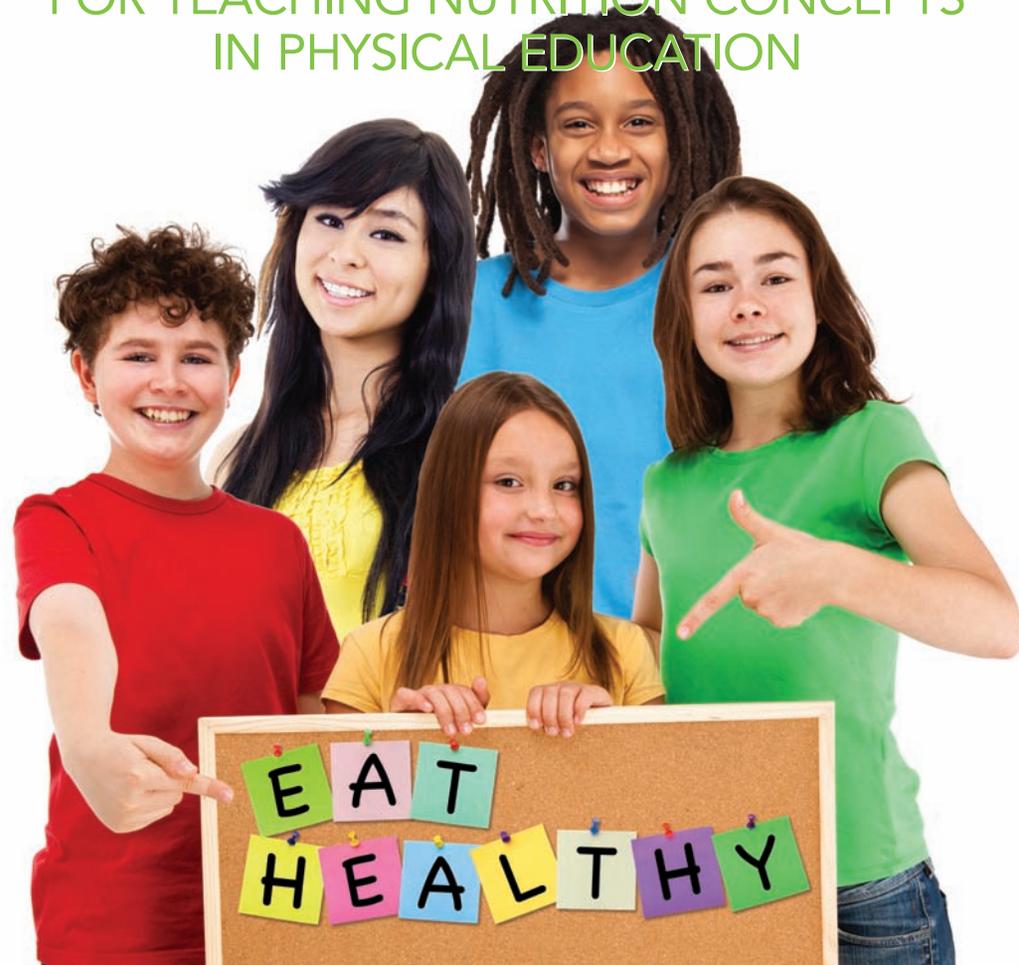
Thank you to the Fuel Up to Play 60 educators who contributed tips for this brochure. We couldn't have done it without you.



# 101 TIPS



FOR TEACHING NUTRITION CONCEPTS  
IN PHYSICAL EDUCATION



As a physical education professional, you know that making healthy food choices and getting plenty of physical activity go hand in hand. You also are in the position to impart important nutrition information to your students.

That's why the National Association for Sport and Physical Education (NASPE) and Fuel Up to Play 60 have teamed up to provide these tips to help physical education teachers integrate nutrition concepts into their teaching routines. The tips that follow were suggested by Fuel Up to Play 60 supporters from around the country ... PE teachers just like you!



## About Fuel Up to Play 60

Fuel Up to Play 60, launched by the National Dairy Council and the National Football League, in collaboration with the United States Department of Agriculture (USDA), encourages students to eat healthy, be active and implement long-term, positive changes for themselves and their schools. Visit the Tools & Resources area of [FuelUpToPlay60.com](http://FuelUpToPlay60.com), where you'll find links to materials and organizations that can help you implement many of the tips included in this brochure. In addition, your local dairy council can provide assistance. Locate your dairy council at [FuelUpToPlay60.com](http://FuelUpToPlay60.com).

## What Are Nutritious Foods?

You want to encourage kids to eat nutritious foods, but just *which* foods are considered nutritious? USDA's MyPlate illustrates the five food groups that are the building blocks for a healthy diet:



**Fruits:** Focus on fruits.

**Vegetables:** Vary your veggies.

**Grains:** Make at least half your grains whole.

**Protein Foods:** Go lean with protein.

**Dairy:** Get your calcium-rich foods.

## Tip #8.

Talk about the importance of starting the day with breakfast! Find great breakfast tips at [FuelUpToPlay60.com](http://FuelUpToPlay60.com).



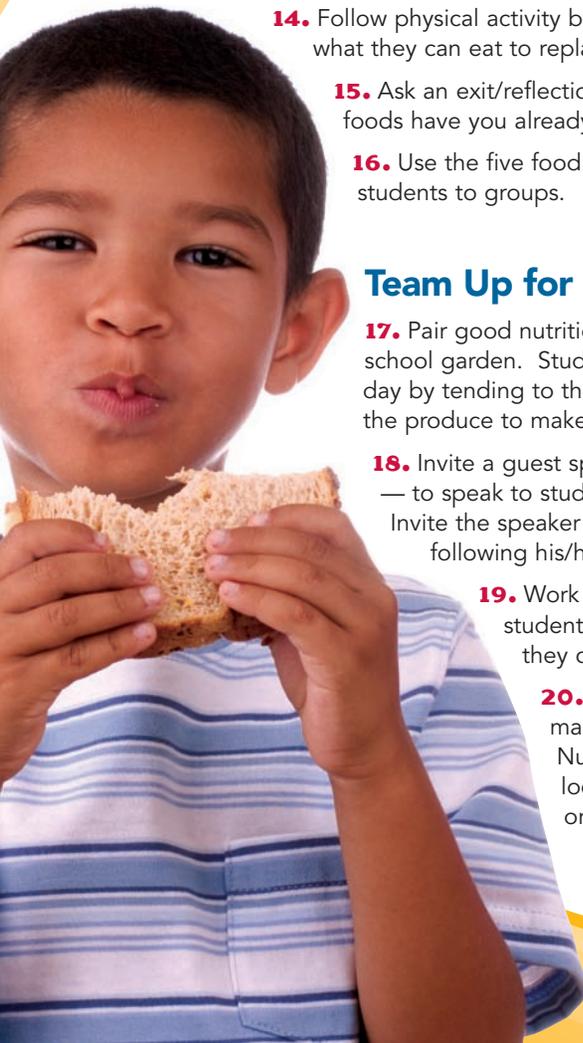
## Cook Up a Nutritious Classroom

1. Celebrate National Nutrition Month in March. Share with students the messages of nutrition, activity and fun. Visit [www.eatright.org](http://www.eatright.org) for ideas.
2. Hold a student health fair during National Nutrition Month. Working in groups of two to three, students create interactive exhibits on various health topics. Invite the entire school to visit the fair.
3. Hang posters/pictures of nutritious foods around the gym.
4. Display a list of nutritious foods and their health benefits.
5. Display pictures of spices. Students might not know that many spices come from flowers and trees.

## Talk Nutrition in Every Lesson

6. Post a Nutrition Word of the Week, and use that word within your lessons.
7. Teach students about energy balance: the relationship between calories in and calories out.
8. Talk about the importance of starting the day with breakfast! Find great breakfast tips at [FuelUpToPlay60.com](http://FuelUpToPlay60.com).
9. Share a Healthy Eating Fact of the Day with each class. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for great ideas!
10. Hold Wellness Wednesdays, when students engage in a variety of fitness activities and talk about fitness and nutrition habits and choices.





- 11.** Set up a computer station in the gym at which students are able to complete a five-minute lesson on food and nutrition.
- 12.** Have students create a Fuel Up to Play 60 Pledge, and track their healthy eating and physical activity behaviors at [FuelUpToPlay60.com](http://FuelUpToPlay60.com).
- 13.** Give students a nutrition question as they arrive for class. Discuss the question and answer(s) during the lesson closure.
- 14.** Follow physical activity by working with students to determine what they can eat to replace their "spent fuel."
- 15.** Ask an exit/reflection question, such as "What healthy foods have you already eaten today?"
- 16.** Use the five food groups for names when assigning students to groups.

### Team Up for Nutrition!

- 17.** Pair good nutrition with physical activity by planting a school garden. Students will add physical activity to their day by tending to the garden, and the cafeteria can use the produce to make nutritious meals.
- 18.** Invite a guest speaker — such as a registered dietitian — to speak to students about healthy eating choices. Invite the speaker to participate in physical activity following his/her presentation.
- 19.** Work with classroom teachers to have students create a healthy-eating "rap" that they can perform for their classmates.
- 20.** Work with the school nutrition manager/food-service director to post a Nutrition Fact of the Week in a visible location, such as in a classroom, the gym or the cafeteria.

## Tip #21.

Host food-group "commercials," created by students, during school-wide assemblies.



- 21.** Host food-group "commercials," created by students, during school-wide assemblies.
- 22.** Invite school food-service staff to speak to your classes about good nutrition.
- 23.** Ask the food-service staff to host a Healthy Foods Month. Encourage students to eat a certain number of servings of the featured food group and use a bulletin board in the gym to keep track of each class's participation. Reward those who are eating well with an extra physical activity opportunity.
- 24.** Ask a local manager of a grocery store to come in to discuss the layout of grocery stores.
- 25.** Take the class on a trip to a local farmers' market to learn about the process of growing healthy fruits and vegetables.
- 26.** Ask the music teacher to help students write a song about healthy eating. Then, have students perform the song with a dance using PE equipment.
- 27.** Reach out to a local registered dietitian involved in the Kids Eat Right program through the local dietetic association or at [www.eatright.org/programs/rdfinder](http://www.eatright.org/programs/rdfinder).
- 28.** Invite a local farmer to visit your class to talk about the benefits of healthy eating.

### Say 'Yes' to Good Nutrition

- 29.** Focus on choosing nutrient-rich foods first: those that provide the most nutrients for the fewest calories.
- 30.** Brainstorm and post a list of foods that are good sources of nutrients that many students are lacking: calcium, potassium, fiber and vitamin D.
- 31.** Use Tips 32 through 44 to remind students that half of their plate should be filled with fruits and vegetables.

## Add More Vegetables to Your Day

- 32.** Vary your veggies: eat vegetables in a variety of rich colors.
- 33.** Try something new! Introduce items that students might not be aware of — such as artichokes — to spark an interest in new foods.
- 34.** Ask students to talk about a vegetable that is native to their country or heritage or that is a staple for their family.

## Focus on Fruits

- 35.** Try starting every day by including fruit with breakfast.
- 36.** Add important fiber to your body by eating a piece of fruit instead of drinking fruit juice. Whole fruit provides you with valuable fiber that juice often doesn't.
- 37.** Roll the dice! The number you roll determines how many new fruits and vegetables you need to incorporate into your meals over the next few months! Remember: it takes 15 to 20 trials of a food before you will like it!

## Make Half of Your Grains Whole

- 38.** Look for nutrition labels that list a whole grain as the first ingredient (e.g., whole wheat, whole oats).
- 39.** Keep in mind that labels that say "multi-grain," "100% wheat" or "stone ground" might not actually contain whole grains.

## Got Your Dairy Today?

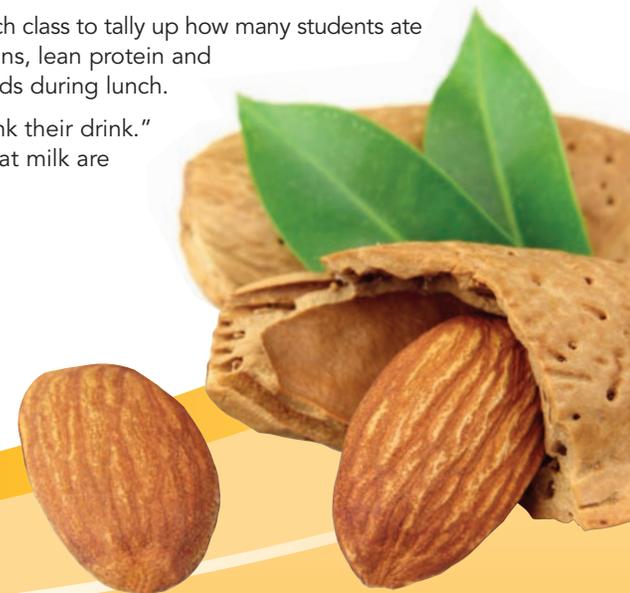
- 40.** Drink skim or 1% milk. You will get all of the good nutrients that milk provides, with less fat.
- 41.** Milk and many yogurts can help put more potassium and vitamin D into your diet. Choose low-fat or fat-free options.

## Use Variety to Your Advantage With Proteins

- 42.** Snack on nuts and seeds, which are good sources of protein. Be sure to follow the recommended serving size, or the calories will add up quickly.
- 43.** Remember that beans and peas, including chickpeas, are another source of protein. They're low in fat and provide fiber.
- 44.** Add protein to carbohydrate-heavy snacks by eating them with dips, such as hummus and nut butter.

## Make Good Food Choices at School ... and at Home

- 45.** Encourage students to reach for a nutritious snack that contains carbohydrates and protein after participating in vigorous physical activity. Examples include: yogurt, fruit with nuts or nut butter, whole-grain granola bars with low-fat or fat-free milk, and fruit/whole-grain granola parfait with low-fat or fat-free yogurt.
- 46.** After vigorous exercise, rehydrate with water or low-fat or fat-free milk.
- 47.** Discuss what makes a healthy breakfast or lunch and how those nutritious foods can help students feel better throughout the day.
- 48.** Select a student from each class to tally up how many students ate fruits, vegetables, whole grains, lean protein and low-fat and fat-free dairy foods during lunch.
- 49.** Urge students to "rethink their drink." Water and fat-free and low-fat milk are excellent choices.





## Tip #62.

Teach students that milk and yogurt help maintain strong bones and contain nutrients that, in combination with exercise, help build strong muscles.

### Use MyPlate as a Teaching Tool

- 50.** Display a MyPlate poster on the gym wall. Download it at [ChooseMyPlate.gov](http://ChooseMyPlate.gov).
- 51.** Organize groups by the colors and names of food groups on MyPlate.
- 52.** Use physical education equipment based on the MyPlate food-group colors.
- 53.** Create a MyPlate bulletin board with fun facts and pictures.
- 54.** Use MyPlate to talk about the school lunch menu for the day. Discuss as a class which food groups are included.
- 55.** Use pictures of foods and drinks to help students build a healthy meal. Here's how: Have students run/skip/hop around the gym, accumulating pictures to develop a healthy meal. At the end of the activity, have students compare their "plates" to MyPlate.
- 56.** Give each student a plastic plate with self-stick dots representing the different food groups. Laminate pictures of vegetables, fruits, lean proteins, grains and low-fat and fat-free dairy foods, and mark each picture with the correct-color dot for its food group. Spread the pictures around the gym floor, and have students work cooperatively to build a balanced plate.
- 57.** Play MyPlate Football. Here's how: As students complete passes, reward them with food cut-outs. Have students use the cut-outs to create well-balanced meals.
- 58.** Allow students to earn "fitness bucks" as they complete fitness stations, and let them use the bucks to buy pieces of a MyPlate puzzle.
- 59.** Challenge students at the end of a MyPlate game to answer questions about foods that are included in a balanced, nutritious meal.

### Boost the Benefits of Eating Well

- 60.** Remind students that breakfast is an important start to the day because it gives your body energy and helps to wake up your brain for classroom activities.
- 61.** Provide a list of vitamins and minerals that help build strong muscles and bones. Include foods that contain those vitamins and minerals. Challenge students to eat at least two foods from the list each day.
- 62.** Teach students that milk and yogurt help maintain strong bones and contain nutrients that, in combination with exercise, help build strong muscles.
- 63.** Write activities on the backs of pictures of nutritious foods. Give each student a picture. Then, have each student say what food he or she has and complete the activity written on the back (e.g., hop on left foot, run in place, perform jumping jacks).
- 64.** Teach students the physical and health benefits of water. For more information, visit [www.cdc.gov/nutrition/everyone/basics/water.html](http://www.cdc.gov/nutrition/everyone/basics/water.html).
- 65.** Tell students that eating lots of fruits and vegetables provides important nutrients that are needed every day.
- 66.** Stress the importance of refueling after vigorous physical activity with fluids and a variety of foods that contain carbohydrates, protein, and vitamins and minerals. For example, help refuel with a whole-wheat bagel, a banana and a glass of low-fat or fat-free milk.
- 67.** Post or hand out "What Foods Can Do for You": a free, downloadable PDF at [FuelUpToPlay60.com](http://FuelUpToPlay60.com).



**68.** Teach students about the benefits of potassium and where they can find it: milk (including flavored milk), and fruits and vegetables, such as bananas and many kinds of beans.

**69.** Remind students that food is “fuel” and is important for physical activity.

### Be a Positive Role Model

**70.** Offer your expertise to classroom teachers. Visit classrooms during snack time to discuss the important link between nutrition and physical activity.

**71.** Model nutritious food choices. Let students catch you snacking on a banana or an apple or drinking low-fat or fat-free milk.

**72.** Show and share with students what you bring for snack and/or lunch, and describe how it helps fulfill the daily recommended MyPlate servings.

### Take Physical Activity, Add Nutrition, Mix Vigorously

**73.** Include nutrition concepts in your fitness-station rotation. At the nutrition station, have students work together to complete a task, such as placing food pictures on a food plate, creating a well-balanced meal.



**74.** Hold a class discussion to survey students’ favorite physical activities. Then, help them brainstorm ways to pair those activities with healthy eating concepts.

**75.** Offer a Nutrition and Fitness Class to secondary school students. The class should feature a variety of activities to improve fitness and enhance nutrition, and should offer information and hands-on experiences in preparing, planning and cooking nutritious snacks or meals.

**76.** Challenge students to keep a Food & Physical Activity Log for two days. Then, have them reflect on their logs, and discuss calories in and calories out.

**77.** Play Pass the Protein, in which students call out the name of a lean protein food as they catch a ball.

**78.** Play the Fruit & Vegetable Game. Students from Team A run to Team B’s side of the gym and try to pick a fruit or vegetable and take it back to their side. They continue until time is called. The team with the most fruits and vegetables on its side wins.

**79.** Play a relay game with no more than two or three students per group. Use hoops and colored beanbags, with each color representing a different food group. Students take turns running to collect one beanbag to bring back to their hoop to “fill their plate” using the MyPlate guidelines.

**80.** Play the Parachute Game. Use foam fruits, vegetables, whole grains, proteins and dairy foods on the parachute, explaining each food as it is incorporated into parachute activities.



## Tip #85.

Ask students to come up with their own ideas for modifying games to include nutrition concepts.

- 81.** Provide baskets full of cards that feature foods and the roles they play in keeping the body healthy. Then, have each student pick a card and travel to the basket/box with the matching food group.
- 82.** Play Which One Doesn't Belong? Place 12 to 15 numbered manila folders around the gym. Inside each folder, place four cardboard pictures of various foods: three from the same food group and one from a different food group. Have pairs of students move around the gym with an answer sheet and clipboard. Working together, students identify the food that doesn't belong in each folder.
- 83.** Play Match the Food Group Relay with relay groups of two or three students. Ask a food-group question, and have teams discuss possible answers. Then, on your signal, have one student from each team run to the team's bucket, search for the correct response and return to the team.
- 84.** Play Food Group Ball Bounce. Place cards across the room with photos of different types of foods on them. Have students use a bouncing ball to move across the room and find foods from each food group.
- 85.** Ask students to come up with their own ideas for modifying games to include nutrition concepts.
- 86.** Discuss a nutritious food during stretches or cool-down time. Ask students to describe the food's qualities (e.g., taste, smell, texture) and to identify which food group it belongs to.
- 87.** Have students practice skills, such as throwing and catching, with colored equipment that represents the food groups. Ask questions about the food group you are using.
- 88.** Replace common activity equipment with nutritious food "props": fruits, vegetables, whole-grain foods, lean proteins and low-fat and fat-free dairy foods. Discuss the food groups when using this equipment.
- 89.** Hold a healthy-food spelling warm-up activity. Here's how:  
Tape the letters of the alphabet on the four gym walls. Ask students to use locomotor skills (e.g., galloping, skipping, jogging) to reach the letters and "spell" the names of healthy foods.

**90.** Create a storyline or scenario through which students can be active and learn about a variety of foods, food groups, nutrients, label reading and caloric expenditure.

**91.** Reward positive-choice nutrition habits with "line-up" incentives. For example, you could say "Line up if you ate breakfast this morning."

**92.** Focus on a letter of the alphabet each week and discuss nutritious foods that begin with that letter.

**93.** Have students choose nutritious food items to represent group names. *Examples:* Cool Cucumbers or Awesome Apples.

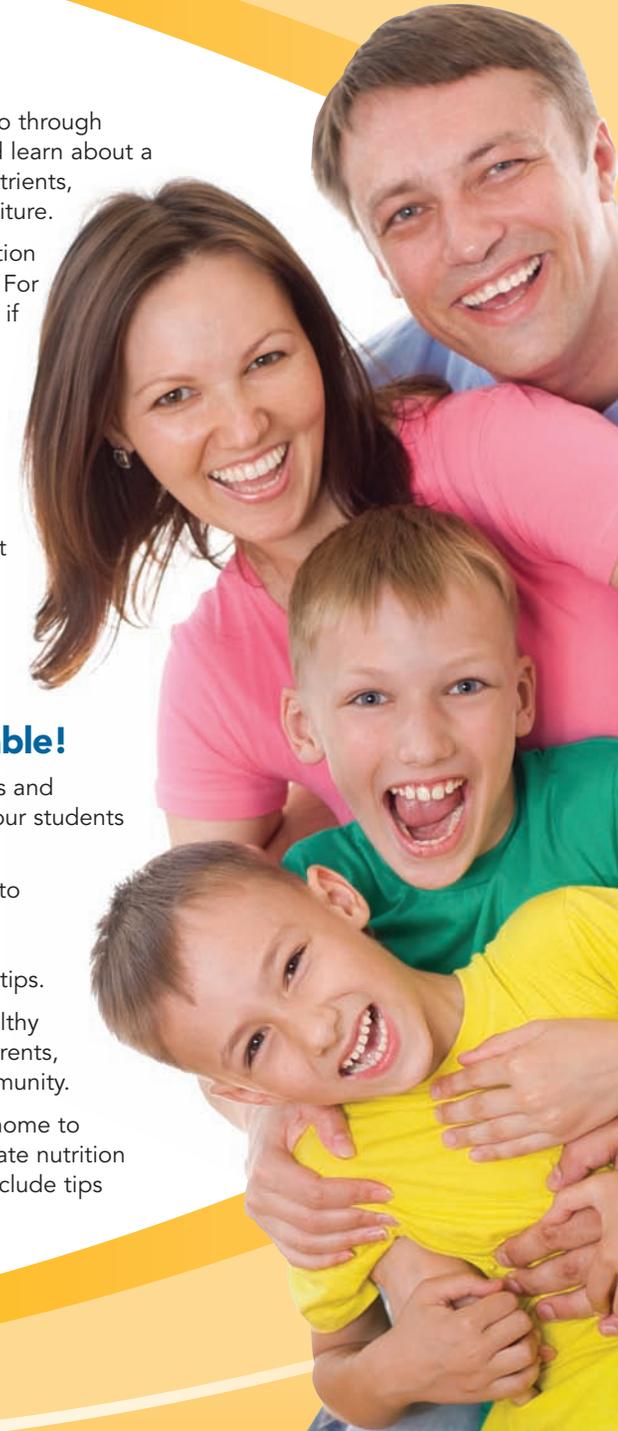
## Invite Families & the Community to the Table!

**94.** Hold a health fair for families and community members. Include your students in the planning process.

**95.** Provide a wellness calendar to students and their families. The calendar should include physical activity ideas and healthy-eating tips.

**96.** Publicize the benefits of healthy eating and physical activity to parents, students and others in your community.

**97.** Send an introductory letter home to parents explaining how to integrate nutrition and physical activity at home. Include tips on nutritious foods.





Find more resources  
at [www.naspeinfo.org](http://www.naspeinfo.org).

- 98.** Send a monthly newsletter to parents and students, offering advice on physical activity and family games. Include suggestions for healthy snacks.
- 99.** Suggest that students teach their parents about MyPlate and help plan a meal for the entire family to eat.
- 100.** Urge students to go grocery shopping with their parents to help teach their families about MyPlate and the healthy nutrition habits they have learned.
- 101.** Ask students to read a bedtime story about healthy eating. Find some good books here: [www.schoolnutrition.org](http://www.schoolnutrition.org).



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for contributing tips to this brochure.

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# Fun Nutrition Activities

Each event should feature a minimum of two nutrition activities. This section provides fun ideas to meet the requirement. Feel free to use these ideas or create your own.



## Nutrition Activities

This section contains nutrition activities that are well-suited for a Family Fun, Food and Fitness event. As you plan and prepare for your event, review the activities in this section to generate ideas. Remember to plan a minimum of 2 nutrition activities for your event! We highly recommend that one of the nutrition activities involves a cooking or tasting component. Hands-on food activities are an important and fun part of learning about good nutrition and they also serve as a way that families learn to bring healthy food practices into their own kitchens. This section is not meant to be all inclusive and grantees may offer activities at their event that are not featured in this planning guide, but remember to ensure that

information being presented is evidence-based. If you'd like assistance with this, contact a Team Nutrition staff person to assist you.

### **Nutrition Activity Tips:**

- Consider what activities meet your needs including: time, space, budget and theme.
- If you are expecting large crowds at your event, multiple stations of the same activity may be needed.
- Think about the number of volunteers that are needed to conduct the activity.
- Make a list of the supplies you will need prior to your event.
- Modify activities to meet the needs and age ranges for your target audience.



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### What's the Combination?

Combination foods belong in more than one food group. Using photos of combination foods, like pizza or tacos, families can compete as they guess the different food groups that each item contains.

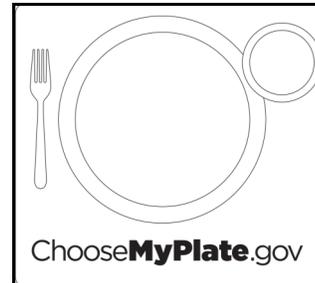
1. Gather pictures of combination foods or develop a PowerPoint with pictures of combination foods.
2. Hang a MyPlate poster in the activity area. Don't have a MyPlate poster? Order a free poster at <http://tn.ntis.gov/>.
3. Divide participants into teams of 2-3. Give each team a dry erase board and marker (or several blank pieces of paper and a pen).
4. Display a combination food picture and have teams work together to determine which food groups are represented. Have the activity leader reveal the correct answer. Continue presenting a variety of combination foods and having teams answer.
5. Optional: Points may be awarded to teams who correctly answer.

#### Materials Needed:

- Pictures of combination foods found in the appendix or that you have found. If using a powerpoint with pictures, a computer and projector will be needed.
- MyPlate poster
- Small dry erase boards (one for each team) or several blank pieces of paper per team
- Dry erase markers (one for each team) or regular markers if using paper.

### Complete Meal Challenge?

Are families up to the challenge of creating a complete meal using MyPlate as a model?



1. Lay out coloring supplies or pictures of food.
2. Provide each participant with a blank MyPlate coloring sheet.
3. Instruct participants to "fill their plate" correctly in the least amount of time, competing against their family members or other participants.

#### Materials Needed:

- Crayons/Markers/Colored Pencils **or** Magazines/Scissors/Glue Sticks **or** Pictures of Foods
- MyPlate Coloring Sheets found in the appendix.



## Nutrition Letter Line-Up Relay



1. Divide participants into two or more teams.
2. Line up teams on one side of the room.
3. Scatter a set of alphabet letters face-up on the floor opposite each line.
4. Have the leader call out a nutrition related question, such as "What food group does rice belong to?"
5. Teams will need to decide the answer to the question together and then one team member at a time will race to the set of alphabet letters across the room to grab one letter to help the team spell the answer. After grabbing a letter the team member will come back to tag the next teammate in line so they can grab another letter to help spell the answer.

In the example above team members would need to spell out:



6. The first team to correctly spell out the answer wins!

### Materials Needed:

- Multiple sets of "Alphabet Letters" printed on paper with one letter of the alphabet on each page. Make enough alphabet sets for each team represented. (Be sure to make duplicates of vowels and frequently used consonants). Use the following link to download a set of alphabet letters: [http://www.kansasteamnutrition.org/TN\\_Menus/TN\\_Power\\_Panther\\_Pals.htm](http://www.kansasteamnutrition.org/TN_Menus/TN_Power_Panther_Pals.htm)

## Gone Fishing for Nutrition

Prior to event:

- Make fishing rod(s) by tying a 2-3 foot string to a stick or cardboard tube and attach a magnet to the other end of the string.
- Make paper fish by printing a fish graphic and cutting out the outline. Attach 1-2 paperclips to the mouth of the fish.
- Develop nutrition questions and write out one question per fish. Make an answer key for leader(s) of the activity.

1. Set up a fishing station. Use an empty plastic kiddy pool or set up a sheet that participants must fish over. Whatever you choose, ensure that the string on the fishing rod is the right length for your fishing station.
2. Have participants fish for nutrition questions. Participants can play individually or the activity could be conducted in a relay with multiple teams. If the team gets their question wrong, they have to throw their fish back out to sea. If the question is answered correctly, that team keeps their fish for a point.

### Materials Needed:

- Gift wrap cardboard tubes or long clean sticks
- String
- Paper Clips
- Magnets
- Paper Fish
- Fishing station



**Fruit Basket Upset**



This activity is similar to musical chairs. Divide participants into four equal – sized groups. Assign each group a different fruit. For instance, apples, grapes, pineapple and mango. Form a circle with a number of chairs equal to one less than the number of players. One player will be left without a chair, and will stand in the center of the circle. That player will call out one of the fruits, all players in that group must stand up from their seats and move to another seat\* in the circle. The player in the center must attempt to take one of the free seats while the other players are moving. A new player will then be left in the center, enabling the game to be repeated. The person in the middle of the chairs does have the option of saying, “Fruit Basket Upset” which will require that all players get up and find a new chair.

*\*Tell players they may not move to the seat directly next to their own.*

**Alternate Version:**

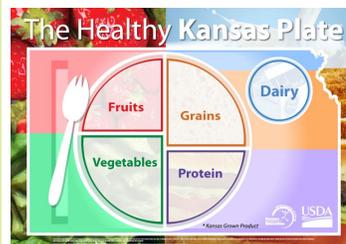
MyPlate Upset— Divide the group into five groups (fruits, vegetables, grains, protein and dairy) and play the game! Rather than fruit basket upset, the leader could call “MyPlate Upset”.

**Food Group Relay**

1. Designate five food group stations within the room (fruits, vegetables, grains, protein and dairy).
2. Divide participants into two equal teams and have each team form a line.
3. Place a basket of food models or pictures of foods from each of the food groups between the two groups.
4. Instruct participants to grab a food from the basket and run and place it at the appropriate food group station.
5. Participants should then run back and tag the next team member in line.
6. The first team to get all their team members through the activity wins!

**Materials Needed:**

- Basket
- Food models or pictures of food from each of the food groups
- Signs or graphics for food group stations



*Schools can request laminated Healthy Kansas Plate posters for free from Kansas Team Nutrition which could be used for this activity.*

**Food Group “Go Fish”**

This game is played much like the original “Go Fish” card game, except with colorful food group cards.

1. Print or copy a minimum of two sets of cards from the appendix to this section.
2. Families can sit together at desks or tables and play against one another. The team/individual that finds the most matches wins the game!

**Materials Needed:**

- Food Group “Go Fish” cards—minimum of 2 sets.
- Tip: Laminate or print cards on heavy paper to provide durability and allow for future use beyond the event.



# MyPlate Station Ideas

Set up food group stations at your event to teach participants about each of the five food groups! See below for sample activities and tastings you could conduct. To encourage participants to visit each of the stations, distribute blank MyPlate handouts or even a paper plate and have cutouts of the various food group sections at each of the stations that participants can collect and add to their plate with a piece of tape! The MyPlate Puzzle Activity sheet and other activities referenced below can be found within this section.

## Fruits



### Activity Ideas:

- “Have Fun with Fruits and Vegetables” Word Search
- “Power Your Day the Fruit and Veggie Way” Coloring Page
- Engage participants in a game of Fruit Basket Upset.

### Tasting Activities:

- Offer a variety of fresh fruits for tasting and have participants vote on their favorite.
- Have participants construct fruit kabobs
- Demonstrate cutting of unique/ unfamiliar fruits



## Grains

### Activity Ideas:

- Whole Grains—Word Scramble
- Invite a local farmer to come in a discuss how grains are grown and share about the different parts of the grain.
- Identify whole grain foods by using information of food packages.

### Tasting Activities:

- Practice measuring skills while making a snack mix with a variety of whole grain cereals.
- Provide a sample of a whole grain product featured on the school lunch or breakfast menu.

## Dairy



### Activity Ideas:

- Where’s the Dairy Activity Sheet
- Farm Family Crossword
- Dairy Trivia Game using Fast. Fresh. Facts

### Tasting Activity:

- Smoothie sample made with fat-free and/or low-fat dairy products.
- Milk mustache photo booth

## Vegetables



### Activity Ideas:

- “Vegetable Subgroups” Activity
- “Fruits and Veggies They’re Everywhere” Coloring Page

### Tasting Activities:

- Offer a variety of fresh vegetables for tasting and have participants vote on their favorite.
- Have participants arrange raw vegetables into a fun shape or design and name their veggie creation! Take a picture before they eat their work of art.



## Protein

### Activity Ideas:

- Protein Bookmarks Coloring Handout
- Read a children’s book about meat and/or protein. Find a book at <http://www.schoolnutrition.org/Content.aspx?id=752>

- “Your Favorite Proteins” Handout

### Tasting Activities:

- Have participants prepare turkey, hummus and cheese roll-ups featuring a variety of protein sources.
- Demonstrate making hummus from scratch for participants and provide samples with whole-grain pita

### **Re-Think Your Drink Activity**

Many people are unaware of the amount of sugar in their favorite beverages. At this station, have participants calculate and measure the amount of sugar in their favorite beverages.

1. Instruct participants to choose a beverage from those available and locate the grams of sugar on the nutrition facts label. (Note: If the container has more than one serving, multiply the number of grams of sugar by the number of servings to get the total grams of sugar in the container)
2. Divide the total grams of sugar by 4 to get the number of teaspoons of sugar.
3. Have participants gather the correct number of sugar cubes for their beverage. (1 sugar cube = 1 tsp sugar)

**Materials Needed:**

- Sugar cubes
- Variety of beverage bottles with nutrition label intact (soda, juice, water, sports drinks, coffee drinks, sweetened iced tea, milk)
- Calculator(s)

**Helpful Calculation Hints:**

Total Grams of Sugar ÷ 4 = Teaspoons of Sugar

1 Sugar Cube = 1 tsp Sugar



### **Who Wants to be a Foodinaire?**

This activity is played much like the “Millionaire” game show only using nutrition facts. Families can choose one member of their family to be in the “hot seat” and answer questions. You could run the game with multiple contestants by providing blank paper and pens to allow multiple people to be playing at once. Example questions are provided later in the appendix to this section. Questions become increasingly more difficult.

Each individual gets three “lifelines” to use if they need help.



**Lifeline #1—Poll the Audience** (Ask onlookers which answer they think is correct using a show of hands)



**Lifeline #2—Phone a Friend** (The contestant can pick one audience member to ask for help)



**Lifeline #3—50/50** (The host can eliminate two of the wrong answers for the contestant)

Suggestion: Prepare a PowerPoint with the questions prior to the event or just have the “host” verbally ask the questions to the contestant(s).

**Materials Needed:**

- Foodinaire Questions (found in the appendix to this section or make up your own)
- Chair(s) for Contestant(s)
- Chair for Host
- Paper and Pens (if running multiple contestants at one time)
- Projector/Computer/Screen (if questions will be projected for display)

## **Fresh Fruit and Vegetable Quiz!**

Test attendees ability to identify some common and uncommon fruits and vegetables at your event!



**Mango**

1. Purchase a variety of fresh fruits and vegetables for display at the event.
2. Make name cards for each of the fruits and vegetables.
3. Display fruits and vegetables on a rectangular table. Consider buying two of each so you can showcase one version in its whole form as well as showing attendees how the produce looks cut.
4. Ask participants visiting the station to identify the fruits and vegetables by placing the appropriate name card with the correct fruit or vegetable.
5. Reveal the correct answers once participants have completed the quiz. Consider also incorporating a taste test as a part of the quiz!

### Materials Needed:

- Rectangular Table
- Fresh fruits and vegetables
- Paper plates to display fruits and vegetables
- Name cards



**Jicama**



**Sugar Snap Peas**

## **Taste Testing**

One way to encourage students and their families to make healthier choices is to offer taste tests! Taste testing is a tool that can be used to introduce students to the smell, texture, and flavor of food. Provide nutrition education handouts such as the 10-Tips Nutrition Education Series found at [choosemyplate.gov](http://choosemyplate.gov) and/or recipes that incorporate the featured foods.

### Materials Needed:

- Foods for tasting
- Small portion cups
- Trash can
- Tables for serving



### Tips:

- Check out the “Taste Testing Tool-Kit” from Ohio Action for Health Kids for ideas on what foods to feature! <http://www.ohioactionforhealthykids.org/wp-content/uploads/2012/01/OAFHK-2012-Taste-Testing-Toolkit-WEB.pdf>
- Ensure that food samples look appealing and that there is enough for everyone to try!
- Follow proper food safety procedures when preparing and serving food at your tasting station.
- Consider adding new foods that students liked to the school cafeteria menu.



**Students at Goddard Academy—USD 265 taste test asparagus. Students preferred roasted over raw!**

**Making Foods Sound Good Enough to Eat**



Increasing student's taste expectations increases their likelihood of noticing and trying new foods!

Have attendees at your event "spice up" the school breakfast and lunch menu by having them "re-name" foods that are currently being served! Provide copies of the school's menu or compile commonly served items into a worksheet that students and their families can work on! This is a great opportunity to emphasize language arts competencies that students may be working on in the classroom!

After the event, the name suggestions could be compiled and students could vote on their favorite! Ask a teacher who is teaching graphing in math if they might be willing to have their students work on revealing the results to the student body. Also, consider asking the food service department if they would be willing to display name tags of the most popular names next time they are served!



**Milk Mustache Booth**



Let attendees be milk mustache stars at your event! This popular station is a great way to encourage kids to drink more milk! It can be used in conjunction with dairy product taste tests or be a stand-alone activity.

1. Decide whether you'd like attendees to have "real" milk mustaches in which you could use drinkable yogurt to ensure participants have great milk mustaches. You can also make paper mustaches on a stick. Lots of free templates are online. In addition to white mustaches, consider having strawberry (pink mustaches) and chocolate (brown mustaches) as well!

**Linking Nutrition and Physical Activity with Reading**

There is a natural link between nutrition, physical activity, and reading. Children are particularly interested in stories that describe or depict things that are connected to their own daily lives. Reading books that focus on preparing and eating healthy foods and being physically active can motivate students to adopt positive food and physical activity behaviors that can last a lifetime.



Set up a reading station with a book that compliments the theme of your event! Search for the perfect children's book from a list of over 400 book ideas broken into specific themes at:

**Michigan Team Nutrition Preschool Booklist**

[http://healthymeals.nal.usda.gov/hsmrs/MI\\_Preschool\\_Booklist.pdf](http://healthymeals.nal.usda.gov/hsmrs/MI_Preschool_Booklist.pdf)

**Michigan Team Nutrition Booklist**

<http://www.michigan.gov/documents/mde/>



2. Use an instant camera or a digital camera. Print photos and post them around the cafeteria or school. You may consider having attendees write captions for their photos about why they drink milk!
3. Print off "Get Your Dairy Today" Handouts from the 10-Tips Nutrition Education Series at [www.choosemyplate.gov](http://www.choosemyplate.gov)

**Materials Needed:**

- Mustache Materials (i.e. Drinkable Yogurt and Small Paper Cups or mustaches on a stick
- Camera
- Backdrop for pictures



# Nutrition "Minute To Win It" Games

Have contestants take part in a series of 60-second challenges that use commonly available objects. Each of the game ideas below have a suggestion for nutrition education that could be integrated as part of the activity. Having duplicate materials will allow multiple participants to participate at one time!

## Johnny Applestack



**The Goal:** Stack 5 apples to make a completely freestanding tower.

**How to Play:** To set up the game, place five apples in a row on a table. Once the time starts, you have 60 seconds to stack all five apples in free-standing tower. The tower must stand unassisted for at least 3 seconds!

**Nutrition Education:** Not everyone knows about the many varieties of apples available. Apples come in so many different shapes, colors, textures and tastes. Provide several varieties that attendees can taste. Consider posting nutrition facts about apples at the station.

## Breakfast Scramble

**The Goal:** Assemble a puzzle made from the front of a cereal box (preferably whole-grain), which has been cut into 20 pieces.

**How to Play:** Put the pieces of the puzzle into a plastic baggie. Once the timer starts, you have 60 seconds to turn over the pieces and reassemble the box cover.

**Nutrition Education:** Provide the Power Up with Breakfast Flyer found at: <http://www.eatright.org/nutritiontipsheets/>

## Egg Roll Game

**The Goal:** Using an empty pizza box as a fan, move three eggs across the floor and into a marked target zone.

**How to Play:** Place the eggs on the floor, far from the designated target area, spaced out several feet apart. Once the timer begins, you have 60 seconds to get all three eggs in the target area using only the pizza box as a fan. Consider using hardboiled or plastic eggs to reduce breaking.

**Nutrition Education:** Provide a pizza recipe that has a whole-grain crust like the Eagle Pizza featured in Team Nutrition's Recipes for Healthy Kids Cookbook—<http://www.fns.usda.gov/sites/default/files/cookbook-homes.pdf>

## Noodling Around

**The Goal:** Collect uncooked penne pasta noodles along a strand of uncooked spaghetti using only your mouth.

**How to Play:** The player begins the game holding the piece of uncooked spaghetti in their mouth. In sixty seconds the player must skewer penne noodles one at a time, onto the spaghetti using only their mouth until all of the penne noodles (4-6 noodles) are threaded on the strand.

**Nutrition Education:** Provide the "Make half your grains whole" from the 10 Tips Nutrition Education Series at [www.choosemyplate.gov](http://www.choosemyplate.gov).



The recipes that follow are great activities to get children and adults to roll up their sleeves and learn how to make a new healthy snack! Cooking with children can help get them interested in trying new healthy foods.



## Fruit Rainbow Parfait

**Yield:** 1 parfait

**Ingredients:**

½ cup low-fat vanilla yogurt

1/3 cup fruit mixture

2-3 tablespoons fruit circles cereal

**Directions:**

1. **PLACE** mixed fruit in the bottom of a clear cup.
2. **DISH** yogurt over the fruit.
3. **SPRINKLE** with cereal.



*Yoplait Parfait Pro*

## Graham Cracker Stoplight

**Serving Size:** ½ graham cracker sheet  
(2 graham cracker sections)

**Yield:** 16 servings

**Ingredients:**

8 graham cracker sheets, broken into cracker sections

32 apricot halves, drained

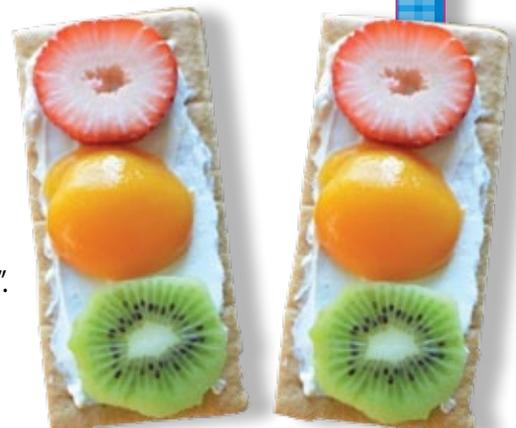
8 oz tub of low-fat or non-fat cream cheese

4 kiwis

8 strawberries

**Directions:**

1. **CUT** each strawberry into 4 thin slices.
2. **SLICE** each kiwi into 8 thin slices.
3. **SPREAD** thin layer of cream cheese on graham cracker sections.
4. **ADD** a strawberry slice on the top of graham cracker section for "STOP".
5. **PLACE** an apricot half in the middle for "SLOW".
6. **ADD** kiwi slice on the bottom for "GO".
7. **LOOK** both ways and take a big bite!



## Scooter Snack

**Yield:** 1 scooter

### Ingredients:

4 slices zucchini or cucumber (¼ inch thick)  
4 pretzel sticks  
1 string cheese stick

1 tablespoon spreadable garden low-fat vegetable cream cheese  
2 cherry tomatoes, halved

### Directions:

1. **THREAD** two zucchini or cucumber slices through a pretzel stick, leaving a 1-in. space in the center for axle.
2. **REPEAT** step one again for second axle.
3. **POSITION** string cheese between two axles.
4. **ATTACH** a pretzel rod with cream cheese to scooter and top with a pretzel stick for handlebars using cream cheese to attach.
5. **ADD** tomato hubcaps with cream cheese.



[www.tasteofhome.com](http://www.tasteofhome.com)

## Banana Butterfly

**Serving Size:** 1 butterfly

**Yield:** 3 servings

### Ingredients:

Banana, cut into thirds  
6 pretzel twists

6 apple slices  
6 raisins or raisins

### Directions:

1. **GENTLY** push pretzel twists into side of banana.
2. **PRESS** apple slices into top of banana to make antennas.
3. **PLACE** raisins or raisins as eyes on front of the banana.



## Fruit Tree

**Serving Size:** 1 tree

**Yield:** 2 trees

### Ingredients:

- 1 Banana
- 4 Kiwis
- 1 small can Mandarin Oranges, drained

### Directions

1. **CUT** kiwis into sections.
2. **CHOP** banana into segments.
3. **ARRANGE** fruit on plate to resemble a palm tree using mandarin oranges for the "sand", banana slices for the "trunk" and kiwi slices for the "leaves".



## Honey Lime Fruit Toss

**Serving Size:** ½ cup

**Yield:** 7 servings

### Ingredients:

- |   |                              |
|---|------------------------------|
| 1 can (20 oz) pineapple chunks          | 1 cup quartered strawberries |
| 1 can (11 or 15 oz) mandarin oranges    | 2 tbsp fresh lime juice      |
| 1 banana, sliced                        | 1 tbsp honey                 |
| 1 kiwi fruit, peeled, halved and sliced |                              |

### Directions:

1. **DRAIN** pineapple, reserving ¼ cup juice.
2. **COMBINE** fruit in large serving bowl.
3. **STIR** together reserved pineapple juice, lime juice, and honey in small bowl.
4. **POUR** over salad; toss to coat.



## Cucumber Yogurt Dip

**Serving Size:** 1/3 cup

**Yield:** 6 servings

**Ingredients:**

2 cups non-fat plain yogurt

1/2 small onion (diced)

1 tbsp cilantro

1 seedless cucumber (peeled & diced)

1 tsp lemon juice

1 tsp ground pepper

Raw vegetables for dipping, such as carrots, celery, tomatoes, zucchini, etc.

**Directions**

1. **BLEND** all ingredients except raw vegetables together.
2. **SERVE** with a variety of raw vegetables for dipping.



<http://www.squidoo.com>

## Salad on a Stick

**Serving Size:** 1 skewer

**Yield:** 8 skewers

**Ingredients:**

8 Bamboo Skewers

1 green or red bell pepper, seeded and cut into 1" pieces

1 cucumber, cut into 1" pieces

16 cherry or grape tomatoes

Bagged Romaine or Spinach Salad Pieces

Light Balsamic Vinaigrette Dressing (or other light or non-fat dressing)

**Directions:**

1. **THREAD** vegetables on skewer by alternating vegetables.
2. **DRIZZLE** lightly with dressing over plate.



## Cereal Attack

**Serving Size:** ½ cup

**Yield:** 20 servings

### Ingredients:

2 ½ cups frosted mini-wheats bite size cereal

1 cup banana or apple chips

2 ½ cups cracklin' oat bran (contains coconut)

1 cup dried fruit

2 ½ cups toasted oats cereal

1 cup chocolate chips

### Directions

1. **COMBINE** all ingredients in large bowl.
2. **STORE** leftovers in airtight container.



## Breakfast Tortilla Roll-Up

**Serving Size:** ½ roll-up or 4 slices

**Yield:** 8 servings

### Ingredients:

1 (8 oz.) container low-fat strawberry cream cheese

1 cup granola

¼ cup strawberry jam

4 – 6" whole grain tortillas

1 cup frozen mixed berries thawed

### Directions:

1. **COMBINE** cream cheese, jam, and thawed berries in a medium mixing bowl.
2. **SPREAD** a quarter of the cream cheese mixture over each of the whole grain tortillas.
3. **SPRINKLE** ¼ cup granola over cream cheese mixture.
4. **ROLL** up tortilla and slice into 8 pieces



## Southwestern Taco Dip

**Serving Size:** ¼ cup

**Yield:** 20 servings

### Ingredients:

2 teaspoons chili powder	1 cup shredded reduced-fat Cheddar cheese
1 (16-ounce) can fat-free refried beans	1 tomato, seeded and chopped
½ cup chunky medium salsa	⅓ cup sliced green onion
1 (8-ounce) container plain fat-free or low-fat yogurt	1 small can (2.25 oz) sliced black olives, drained
1 cup finely chopped romaine lettuce	Tortilla Chips for Dipping
1 cup shredded reduced-fat Mozzarella cheese	

### Directions

1. **STIR** chili powder into beans and spread evenly onto a clear pie dish.
2. **SPREAD** yogurt over the bean dip, and then spread the salsa over the yogurt. Leaving a narrow border around each layer's edge.
3. **SPRINKLE** remaining ingredients evenly over the salsa.
4. **SERVE** with tortilla chips for dipping.



## Tortilla Roll-Ups

**Serving Size:** ½ wrap or 4 slices

**Yield:** 2 servings

### Ingredients:

1 whole grain tortilla	1 slice of cheese cut into half
1 Tbsp mustard	¼ cup spinach or romaine
3-4 slices of ham	

### Directions:

1. **SPREAD** tortillas with mustard.
2. **TOP** with ham and cheese.
3. **PLACE** spinach on bottom half of tortilla.
4. **ROLL** tortilla and cut into 8 slices.



## Strawberry and Chocolate Yogurt Parfait

**Yield:** 1 serving

### Ingredients:

½ cup low-fat strawberry yogurt

2 Tbsp chocolate puff cereal

½ cup strawberries (fresh or frozen)

### Directions

1. **DISH** a layer of strawberries in glass.
2. **SCOOP** a layer of yogurt over the strawberries.
3. **SPRINKLE** cocoa puff cereal over top.



## Pineapple Crush Smoothie

**Serving Size:** ¾ cup

**Yield:** 4 servings

### Ingredients:

1 banana

12 oz fat-free strawberry yogurt

2 oranges

1 cup 100% orange juice

6 pineapple rings and pineapple juice (from can)

1 cup skim milk

### Directions:

1. **REMOVE** rind from oranges and separate orange sections.
2. **PEEL** banana and cut into chunks.
3. **PLACE** all ingredients in blender and blend until desired consistency.
4. **POUR** into glasses and enjoy.



## Red, White and Blue Brunch Bruschetta

**Serving Size:** ½ English Muffin

**Yield:** 4 servings

### Ingredients:

1 cup strawberries, quartered

2 whole grain English muffins

6 ounces non-fat vanilla yogurt

Lime juice

1 cup blueberries

### Directions

1. **COMBINE** strawberries, blueberries and yogurt in bowl.
2. **ADD** a squeeze of lime.
3. **SPREAD** ¼ cup yogurt/fruit mixture onto each English muffin half.



## Hummus Heads

**Serving Size:** 4 crackers

**Yield:** 2 servings

### Ingredients:

2 romaine lettuce leaves, cut into very thin strips

1 cucumber, sliced

¼ cup drained bottled roasted red pepper strips

½ cup shredded carrot

8 cherry tomatoes, halved

½ cup hummus

1 small can, sliced black olives

8 round whole grain crackers

### Directions:

1. **PLACE** the vegetables in piles on a plate.
2. **SPREAD** crackers with hummus.
3. **USE** the vegetables to make funny face.



## Red, White and Blue Kabobs

**Serving Size:** 2 kabobs

**Yield:** 3 serving

### Ingredients:

6 strawberries with green end cut off  
2 cheese sticks cut into thirds

6 blueberries  
6 toothpicks

### Directions

1. **WASH** strawberries and blueberries.
2. **LAYER** strawberry, cheese and blueberry on toothpicks.



## Celebration Yogurt Banana Split

**Yield:** 2 splits

### Ingredients:

1 banana  
¼ cup strawberry, non-fat yogurt  
¼ cup blueberry, non-fat yogurt  
¼ cup vanilla, non-fat yogurt

¼ cup granola  
½ cup fruit  
2 maraschino cherries

### Directions:

1. **CUT** banana in half. Peel and place one half into a bowl.
2. **SLICE** banana down middle.
3. **DISH** 2 tablespoons of each yogurt flavor onto banana.
4. **TOP** with ¼ cup fruit.
5. **SPRINKLE** with 2 tablespoons granola.
6. **PLACE** a cherry on top.



## Fruit Pizza

**Serving Size:** ½ English muffin

**Yield:** 4 servings

### Ingredients:

2 whole grain English muffins

½ cup whipped low-fat strawberry yogurt

6 strawberries sliced

10 green or red grapes halved

1 small can (11 oz) mandarin oranges, drained

### Directions

1. **SPREAD** 2 tablespoons cream cheese on each English muffin half.
2. **ARRANGE** fruit on top of cream cheese.



[www.candostreet.com](http://www.candostreet.com)

## Rainbow Fruit Kabobs

**Serving Size:** 1 kabob

**Yield:** 6 kabobs

### Ingredients:

6 purple grapes

12 blueberries

6 green grapes

6 pineapple chunks

6 cantaloupe chunks

6 strawberries

6 bamboo skewers

### Directions:

1. **THREAD** fruit onto bamboo skewers.



[www.followpics.com](http://www.followpics.com)

## Celery Cheese Boats

**Serving Size:** 2 boats

**Yield:** 3 servings

### Ingredients:

2 celery sticks, cut into 4" sticks

¼ cup carrot shreds

6 Tablespoons low-fat whipped cream cheese

24 fish shaped crackers (pretzel or cheese flavored)

### Directions

1. **FILL** each celery "boat" with 1 Tablespoon cream cheese.
2. **TOP** with carrots.
3. **ARRANGE** fish shaped crackers swimming on the cream cheese filling.



[www.kitchendaily.com](http://www.kitchendaily.com)

## Vegetable Flowers

### Ingredients:

Radish slices

Celery sticks

Fresh spinach leaves

Baby carrots

Cucumber slices

Sugar snap peas

Cherry tomatoes

Low-fat Ranch for dipping

### Directions:

1. **SET** vegetables on plate.
2. **DESIGN** vegetable flowers on plate or paper towel.



[www.familyfun.go.com](http://www.familyfun.go.com)

## Snack Attack Snack Mix

**Serving Size:** ½ cup

**Yield:** 10 servings

### Ingredients:

- |                                       |                       |
|---------------------------------------|-----------------------|
| 1 cup apple cinnamon oat cereal       | 1 cup animal crackers |
| 1 cup low-fat popcorn                 | 1 cup dried fruit     |
| 1 cup multi-grain toasted oats cereal | 1 cup pretzel twists  |

### Directions

1. **COMBINE** all ingredients in large bowl.
2. **SERVE** ½ cup to each person.
3. **STORE** leftovers in air tight container.



[www.bettycrocker.com](http://www.bettycrocker.com)

## Tortilla Pinwheels

**Serving Size:** ½ roll-up or 4 sections

**Yield:** 2 servings

### Ingredients:

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 1 whole wheat tortilla              | 2 Tablespoons low-fat shredded cheese |
| 2 Tablespoons fat-free cream cheese | ¼ cup mild salsa                      |

### Directions:

1. **STIR** together cream cheese, shredded cheese and salsa.
2. **SPREAD** the mixture evenly on the tortilla.
3. **ROLL** up tortilla.
4. **CUT** into 8 pieces.



## Black Bean and Corn Salsa

**Serving Size:** ¼ cup

**Yield:** 25 servings

### Ingredients:

- 3 - 15 ounce cans black beans
- 1 - 15 ounce bag frozen corn, thawed
- ½ cup green bell pepper, diced
- ½ cup red bell pepper, diced
- ⅓ cup red onion, diced
- Whole grain tortillas for dipping

### Dressing Ingredients:

- 2 Tablespoons lemon juice
- 1 ½ teaspoons dried parsley
- ¾ cup salsa
- 1 Tablespoon Canola oil

### Directions

1. **DRAIN** and rinse black beans.
2. **COMBINE** black beans, corn, diced peppers and onion in a bowl.
3. **MIX** the remaining ingredients to make the dressing.
4. **POUR** dressing over the black bean mixture and toss lightly to combine.
5. **CHILL** 2 hours before serving
6. **SERVE** with tortilla chips.



[www.kn-eat.org](http://www.kn-eat.org)

## Turkey Pinwheels

**Serving Size:** ½ wrap or 4 slices

**Yield:** 2 servings

### Ingredients:

- 1 whole grain tortilla
- ¼ cup store-bought hummus
- 1 slice low-fat cheese
- 2 slices deli turkey
- ¼ cup spinach or romaine

### Directions:

1. **SPREAD** tortilla with hummus.
2. **TOP** with turkey and cheese.
3. **PLACE** spinach on bottom half of tortilla.
4. **ROLL** tortilla and cut into 8 slices.



## Pilgrim Parfait

**Yield:** 1 parfait

### Ingredients:

½ cup low-fat vanilla yogurt

½ cup diced apples

1 Tablespoon unsweetened applesauce

1 Tablespoon canned pumpkin

1 teaspoon brown sugar

3 Tablespoons cinnamon squares cereal

### Directions

1. **COMBINE** applesauce, pumpkin, and brown sugar in a clear cup.
2. **MIX** in diced apples.
3. **DISH** yogurt onto fruit mixture.
4. **SPRINKLE** with cereal.



*Yoplait Parfait Pro*

## Apple and Cheese Boat

**Serving Size:** 2 boats

**Yield:** 4 servings

### Ingredients:

2 slices low-fat cheese

1 apple

8 toothpicks

### Directions:

1. **CUT** apple into 8 thick slices.
2. **SLICE** cheese slice into triangles.
3. **ATTACH** cheese "sail" to apple "boat" with toothpick.



## Blue Buster Smoothie

**Serving Size:** 2 Smoothies

**Yield:** 4 servings

### Ingredients:

1 (6 ounce) container low-fat blueberry yogurt	$\frac{1}{3}$ cup peaches
$\frac{1}{2}$ cup apple juice	5-6 ice cubes
$\frac{1}{3}$ cup fresh or frozen blueberries	

### Directions

1. **BLEND** all ingredients in blender (amount of ice will vary depending upon consistency).
2. **POUR** in a glass and serve chilled.



[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

## School of Fish

**Serving Size:** 4 fish

**Yield:** 1 serving

### Ingredients:

2 dried apricots	2 teaspoons non-fat cream cheese
4 mini-pretzel twists	4 mini-chocolate chips

### Directions:

1. **SLIT** one end of a dried apricot and insert the bottom of a mini-pretzel.
2. **PINCH** the apricot around the pretzel to hold it in place.
3. **PIPE** on a small dot of cream cheese (a plastic bag with a corner snipped off works well for this).
4. **PRESS** a mini-chocolate chip (tip down) into the cream cheese.



# Nutrition Activities— Additional Resources

# Combination Food Pictures

Pepperoni Pizza



Shrimp Spring Roll



**Beef Taco**



**Vegetarian Pasta**



Chicken Stew



Cheeseburger



**Ham Sandwich**



**Macaroni and Cheese**





# FAST. FRESH. FROM A FARM FAMILY NEAR YOU.

Dairy farm families work hard to ensure that their dairy cows are healthy and well cared for, that the environment on and around their farms is protected, and that the milk they produce is safe and of high quality. There is a whole lot that goes into every nutritious glass of milk. Not to mention every nibble of cheese and spoonful of yogurt.



## DID YOU KNOW ...

- Most of the milk you drink comes from local dairy farms.
- Milk gets from your local dairy farm — to inspection, pasteurization and processing — to you in 48 hours or less.
- Fresh milk straight from the cow is 101 degrees. That's because dairy cows are warm-blooded animals. Milk is then quickly cooled and kept cold — a refreshing 35-40 degrees.
- Both white milk and flavored milk are packed with 9 essential nutrients.
- Children ages 4-8 should consume 2.5 servings of low-fat or fat-free dairy products, such as milk, cheese and yogurt, each day. And children 9 and older should consume 3 servings per day.
- Chocolate milk provides protein and other nutrients that benefit your body after periods of activity, such as sports practice or competition.
- You'd need to eat 3 cups of cooked broccoli to equal the amount of calcium in 1 cup of milk.
- Milk is the No. 1 source of calcium in the American diet.
- A single dairy cow will produce 6 to 7 gallons of milk per day. That is about 90 glasses of milk a day.
- It only takes 5 to 10 minutes to milk a cow on today's dairy farms.
- Water used to clean the milking equipment and dairy barn is then recycled to irrigate fields to grow crops.
- Manure is recycled and is used by dairy farmers to fertilize their crops and for people to fertilize their gardens.
- Dairy farming provides 130,000 jobs in the United States.
- There are 51,000 dairy farms in the United States, and 98 percent of them are family owned.
- A dairy cow will eat 90 pounds of nutritious feed and drink about 50 gallons of water each day.
- Dairy cows get regular visits from veterinarians and nutritionists.
- Dairy production contributes less than 1 percent of U.S. greenhouse gas emissions.
- Dairy products are some of the most highly regulated foods in the U.S.
- It takes 19 cups of milk to make 1 pound of cheese.

**FAST.  
FRESH.**

# FROM A FARM FAMILY NEAR YOU.

## CROSSWORD PUZZLE

### DOWN

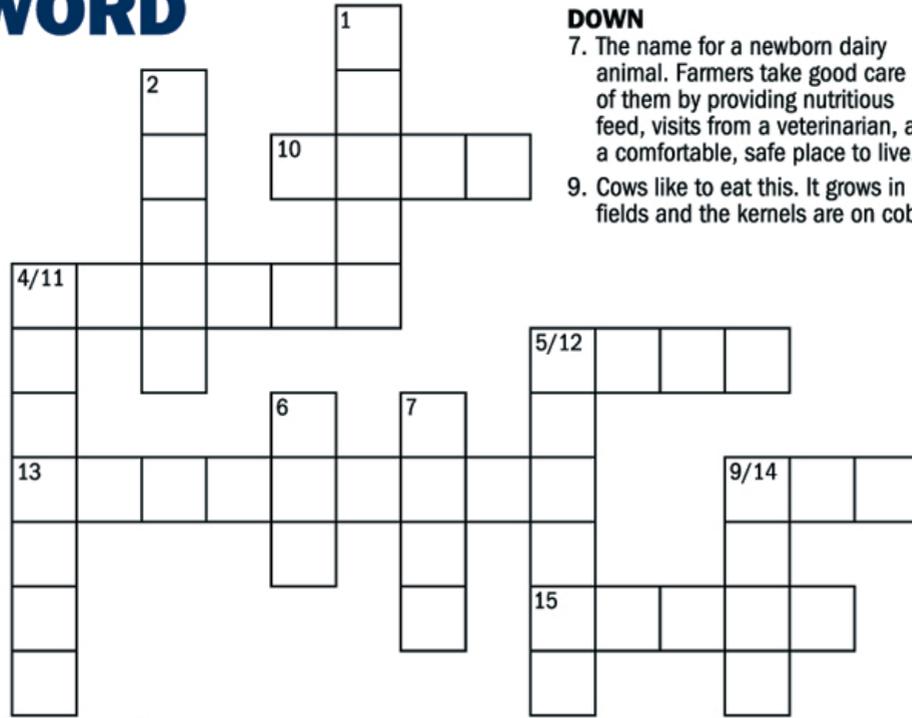
- Milk is this color because it contains casein, a protein that has lots of calcium.
- This part of a cow's body can hold 25-50 pounds of milk. No wonder she's so eager to be milked!
- This nutrient gives you strong bones and teeth. The best way to get more of this nutrient is to eat dairy foods.
- Farmers care for this area of land used to grow feed for their animals.
- What noise do cows make?

### DOWN

- The name for a newborn dairy animal. Farmers take good care of them by providing nutritious feed, visits from a veterinarian, and a comfortable, safe place to live.
- Cows like to eat this. It grows in fields and the kernels are on cobs.

### ACROSS

- This is one of the healthiest beverages you can drink. It's packed with nutrients!
- This delicious dairy food comes in American, Cheddar, string and other varieties.
- Where cows and farmers live.
- This flavor of milk has the same nutrients as non-flavored white milk.
- This animal has unique spots like fingerprints or snowflakes—no two are the same.
- An Environmental Protection Agency study shows that this industry contributes less than 1% of U.S. greenhouse gas emissions.



### Words TO LEARN

#### Sustainability

Providing nutritious dairy foods in a way that makes the industry, people and the earth economically, environmentally and socially better.

#### Heifer

A young cow, between birth and about 2 years old that has not yet given birth to a calf.

#### Nutrients

Elements found in food necessary for life, health and growth.

#### Pasteurize

To heat milk to 160°F or above for 15 seconds to destroy bacteria and keep milk safe and wholesome.

#### Udder

The part of the cow's body where milk is produced.

#### Veterinarian

An animal doctor that helps dairy farmers assure the health and well-being of their cows.



LEARN  
more about  
milk,  
dairy foods  
& dairy  
farming  
HERE!





# FROM A FARM FAMILY NEAR YOU.

Dairy farm families and their employees work every day of the year—even holidays—to milk, feed and care for their animals. The Midwest is home to more than 9,000 dairy farms.

## PUT THESE IN ORDER

Follow milk's journey from its wholesome start to its delicious finish. Put these in order by numbering the steps from 1 to 6.



### PROCESSING

Milk is pasteurized and then placed in containers or made into other dairy foods such as cheese or yogurt.



### INSPECTION

All milk is tested at the processing plant for antibiotics and harmful bacteria. All milk must pass inspection to be sold to the public.



### FEEDING

Dairy cows eat about 90 pounds of feed per day, including grass, corn, hay, soybean meal, vitamins and minerals. Cows also have access to water which they drink throughout the day.



### TRANSPORTATION

Milk is fresh and local in the Midwest. It is picked up on farms in large insulated tanker trucks. It takes two days for milk to travel from the farm to grocery stores or schools.



### MILKING

Milking machines gently remove the milk from a cow's udder and then it is transferred to a refrigerated storage tank. Cows are milked two to three times a day and can produce about 90 glasses of milk a day.



### ENJOY

At home or at school, in restaurants or on the go, nutrient-rich dairy foods offer a tasty way to better health. Enjoy three servings of dairy every day.



WHAT is black, white & green all over?



The dairy industry has substantially reduced the environmental impact of producing milk. Compared to 1944, it takes 90% less cropland, 65% less water and 63% less carbon to produce a gallon of milk.



Answers from front page  
ACROSS: 10-milk, 11-cheese, 12-farm, 13-chocolate,  
14-cow, 15-dairy DOWN: 1-white, 2-udder, 4-calcium,  
5-field, 6-moo, 7-calf, 9-corn  
Put these in order (left to right)  
5, 4, 1, 3, 2, 6

# Food Group "Go Fish" Cards

Print 2 sets for each game

VEGETABLES



Baked Potato

PROTEIN



Black Bean Soup

GRAINS



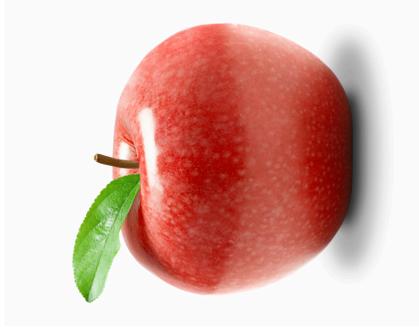
Bagel

GRAINS



Brownies

FRUITS



Apple

GRAINS



Cereal

FRUITS



Blueberries

FRUITS



Pear

VEGETABLES



Corn

VEGETABLES



Peas

GRAINS



Muffin

VEGETABLES



Green Beans

VEGETABLES



Cherry Tomatoes

FRUITS



Fruit Salad

VEGETABLES



Salad

GRAINS



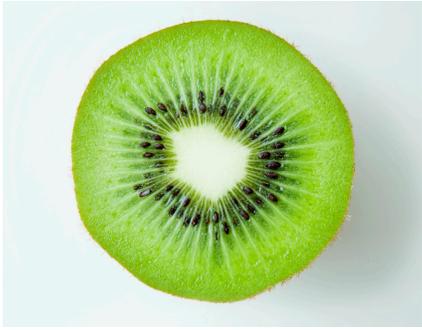
Whole Wheat Toast

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



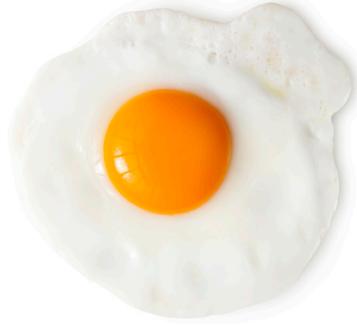
Swiss Cheese

GRAINS



Popcorn

PROTEIN



Egg

PROTEIN



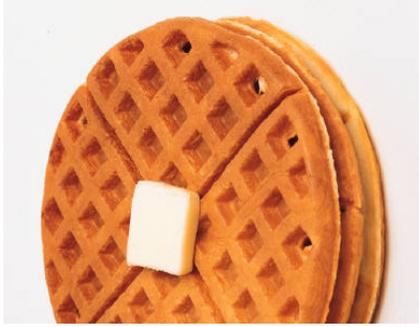
Peanuts

PROTEIN



Sausage

GRAINS



Waffles

FRUITS



Grapes

FRUITS



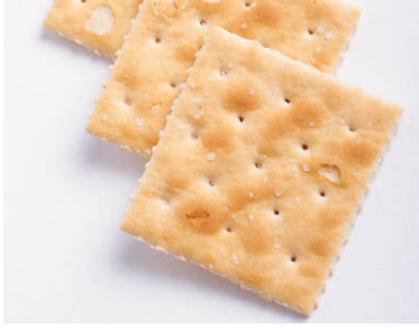
Watermelon

FRUITS



Frozen Fruit Juice Bar

GRAINS



Crackers

VEGETABLES



Cauliflower

VEGETABLES



Artichoke

GRAINS



Rice

FRUITS



Avocado

PROTEIN



Meatballs

VEGETABLES



Asparagus

FRUITS



Cherries

GRAINS



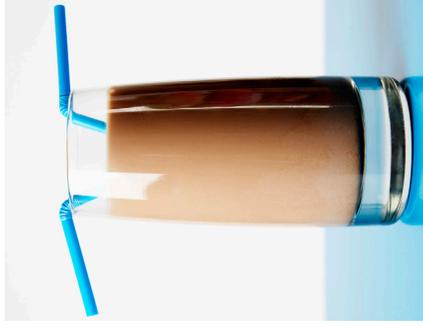
Pancakes

VEGETABLES



Vegetable Soup

DAIRY



Chocolate Milk

VEGETABLES



Broccoli

## Foodinaire Question Set #1:

Level 1	The skin on a ripe banana is what color? a) Orange b) Blue c) <b>Yellow</b> d) Purple
Level 2	The following is NOT a food group? a) Fruit b) Dairy c) Grains d) <b>Bacon</b>
Level 3	Which of the following foods is in the Dairy Group? a) Wheat Bread b) <b>Yogurt</b> c) Celery d) Pears
Level 4	Which of the following is considered a "Dark Green Vegetable"? a) <b>Romaine Lettuce</b> b) Iceberg Lettuce c) Cauliflower d) Kidney Beans
Level 5	One of MyPlate's consumer messages is to make half your plate what? a) Protein b) Dairy c) <b>Fruits and Vegetables</b> d) Grains
Level 6	Oranges are best known to be high in which Vitamin? a) Vitamin D b) <b>Vitamin C</b> c) Vitamin A d) Vitamin E
Level 7	Whole wheat bread contains what 3 parts of the kernel? a) <b>Bran, Germ, Endosperm</b> 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) Whole Grain Cereal c) <b>Salmon</b> d) Milk
Level 9	Antioxidants in food protect your cells from what? a) <b>Free Radicals</b> b) Fat Buildup c) Enlargement d) Hypertension
Level 10	Which type of cholesterol is good for your body? a) Low Density Lipoproteins (LDL) b) <b>High Density Lipoproteins (HDL)</b> c) Total Cholesterol d) Triglycerides

## Foodinaire Question Set #2:

Level 1	An orange is what color? a) <b>Orange</b> b) Blue	c) Yellow d) Purple
Level 2	Which of the following is a food group? a) Main Dish Group b) Appetizer Group	c) Dessert Group d) <b>Fruit Group</b>
Level 3	Which of the following foods is in the Grains Group? a) Apricot b) <b>Cereal</b>	c) Cottage Cheese d) Cucumber
Level 4	Which of the following is considered a "Starchy" Vegetable? a) <b>Potato</b> b) Carrots	c) Green Beans d) Black Beans
Level 5	According to MyPlate, Americans should make half their grains, what type? a) Refined Grains b) Multi-Grains	c) <b>Whole Grains</b> d) Brown Grains
Level 6	Dairy foods, like milk, are best known for what nutrient? a) Zinc b) <b>Calcium</b>	c) Magnesium d) Vitamin E
Level 7	Which of the following foods is a member of two food groups? a) <b>Beans</b> (protein and vegetables) b) Tomatoes	c) Fish d) Milk
Level 8	With the release of MyPlate in 2010, which food group below is a new name from previous guidelines? a) Fruits b) Grains	c) <b>Dairy (was milk group previously)</b> d) Vegetables
Level 9	Which of the following is not considered to be a whole grain? a) <b>Couscous</b> b) Oatmeal	c) Brown Rice d) Popcorn
Level 10	Omega-3 and Omega-6 fatty acids are known as "good" fats. What type of fat are they? a) Saturated fat b) <b>Monounsaturated fat</b>	c) Polyunsaturated Fat d) Triple-unsaturated Fat

### Foodinaire Question Set #3:

Level 1	Broccoli is what color? a) <b>Green</b> b) Blue c) Yellow d) Purple
Level 2	Which of the following is NOT a type of milk? a) Skim Milk b) Whole Milk c) 1% Milk d) <b>Half Milk</b>
Level 3	Which of the following foods is in the Vegetables Group? a) Apricot b) <b>Sweet Potato</b> c) Oatmeal d) Cheese
Level 4	Children and adolescents aged 6-17 should get ___ minutes or more of physical activity each day? a) 30 b) 45 c) <b>60</b> d) 90
Level 5	Which of the following is NOT considered a "Starchy" Vegetable? a) <b>Asparagus</b> b) Peas c) Potatoes d) Corn
Level 6	Which type of milk is considered to be low-fat? a) Skim b) <b>1%</b> c) 2% d) Whole
Level 7	What organization developed the MyPlate graphic and guidance? a) <b>United States Department of Agriculture</b> b) Department of Health and Human Services c) Department of Education d) United States Food Service
Level 8	With the release of MyPlate in 2010, which food group below is a new name from previous guidelines? a) Fruits b) Grains c) <b>Protein (was meat and beans group)</b> d) Vegetables
Level 9	Which of the following foods is an excellent source of Vitamin C? a) <b>Kiwifruit</b> b) Peaches c) Blueberries d) Cantaloupe
Level 10	How many calories does one gram of fat contain? a) 4 calories b) <b>9 calories</b> c) 12 calories d) 15 calories

# Fruits and Veggies they're everywhere:

fresh, frozen, canned, dried and 100% juice!



fruits & veggies  
**more  
matters**<sup>TM</sup>  
[fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)



# Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

**Find:**

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

## Fruit and Vegetable Goals

Name a fruit you would like to try:

---



---



---

How will you eat this fruit?  
(On cereal, as a snack, for dessert, with dinner or on pancakes.)

---



---



---

Name a vegetable you would like to try:

---



---



---

How will you eat this vegetable?  
(As a snack, with dip, or for lunch.)

---



---

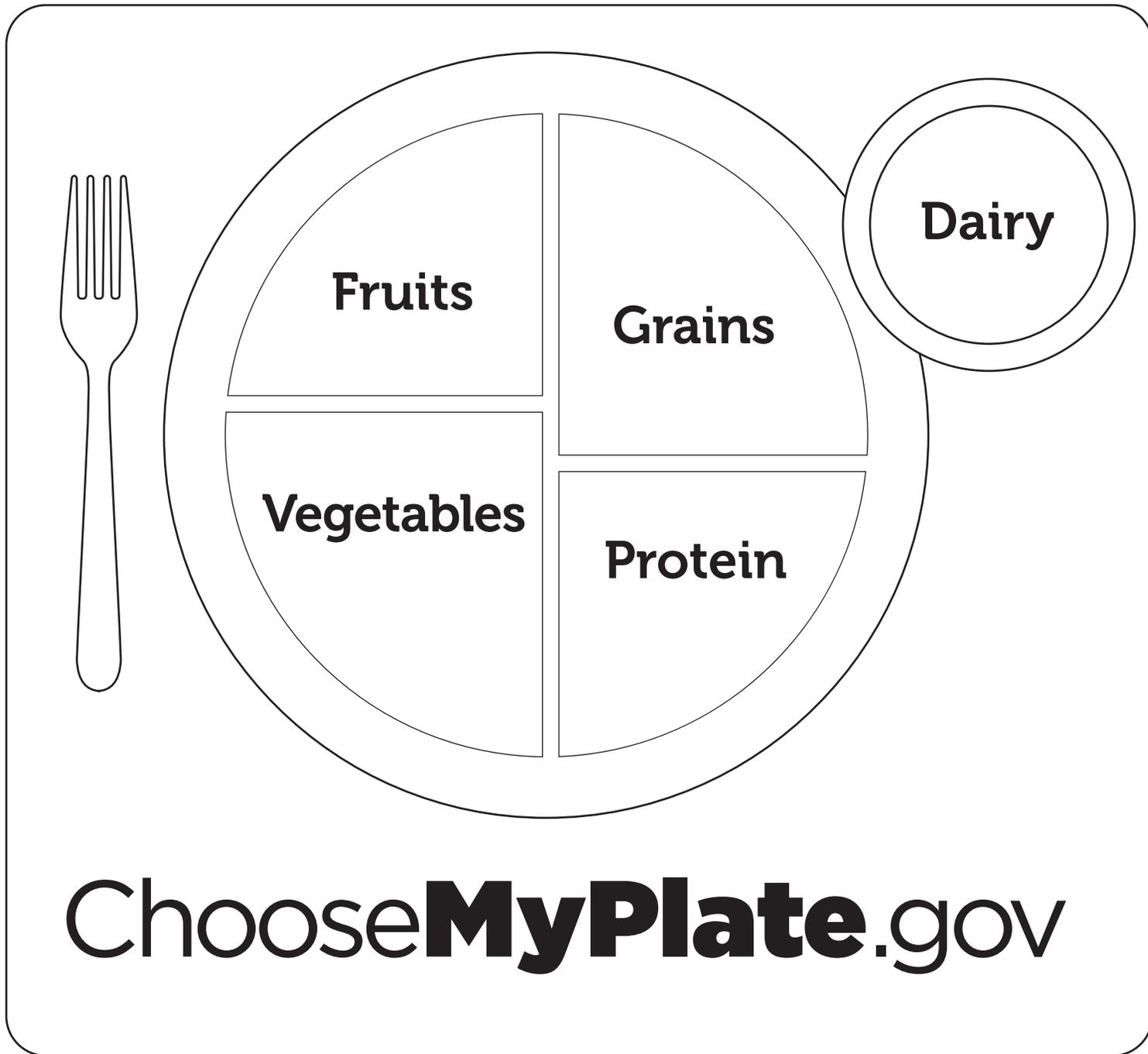


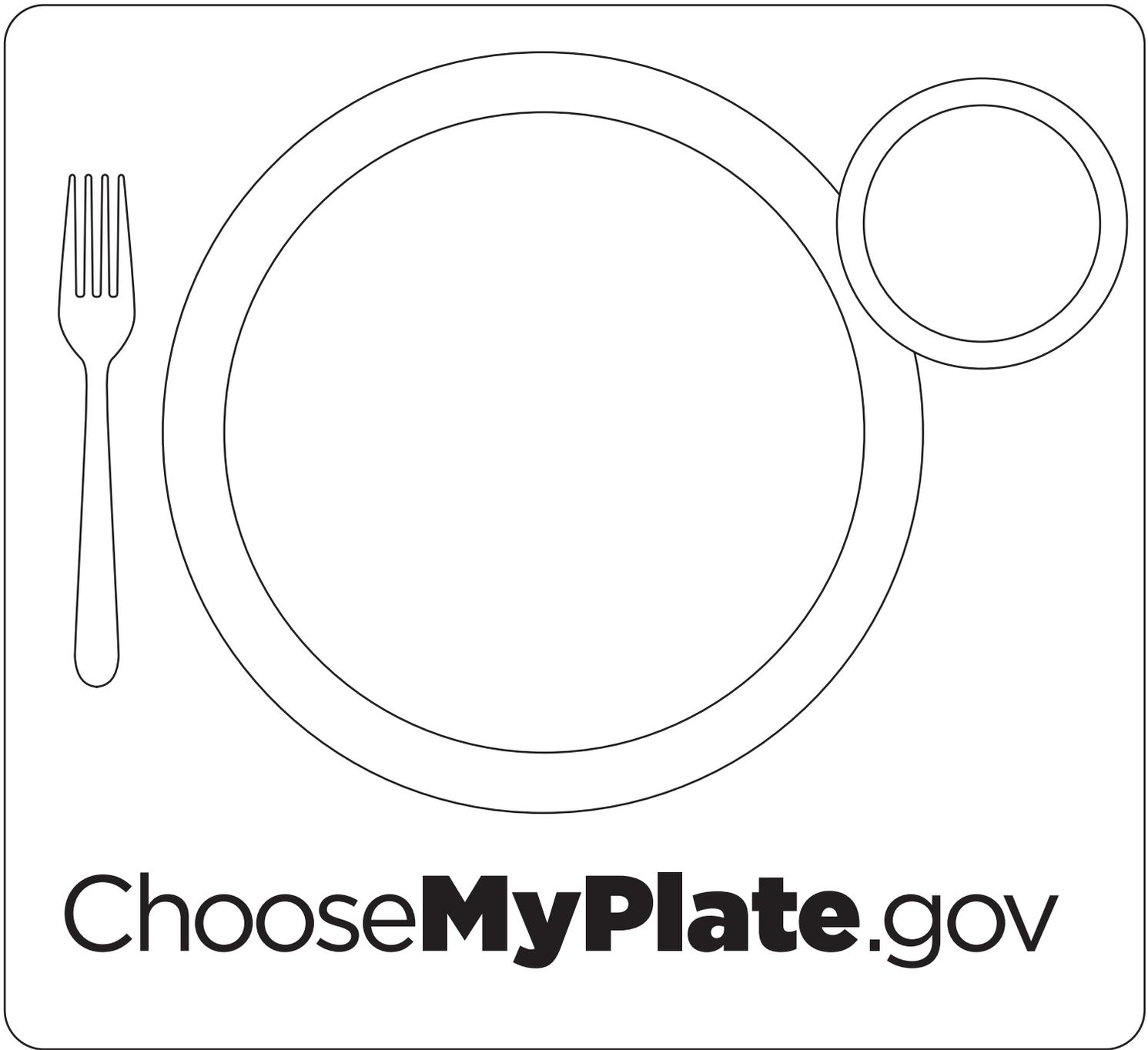
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Adapted from

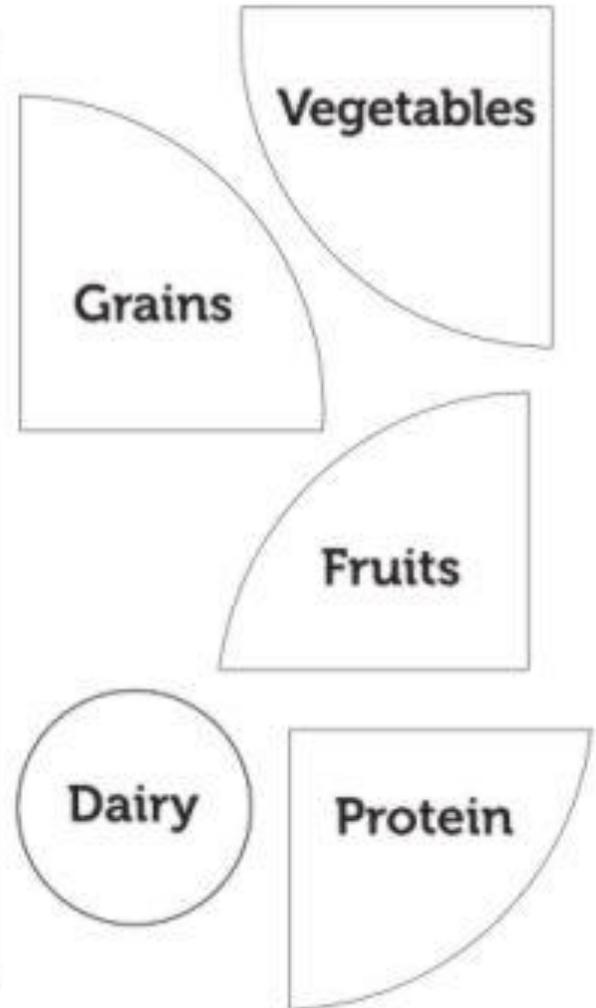
Team Up At Home Team Nutrition Activity Book





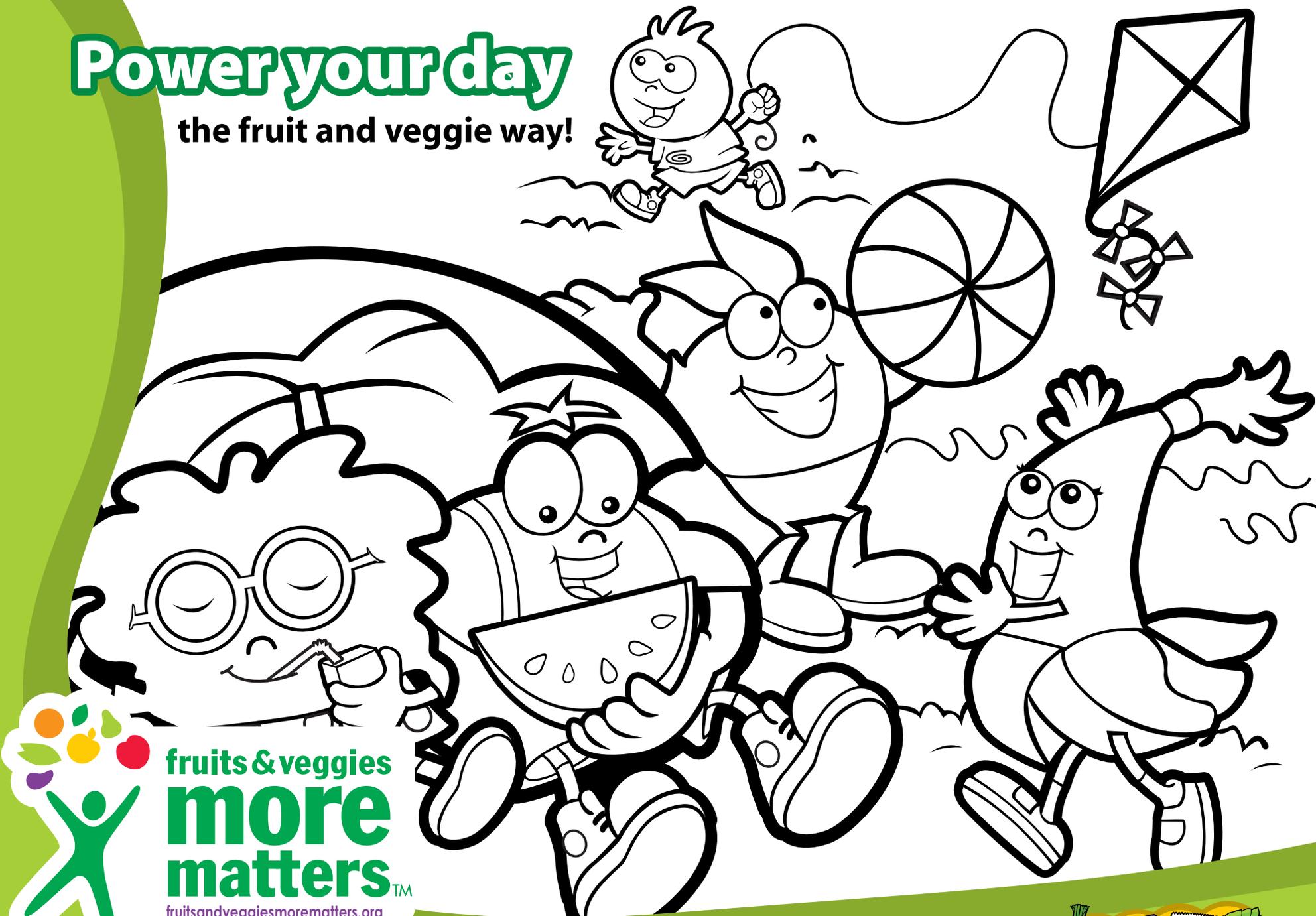
Choose **MyPlate**.gov

# MyPlate Puzzle



# Power your day

the fruit and veggie way!

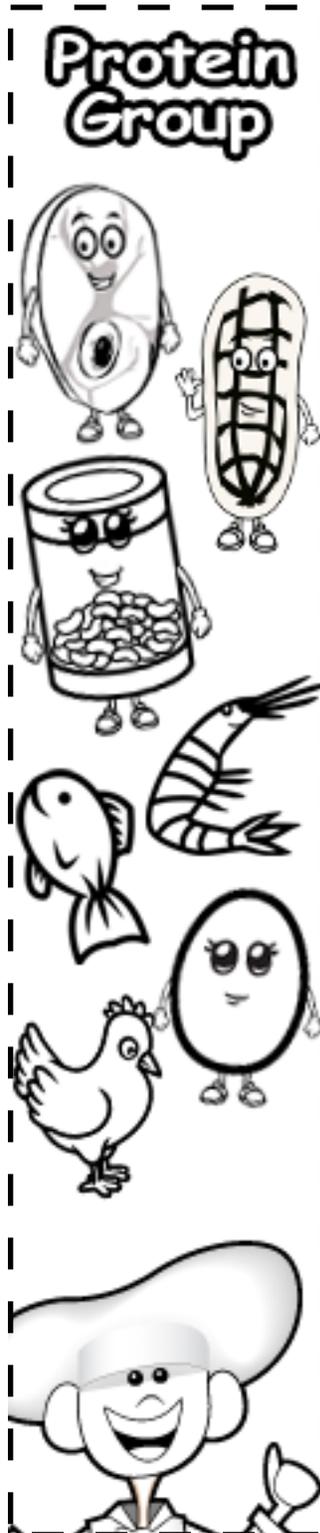


fruits & veggies  
**more  
matters™**

[fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)



# Chef Solus' Protein Group Bookmarks



# Chef Solus' Protein Group Bookmarks

Cute nutrition oriented bookmarks for kids to use during reading time.

## Supplies:

- Construction paper
- Colored Crayons
- Scissors
- Glue or Paste
- Hole puncher
- Yarn

## Instructions:

- Print the sheet with the bookmarks.
- If black and white, decorate the bookmarks with your favorite colors.
- Cut out the bookmarks on the dotted lines
- Cut out a rectangular shape from construction paper is larger than the bookmark
- Paste the colored bookmark to the construction paper
- Punch a hole at the top of bookmark
- Thread a piece of yarn about 5-6 inches long through the hole and tie a knot



## Handout 2: Vegetable Subgroups

Here is a list of the five subgroups and the vegetables that belong to each subgroup. Use this list to complete the activity on the following page.

### **Dark Greens Vegetables**

Bok choy  
Broccoli  
Collard greens  
Dark green leafy lettuce  
Kale  
Mesclun  
Mustard greens  
Romaine lettuce  
Spinach  
Turnip greens  
Watercress

### **Red & Orange Vegetables**

Acorn squash  
Butternut squash  
Carrots  
Hubbard squash  
Pumpkin  
Red peppers  
Sweet potatoes  
Tomatoes  
Tomato juice

### **Beans and Peas**

Black beans  
Black-eyed peas (mature, dry)  
Garbanzo beans (chickpeas)  
Kidney beans  
Lentils  
Navy (Pea) beans  
Pink beans  
Pinto beans  
Soy beans, mature  
Split peas  
White beans (cannellini beans)

### **Starchy Vegetables**

Cassava  
Corn  
Fresh cowpeas, field peas, or black-eyed peas  
Green bananas  
Green peas  
Green Lima beans  
Plantains  
Potatoes  
Taro  
Water chestnuts

### **Other Vegetables**

Artichokes  
Asparagus  
Avocado  
Bean sprouts  
Beets  
Brussels spouts  
Cabbage (red or green)  
Cauliflower  
Celery  
Cucumbers  
Eggplant  
Green beans, Wax beans  
Green or red peppers  
Iceberg (head) lettuce  
Mushrooms  
Okra  
Onions  
Parsnips  
Squash, white, yellow, zucchini  
Turnips  
Wax beans

Source: U.S. Department of Agriculture (2011). ChooseMyPlate.gov Website. Washington, D.C. Good Groups-Vegetables. <http://www.choosemyplate.gov/foodgroups/vegetables.html>  
Last modified: June 8, 2011. Accessed July 15, 2011



No Time To Train-Short Lessons for School Nutrition Service Assistants  
MyPlate-Let's Talk Vegetables!

## Vegetable Subgroups Activity

Read the vegetable names in the column on the right and write the corresponding vegetable subgroup in the blank to the left.

**Dark Green Vegetables**

**Red/Orange Vegetables**

**Beans and Peas**

**Starchy Vegetables**

**Other Vegetables**

- \_\_\_\_\_ 1. Romaine lettuce
- \_\_\_\_\_ 2. Carrot slices
- \_\_\_\_\_ 3. Mesclun (assorted salad greens)
- \_\_\_\_\_ 4. White beans
- \_\_\_\_\_ 5. Green beans
- \_\_\_\_\_ 6. Yellow crookneck squash
- \_\_\_\_\_ 7. Iceberg (head) lettuce
- \_\_\_\_\_ 8. Broccoli
- \_\_\_\_\_ 9. Green peas
- \_\_\_\_\_ 10. Sweet potatoes
- \_\_\_\_\_ 11. Green lima beans
- \_\_\_\_\_ 12. Beans in tomato sauce with pork (pork & beans)
- \_\_\_\_\_ 13. Acorn squash
- \_\_\_\_\_ 14. Turnip greens
- \_\_\_\_\_ 15. Corn
- \_\_\_\_\_ 16. Brussels sprouts



## Vegetable Subgroups Activity (Answers)

Read the vegetable names in the column on the right and write the corresponding vegetable subgroup in the blank to the left.

**Dark Green Vegetables**

**Red/Orange Vegetables**

**Beans and Peas**

**Starchy Vegetables**

**Other Vegetables**

- |                              |  |
|------------------------------|--|
| <u>Dark Green Vegetables</u> | 1. Romaine lettuce                                 |
| <u>Red/Orange Vegetables</u> | 2. Carrot slices                                   |
| <u>Dark Green Vegetables</u> | 3. Mesclun (assorted salad greens)                 |
| <u>Beans and Peas</u>        | 4. White beans                                     |
| <u>Other Vegetables</u>      | 5. Green beans                                     |
| <u>Other Vegetables</u>      | 6. Yellow crookneck squash                         |
| <u>Other Vegetables</u>      | 7. Iceberg (head) lettuce                          |
| <u>Dark Green Vegetables</u> | 8. Broccoli  |
| <u>Starchy Vegetables</u>    | 9. Green peas                                      |
| <u>Red/Orange Vegetables</u> | 10. Sweet potatoes                                 |
| <u>Starchy Vegetables</u>    | 11. Green lima beans                               |
| <u>Beans and Peas</u>        | 12. Beans in tomato sauce with pork (pork & beans) |
| <u>Red/Orange Vegetables</u> | 13. Acorn squash                                   |
| <u>Dark Green Vegetables</u> | 14. Turnip greens                                  |
| <u>Starchy Vegetables</u>    | 15. Corn   |
| <u>Other Vegetables</u>      | 16. Brussels sprouts                               |

# Where's the Dairy?

There are 22 dairy foods hidden in this picture. Can you find them all?

**"Moos" You Can Use**  
 Eating 3 Every Day of Dairy is as easy as breakfast, lunch and dinner. Start your day off with a bowl of your favorite cereal with a cup of milk, munch sticks of string cheese at lunch and for a snack, have a cup of lowfat yogurt. Yum!

Be a "dairy detective"  
 Color in all the milk, cheese and yogurt you can find. Score bonus points if you know what eating three servings of these dairy foods everyday can do for you.  
 Answer: Build stronger bones and better bodies.



**Milk It!**  
 Try mixing it with milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or strawberry. Or, have mom help you mix up lowfat milk with fat free pudding and add your favorite fruits for an extra kick!

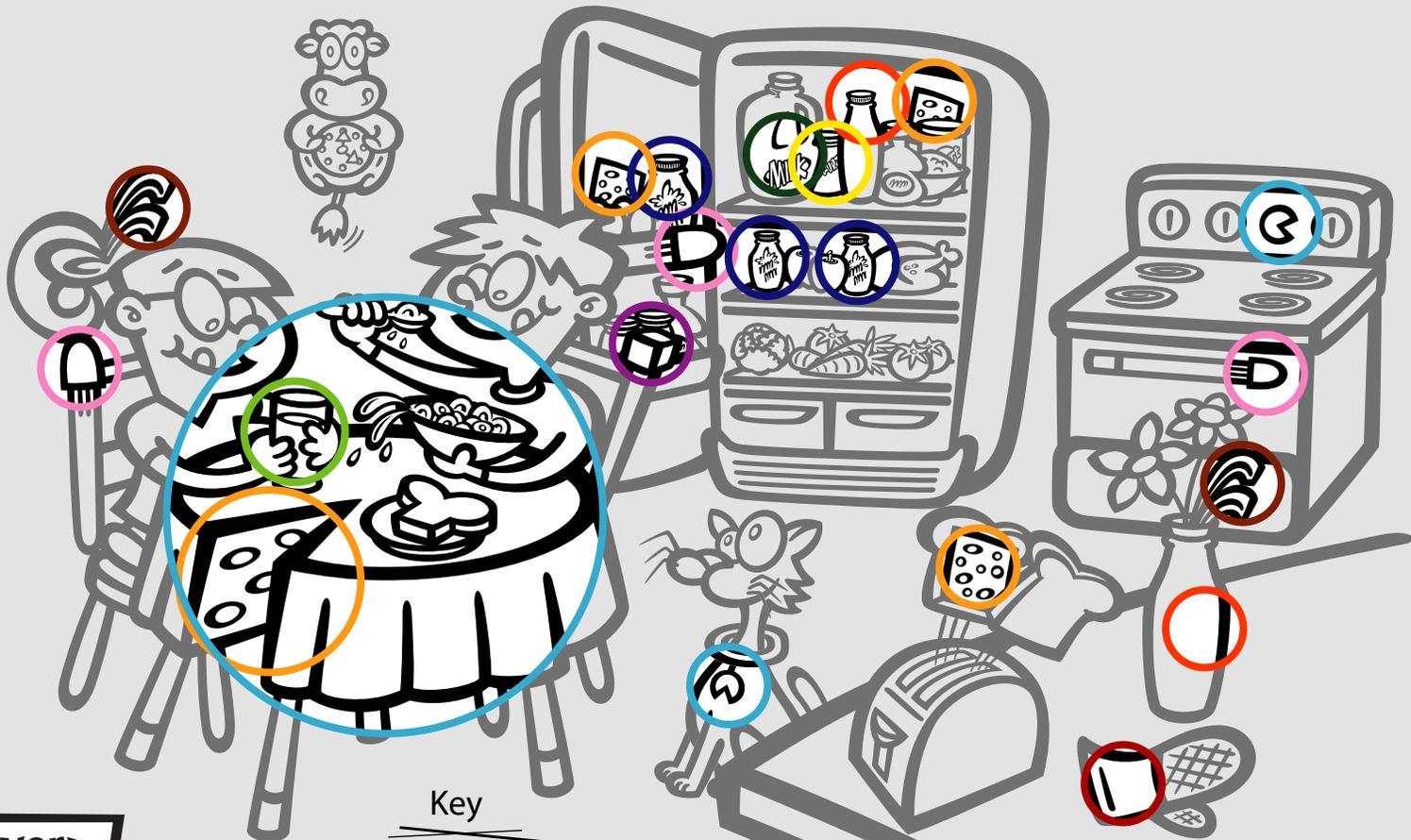


## Key

- Swiss Cheese Slice
- Frozen Yogurt Pops
- Glass of Milk
- Yogurt cups
- Milk Gallon
- American Cheese Slice
- String Cheese
- Cheese Wheels
- Cheese Cube
- Milk Bottle

**DID YOU KNOW?**  
 Being strong isn't just about having big muscles ... you gotta have strong bones, too! Two out of three kids aren't getting the calcium they need to help build stronger bones and better bodies. How many servings of lowfat milk, cheese or yogurt did you eat today?

Where's the Dairy? Answer Key



Key



- |   |   |   |
|---|---|---|
| <br>Swiss Cheese Slice | <br>Frozen Yogurt Pops | <br>Cheese Wheels         |
| <br>Glass of Milk      | <br>Milk Gallon        | <br>American Cheese Slice |
| <br>Yogurt cups        | <br>String Cheese    | <br>Milk Bottle          |
|   | <br>Cheese Cube      |   |

# WORD SCRAMBLE-WHOLE GRAINS

## Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO

--	--	--	--	--	--	--	--

10

NRBOW ICER

--	--	--	--	--	--	--	--	--	--

13

12

LEISUM

--	--	--	--	--	--	--

14

EKAWTBHCU

--	--	--	--	--	--	--	--	--	--

2

HOEWL TEWAH ABDER

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

4

11

3

8

TEAMALO

--	--	--	--	--	--	--	--

6

7

LEWOH NIAGR YABELR

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

5

9

1

--	--	--

1 2 3

--	--	--	--	--	--

4 5 6 7 8

--	--	--	--	--	--	--	--

9 10 11 12 13 14

Adapted from

Team Up At Home Team Nutrition Activity Book

Answer key: popcorn, brown rice, muesli, buckwheat whole wheat bread, oatmeal, whole grain barley



# **Your Favorite Proteins!**

Name \_\_\_\_\_

## **Which is your favorite type of meat?**

- A. Beef
- B. Pork
- C. Wild Game
- D. Lamb
- E. None Please

## **Which is your favorite type of poultry?**

- A. Chicken
- B. Duck
- C. Turkey
- D. Goose
- E. None Please

## **Which is your favorite type of fish?**

- A. Tuna
- B. Trout
- C. Shrimp
- D. Shellfish
- E. None Please

## **Which is your favorite way to eat eggs?**

- A. Poached
- B. Scrambled
- C. Fried
- D. Basted
- E. None Please

## **Which are your favorite types of beans?**

- A. Soybeans
- B. Pinto Beans
- C. Refried Beans
- D. Lentils
- E. None Please

## **Which are your favorite types of nuts?**

- A. Almonds
- B. Peanuts
- C. Sunflower Seeds
- D. Pecans
- E. None Please



# Evaluation and Reporting



## Evaluation and Reporting Information

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 and Fitness Event and this guide can also benefit from user feedback and evaluation. We encourage you to conduct a participant evaluation at your event to gauge success. Consider using questions included on the following page.

Completing an online evaluation and expenditure reporting form is a requirement of participation. Team Nutrition staff use the information reported to secure funding for future grant opportunities, feature grantee events and track compliance among grantees.

Send success stories and pictures to Kansas Team Nutrition at [jladd@ksde.org](mailto:jladd@ksde.org) and/or [ebrinkman@ksde.org](mailto:ebrinkman@ksde.org). Please double check that any students who are featured in the photos have photo release forms on file with your center or school.

### GRANTEE EVALUATION AND REPORTING REQUIREMENTS

Complete the online evaluation at:

<https://www.surveymonkey.com/s/DQ6LQSQ>

Grantees will be asked to report on the following:

**Event Information including:**

- Name/Theme of Event
- Activities featured at your event
- Target Audience
- Approximate number of participants at event
- Advice to other grantees planning a similar event

**Evaluation of Program**

**Materials:**

- Suggestions for improving event planning guide

**Sub-Grant Fund Expenditures**

Report approximate amount spent and provide a brief description of items purchased in the following categories

- Food
- Other Supplies
- Event Promotion
- Printing
- Incentives (no more than \$12 of sub-grant funds may be spent on incentives)
- Other



**Participant Evaluations:**

Keep the participant evaluation simple and short in order to maximize the number of attendees who complete the evaluation. Also, be sure to announce to the group that evaluations are available. Consider ending with an open-ended question where attendees can share their experience with the event!

**Sample participant evaluation questions:**

- Was the event fun and enjoyable?
- Were the activities easy to understand?
- Name one thing you learned at the event?
- What activities will you try at home?
- What was your favorite nutrition activity?
- What was your favorite physical activity?
- What was your least favorite activity?
- Would you attend another, similar event in the future?
- What would you like to see at future events
- What day of the would work best for future events?
- What time of day would work best for future events?
- Number of people who attended from your family?

**Evaluate Event Success with Planning**

**Committee and Volunteers:**

Sit down with the planning committee and event volunteers soon after your event to conduct an “event download” and discuss successes and challenges of your event. Be sure to cover every aspect of the event and set a positive tone where candid feedback is appreciated. This is a great time to fill out the online evaluation so that the group can provide input and the event is fresh on everyone's mind.

Possible Topics to discuss:

- Preparation planning
- Timeline for communications, invitations, etc.
- Activities
- Event set-up
- General event flow and timing
- Opportunities for improvements
- Successes and challenges at the event
- Ideas for future events



