



Healthy Kids Challenge!



School Activity Kit ...Making a Difference Today for Tomorrow

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This Kit is filled with fun ideas that create opportunities for healthy eating and physical activity choices. Please feel free to modify them to meet your needs! We also hope you will use them as a springboard to develop many more of your own!

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Student Advisory Group Activities

What's a S.A.G. to do?

Consider the following:

- Conduct surveys
- Serve foods
- Develop and present displays
- Create bulletin boards
- Coordinate a cookbook
- Provide PTA programming
- Conduct a food drive



S.A.G. Night at the PTA

Multiple link opportunities!

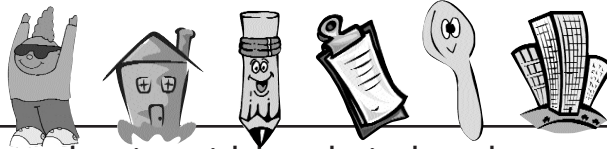
Have the group set up a display to demonstrate sugar consumption in soft drinks.

- In 2004, Americans consumed over 53 gallons of soft drinks per person
- Teen boys averaged 114 cups of sugar per year from soft drinks

Resources: National Beverage Corporation
Liquid Candy: CSPI www.cspinet.org/liquidcandy



Food Drive Possibilities



Grain:	Infant cereal, pasta, pancake mix, quick bread mix, boxed macaroni & cheese, crackers, ready-to-eat cereal
Vegetable:	Canned vegetables, tomato sauce & paste, instant mashed potatoes, baby food, vegetable soup, spaghetti sauce
Fruit:	Canned fruit, 100% fruit juices, baby food fruit
Meat:	Peanut butter, dried or canned beans and peas, bean soup, chili, tuna, and chicken
Milk:	Dried milk, infant formula, canned and boxed pudding
Oils:	Vegetable oil, light salad dressing
Sweets:	Sugar, jelly

A S.A.G. Food Drive

Learning and community service...
an impressive combination!

This activity gives students an opportunity to develop leadership skills, learn more about the community, and identify issues associated with nutrition and healthy eating. They will participate in planning, promoting, recruiting, and coordinating a charitable event.

- ♥ If your community has a shelter or food bank, invite someone to talk with your SAG about nutrition and healthy eating issues. Or, if your county extension office has an Expanded Food and Nutrition Education Program, invite one of their speakers.
- ♥ Join a similar community effort, or collect and distribute your own foods.
- ♥ Have students identify non-perishable foods within each MyPyramid Group. Ideas are found in the box below.
- ♥ Identify food collection sites and a plan for assembly of food bags.
- ♥ Identify food distribution sites and send flyers to schools and throughout the community.
- ♥ Set up healthy eating displays, invite professionals to answer nutrition questions, and distribute foods! Invite the media.
- ♥ Ask students to write a paper about their experience and with the local newspaper about publishing them.



school meal links



School Meals Rule!

Hold a "Cafeteria Gold Medal Week!"

One day each week belongs to a specified grade level!

On "their designated day" that grade level will be dismissed from class 15 minutes early before lunch to allow time for the event. (Hold the event every Friday and call it "Gold Medal Friday" if a daily event is not feasible.)

Have each class "compete" in very short events. For example:

- Toss the apple event:
Use soft balls to represent apples and have kids toss them in a basket. The class with the greatest number of "apples" in the basket wins the event.
- A nutrition knowledge event:
 1. Choose a nutrition question.
 2. Have teachers quiz the class earlier in the week about the nutrition question (or have the principal quiz the whole school over the intercom)!
 3. Place a large poster with the nutrition question in the cafeteria, formatted with (a), (b), or (c) answers.
 4. Have students "vote" for the correct answer by choosing one of three pieces of paper: (a), (b), or (c) and depositing it in a "class" box or jar (decorated with healthy foods). Tally the number of correct answers for the class.
- Recognize all efforts and classes!

Gold Medal Questions!

Which of the following foods belongs in the Meat and Bean Group on MyPyramid?

- (a) Macaroni
- (b) Zucchini
- (c) Black Beans

Which of the following snack foods is highest in fat?

- (a) Apple
- (b) Pretzels
- (c) Cheese Curls



Gold Medal Menu

- Main Event
- Baton Sticks (potato fingers)
- Bean Poles
- Jumping Biscuits
- Raspberry Relay
- Discus Drink



KidLinks

Hold "Gold Medal Days" for other KidLinks!

- ♥ A home KidLink team, perhaps formed through the PTA
- ♥ Media team
- ♥ Teacher team
- ♥ School meal team
- ♥ Support staff team
- ♥ "Business"
- ♥ Hospital/healthcare teams

Partner with the local hospital or extension agent to develop the "Gold Medal" questions!

