

Nutrition Ed Tool Box Challenge

Healthy Kids Challenge® thanks the following individuals for participating in the Nutrition Ed Tool Box Challenge. We applaud you for the work you are doing to make a healthy difference for kids!

We also recognize that any time is a busy time for educators and thank you for taking the time to share your creative ideas with others. We encourage you to continue to be an inspiration to your peers.

Vicki Phillips, Avon Upper Scioto Valley Schools, OSU SNAP-Ed, Kindergarten

Angie McCluskey, Northside ISD – Mireles Elementary School, Kindergarten – 2nd

Brianna Liles, Generation FIT, Elementary and Middle School Levels

Linda Jackey, Fit Kidz, Grades K-5

Renee, Home School, Grades 3-7

Kathy Dean, Summit School of Ahwatukee, Grades K-8

Laura Roth, Wellston Middle School, Grades 6-8

Bonnie Goehring, Heaton Middle School, Grades 6-8

Susannah Levine, Wichita Southeast High School

Shannon FitzGerald, Avon Lake City Schools, Grades K-12

Lisa Robinson Michigan Technical Academy, 4th Grade

(Note: Healthy Kids Challenge does not endorse, guarantee, warrant, or recommend any other entity, information, product or service discussed on the within this document. The activities have been reviewed and when appropriate, slightly modified to reflect evidence-based information and best practices. Editorial notes have been added to clarify or support content.)

"No Breakfast Bad Guys"

Grades K-2

Move and Learn Activity

Objectives: Teach the benefits of eating breakfast

Supplies: HKC Balance My Day™ nutrition curriculum lesson, *Why Breakfast?* and picture food cards

Description:

I reinforced the benefits of eating breakfast by playing a tag game I call "No Breakfast Bad Guys."

"It" wears a sign with the word BREAKFAST with the NO sign printed over it.

If "It" tags you, you have to take a nap because you don't have any energy from not eating breakfast.

One of your classmates has to bring you nutritious food (I used pictures from the Balance My Day Teacher Guide) to eat for breakfast. Then you may run again.

No one is ever OUT and it not only encourages children by exposing them to options for healthy choices, but it also reinforces that they will run out of energy through the day without breakfast. It is good to see the children helping each other and the cooperation so that no one "naps" for very long.

Vicki Phillips, Avon Upper Scioto Valley Schools, OSU SNAP-Ed, Kindergarten

Healthy Kids Challenge® Editor's Notes

Eating breakfast is also linked to better grades and academic performance, improved nutrition, healthier weight, and better memory. It is recommended that a healthy breakfast includes at least three of the five MyPlate food groups. The activity is a great example of how to link learning with physical activity.



Do You Want to Build a Snowman?

2nd Grade

Move and Learn Activity



Objectives: Importance of a healthy breakfast; Olaf Breakfast vs. Marshmallow Breakfast, Locomotor skills, Manipulative with movement and Teamwork

Supplies: Chinese Ribbons, Yellow and Blue Jerseys, Blue Noodles, Cones and Bean Bags

Description:

- Introduce the characters from Frozen (most students will already be familiar with them) and talk about their character traits. Elsa – magical sister, Anna – dynamic sister, Kristoff – outdoorsman. Olaf – friendly happy snowman made from Elsa's magic, Marshmallow – a grouchy giant ice snowman made from Elsa' magic
- Point out that Elsa's magic is "Energy" that made Olaf and Marshmallow come to life. And then ask what is our "energy"? Food!
- Draw a T-chart and have pictures of breakfast choices good and not so good such as: Scrambled Eggs, Orange juice, yogurt; doughnuts, Fruit Loops cereal, Pop Tarts
- On one side of the T-chart have a picture of Olaf (happy snowman) on the other side have a picture of Marshmallow (grouchy snowman). Use the pictures and ask students who they think made a healthy choice for breakfast and place pictures with the appropriate side. Obviously, Olaf made the healthy choice that's why he feels good and is happy to start his day while the Marshmallow is grouchy and not feeling as well.
- Then ask the students – "Would you like to Build a Snowman?"

Set Up:

- Cones – outline the Castle; use the Volleyball boundary lines if you have them if not create a rectangle (the castle will separate the players and the beanbags)
- Beanbags – place in buckets on the opposite side of the players
- Players – in groups of three or four one the opposite side of the bean bags
- Music – "Do you want to Build a Snowman?" or "Let it Go" from the Frozen soundtrack

Players Needed:

- Three or four Marshmallows – Taggers wearing blue jerseys with blue noodles
- Three or four Elsas – Free the student who have been tagged and are wearing yellow jerseys with a Chinese Ribbon (magic wand)
- Annas (girls) & Kristoffs (boys) – Players in lines of three or four on one side of the gym – use the outside of the basketball court

Rules:

- Marshmallow Taggers & Elsas must stay inside the castle boundaries
- Annas & Kristoffs may only grab one bean bag at a time
- All players must move in a speed that they are able to avoid accidents

Game:

When the music starts one Anna/Kristoff from each team will try to run through the castle to get to the snowballs (beanbags) on the other side.

If they make it, they grab one snowball (beanbag), and try to run through the castle again to get back to their team. The Anna/Kristoffs will stack their beanbags like a snowman.

If an Anna/Kristoff gets tagged by a noodle from the Marshmallow, then they must freeze and stand like an icicle with their hands and arms above their heads.

Elsas with their magic wands are looking for frozen icicles. When they do they twirl their Ribbons around the frozen icicle to magically free the Annas/Kristoffs.

If the Annas/Kirstoffs have a beanbag when they get frozen they get to keep them. The next Anna/Kristoff in line goes after they are high fived and they are trying to do the same.

After the song is over – change out your Marshmallows and Elsas with other teams and return beanbags to play another round.

Closing:

Ask the kids – "What is the most important meal of the day?"

Challenge the kids to eat an Olaf Breakfast!!

Angie McCluskey, Northside ISD – Mireles Elementary School, Kindergarten – 2nd

Healthy Kids Challenge® Editor's Notes

This is a great example of what we call ed-u-tain-ment...a fun, active, and entertaining way to send a healthy message!



Eating breakfast is also linked to better grades and academic performance, improved nutrition, healthier weight, and better memory. It is recommended that a healthy breakfast includes at least three of the five MyPlate food groups. The activity is also a good example of how to link learning with physical activity.

Healthy Recipe Contest **Grades 3-5** ***Nutrition and Cooking Skills***

Objectives: Reduce obesity rate [in Marion County] and educate students on healthy recipes

Supplies: Education handouts and food supplies

Description:

Generation FIT holds a healthy recipe contest for 3rd, 4th and 5th grade students in our county.

We go into the schools and do a presentation with a local chef to encourage kids to come up with easy, tasty, yet healthy recipes that would appeal to their peers. Examples include: Pancake Surprise, Sweet Fennel and Basil Chicken Meatballs, Heart Soup, Big Kahuna Chili, Healthy Chocolate Cupcakes, Skinny Turkey Tacos and the Kyle Omelet.

Four contest winners are chosen – one each from 3rd, 4th and 5th grade and the cover artist – and are honored at the Marion County School Board meeting where they also receive \$100 gift cards for their efforts.

Executive Chef Randal White helped select the winning recipes and visited various schools to announce the winners: a third-grader at East Marion for her Cinnamon Taco with Fruit Salsa; a fourth-grader at Ocala Springs for her Green Family Pasta, fifth-grader at Belleview-Santos for her Mango Baked Chicken and a fifth-grader at Dunnellon for her cover artwork.

Recently, White and others gathered in a fifth-grade classroom to honor one of the winners. The chef also brought ingredients to prepare a minty fresh fruit smoothie. “Part of the program is to eat right, eat fresh,” he said. The winner took it all in stride. “It means a lot,” she said. The principal at Dunnellon Elementary was also beaming. “We’re definitely proud of our winner.”

Brianna Liles, Generation FIT, Elementary and Middle School Levels



Healthy Kids Challenge® Editor’s Notes:

Healthy recipe contests are a great way to “do” while learning. We call these activities “Taste and Learn.” Chefs’ provide that extra special “attention getting” touch and are wonderful mentors!

Nutrition Head Bands Game

Grades K-5

MyPlate Food Groups

Objectives: Identify foods that belong in each of the five food groups

Supplies: HKC Food Cards

Description:

- Have a volunteer (or a team of 3-4 volunteers) stand in front of the class and teacher (back to teacher).
- Hold up a Healthy Kids Challenge Food Card so the volunteer can't see it, but the rest of the class can. (I used only the protein cards because our lesson was on protein.)
- The object of the game is for the volunteer to figure out what food it is based on clues given from the class.
- The volunteer calls on classmates to give clues until he/she can guess the answer.
- Clues may include: At what meal it is usually eaten, healthy or not so healthy choice, eaten hot or cold.
- I did not allow: spelling clues or sounds.

Linda Jackey, Fit Kidz, Grades K-5



Healthy Kids Challenge® Editor's Notes:

Adapting a popular game or games shows for nutrition education captures kids' attention. It is a great way to begin identifying MyPlate food groups which can lead to other discussions, such as meal planning. If kids feel self-conscious being in front of their peers, it is an activity easily adapted for a group of three or four to work as a team to answer the question!

Garden Lessons...Healthy Lasagna Recipe

Grades 3-7

Farm to Fork and Cooking Skills

Objectives: Grow – Harvest – Develop Cooking Skills...Making a Healthy Lasagna

Supplies: Homegrown, organic vegetables, unrefined whole grain pasta, low fat cheese, antibiotic-free lean meats (cooked ground chicken and turkey), bowls, spoons, pots, pans, skillet, knives, stove/oven, measuring utensils, pot holders, blender

Description:

Children planted, tended and harvested a garden this summer. The harvested garden herbs and vegetables were used in the preparation of a healthy lasagna recipe parsley, oregano, garlic, and bay leaf zucchini, squash, broccoli, carrots, sweet potatoes, tomatoes, and green red and yellow peppers.

Children practiced cooking skills by cleaning, cutting, cooking and blending zucchini, squash, broccoli, carrots, sweet potatoes, and green red and yellow peppers to use as ingredients in the sauce. They also had experience cooking and peeling the fresh tomatoes.

They also had hands on experience in the proper way to cooking pasta and all the steps needed to put together the dish.

Renee, Home School, Grades 3-7



Healthy Kids Challenge® Editor's Notes:

This great activity has so many great learning opportunities that we can't help but point out. In addition to the "farm to fork lessons" which helps children understand and take a greater interest in healthy foods, the activity can incorporate discussions on:

- The importance of variety...a variety of veggies of different colors brings a variety of nutrients as well as great taste
- How substitutions of lower fat foods in recipes can still result in a tasty product
- Food safety and food preparation safety
- Math (measuring ingredients)
- Reading and listening skills (following directions)

Colors Game

Grades K-8

Move and Learn Activity

Objectives: Identify a variety of colorful fruits and vegetables

Supplies: Colored spots or colored construction paper

Description:

1. Have students pick a colored spot or colored paper.
2. Create a circle with the students standing on their colored spot/paper.
3. Teacher calls out a vegetable or fruit.
4. The student(s) standing on the color of that fruit/vegetable with step out of the circle, run around the circle one time, return to their colored spot, and stand frozen.
5. The student who makes it back to their colored spot after one full run/skip/gallop around the circle and freezes first, scores a point. (Younger students don't usually keep track of their points but it's a fun way to get them motivated!)
6. Continue the game until every student has had at least two turns.

Color-Fruit-Veggie Examples:

Strawberries = colored spot would be red

Grapes = colored spot could be blue, green or red

Brussel sprouts = green



Variation using MyPlate food groups

After all the students have had at least one turn, change the game up a little by making food combinations! For example:

Spaghetti = red for tomato sauce, white/brown/yellow for pasta

Hamburger with lettuce, tomatoes, pickles, cheese and a bun =

orange for grains group and hamburger bun;

purple for hamburger/meat group;

green for veggies (lettuce, tomatoes, pickles (cucumbers));

blue for dairy/cheese

Kathy Dean, Summit School of Ahwatukee

Healthy Kids Challenge® Editor's Notes:

MyPlate and the food group colors make a great learning visual!

Clean out the Fridge!

Grades 6-8

Move and Learn Activity

Objectives: To get students moving and taking higher fat and added sugar foods out of the fridge and replacing with a variety of MyPlate foods.

Supplies: 96 Bean Bags of six different colors: green, blue, yellow, red, orange, purple

Description: "Clean out the Fridge"

Divide the class into four groups and place them in a single file line at the corners of volleyball court.

Identify what color bean bags are "foods higher in fat and added sugar" purple, blue, red and the "healthy foods" green, yellow and orange.

I usually go for five minutes of them taking and getting the bean bags, four of each color bean bags, to the corner. Only one runner and one bean bag goes at a time.

The runner must drop the not so healthy food bean bag and pick up a healthy one and take back to their pile and drop before tagging next person in line before they can pick up a not so healthy food.

The next runner may not go to the same corner as the runner before them, they must be all the way back to their pile when time is out or the bean bags go back.

The students then count how many "healthy" foods they have and the team with the most wins. They will then redistribute the bean bags while other students do a movement (examples: 10 burpees, 10 jumping jacks). Then we go again and I will sometimes change the colors of the different foods to keep them on their toes.

Bonnie Goehringer, Heaton Middle School, Grades 6-8

Healthy Kids Challenge® Editor's Notes:

The activity is another great example of linking physical movement with nutrition education. It provides a great lead in to a discussion about, identifying foods higher in fat and added sugar and achieving "healthy balance" with physical activity and by choosing higher fat and added sugar foods less often and in smaller amounts. It also provides an opportunity for greater exploration of foods within MyPlate food groups.



Recipe Mondays and Exercise Thursdays

Grades 9-12

Nutrition, Fitness, and Cooking Skills

Objectives: Students will compile healthy recipes and exercise routines

Supplies: Construction paper, index cards, exercise sequence charts

Description: Each week in our Nutrition and Wellness classes, we make a recipe together on Mondays. The recipes must be: five minutes, inexpensive, and healthy. Students record the recipe on an index card, do a taste test, and then write a review of the recipe. On Thursdays, we do a five minute exercise routine targeting one area of the body. Students record the routine, including stick figure drawings. Students then made construction paper "book covers." We are keeping all the recipes and exercise routines together in these books. At the end of the semester, students will turn in this Wellness Notebook as a final project for the class.

Sample recipe from one week:

Breakfast Cookies

1/2 c. creamy peanut butter

2 t. honey

1/2 c. rice krispies

3/4 c. dry oatmeal

1 t. vanilla

pinch of salt

Optional add-ins: dried fruit, nuts, chocolate chips

1. Combine all ingredients in a bowl and stir until combined.
2. Form the mixture into balls and flatten slightly on waxed paper.
3. Enjoy immediately or refrigerate to store after making.

Susannah Levine, Wichita Southeast High School

Healthy Kids Challenge® Editor's Notes:

This activity is a great way to connect the two needs for healthy balance...physical activity and healthy choices. Everyone always seems to be in a time crunch which makes the five minute, inexpensive recipes very realistic. The journal/notebook strategy is very supporting of students setting realistic goals.



Food Groups are Rocking

Grades 6-8

Move and Learn – MyPlate Food Groups

Objectives: Analyze “Choose MyPlate” and allow students to show their knowledge while incorporating movement.

Supplies: Materials to make a MyPlate image on the floor, hula hoops for groups of 4-6 kids, Food Cards

Description:

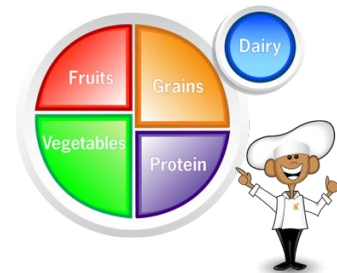
Set-up: Lay out the Choose My Plate on the floor. Lay out various food cards for each food group.

Gather 4-6 students to stand around the "Plate." Play a song and let students walk around the plate.

When music stops have students pick up one of the food cards and put it in the correct group on the "Plate." I use the following video, "Food Groups are Rockin' Tonight" <https://www.youtube.com/watch?v=GaLvxVnn8Yg> and play it on my SMART Board.

I play music several times, reversing the direction the students move so they don't become dizzy. Checking each time to be sure students are putting the pictures in the correct groups.

Laura Roth, Wellston Middle School, Grades 6-8



Healthy Kids Challenge® Editor's Notes:

Besides increasing minutes of motion in the day, there are studies that support the connection between physical movement and learning. Healthy Kids Challenge advocates for C.A.N. – connecting **activity** and (learning) **nutrition**. MyPlate is a great visual tool for many nutrition activities.

Healthy Messaging

Grades K-12

Messaging

Objectives: Offer nutrition education to students/parents, promote school meals and celebrate healthy happenings in schools.

Supplies used: Technology – www.fitkidtext.com

(Please note: While we appreciate innovative approaches, Healthy Kids Challenge® does not endorse, guarantee, warrant, or recommend this or any other entity, information, product or service identified within this document.)

Description:

I used technology to develop FIT KID TEXT in order to 1. Promote school meals, 2. Offer nutrition education (wellness policy requirement), and 3. Communicate healthy happenings.

Parents of (K-6) students and parents of (7-12) were invited to join my fit kid text messages. They receive 1-2 messages from me each week. It has been a powerful tool to accomplish the 3 goals outlined. FIT KID TEXT was wildly received.

Shannon FitzGerald, Registered Dietitian, Avon Lake City Schools, Grades K-12



Healthy Kids Challenge® Editor's Notes:

While we can not endorse this or any other product or service, we do advocate for messaging and campaigns that use evidence-based information. For any nutrition activity, we encourage the use of well-recognized, credible information resources such as MyPlate and those of USDA such as Team Nutrition.

Healthy Eating
Grade 4
Nutrition Activity

Objectives: Students will be able to identify high fat and/or added sugar foods for which to choose in smaller amounts and less often.

Supplies: Internet research, healthy foods

Description: We will begin our project December 8, 2015

Lisa Robinson, Michigan Technical Academy 4th Grade



Healthy Kids Challenge® Editor's Notes:

The planning for this activity was in process at the time of submission. Healthy Kids Challenge® activities that include those that do teach kids about identifying credible sources for nutrition education. The FDA URL <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/BuyingMedicinesOvertheInternet/ucm202863.htm> resources has tips for **Evaluating Internet Health Information** that are applicable for assessing different kinds of health information. At a 4th grade level, we recommend accessing trusted, known websites. For this activity, we recommended MyPlate (choosemyplate.gov).

For any activity we advocate for replacing discussions about “good or bad” foods with healthy balance and that is easier to achieve healthy balance by choosing high fat and high sugar foods in smaller amounts and less often.