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★ Food Museum Adventures! ★

Healthy learning made fun! You C.A.N. do it!
C.A.N.
Connect Activity and Nutrition

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**For Classroom Teachers
Health Education Standards**

Kids demonstrate the ability to use goal-setting and decision-making skills to enhance health

Kids will demonstrate the ability to advocate for personal, family and community health



Getting ready for the adventure!

Build the excitement!

The following activities help give kids a "me" focus before they go to the Museum!

SPROUTS

Activity 1: Finding Calcium

Fill in the blanks to find high calcium foods!

1. Ask kids to fill in the blank to discover foods high in calcium: _ _ l k, c _ e _ s _ , y _ _ u _ t, c _ t _ a _ e c h _ e _ e , calcium fortified _ r a _ g _ j u _ c _ _ , b _ o c _ o l _
2. Ask kids to identify the food group where each item is found.

ALL AGES!

Activity 2: Calcium Makes Strong Bones

Calcium provides the structure that makes bones strong! Our bodies only build bone structure as we are growing. Imagine the difference structure can make!

Materials: One 6-oz paper cup (to represent the outside shell of a bone), paper cut in thin strips (paper shredded in a paper shredder works well) to represent calcium networks within the bone.

1. Lightly fill the paper cup with thin strips of paper. Discuss how much weight the cup can bear with this "light structure".
2. Now fill the paper cup so that it is packed solid with paper strips. With the added structure, is there an increase in how much weight the cup can bear?
3. Place weights on the "bone" to test its strength at different levels of structure.

*Adaped from the PowerPoint Boning UP on Osteoporosis, Midwest Dairy
<http://www.midwestdairy.com/>

Good calcium intake and activities that make your bones hold up your weight (like walking and push-ups) help keep bones strong!

ALL AGES!

Activity 3: Healthy Milk Tastes

Milk and fat...a matter of taste

Materials: Board or flip chart to develop pie graph, skim, 2%, whole milk for tasting

1. Ask: How many different kinds of milk have you tried, i.e., skim, 1/2%, 1%, 2%, or whole?
2. Ask: What kind of milk is your favorite?
3. Take an informal survey with a show of hands and develop a pie graph for the % preference for each kind of milk (include a "no milk" option if necessary, to total 100%).
4. Label 2-3 oz. cups using the following code: A (whole milk), B (skim milk), C (2%) milk and pour milk for each person to taste.
5. Have everyone taste sips of skim, 2%, and whole milk. (Check for milk allergies first.)
6. Ask kids to decide which milk they like best after tasting. Group cups according to preferences on a table, determine % preference for each kind of milk, and compare with the first preference survey. Were there any surprises?
7. Discuss how all milk has calcium, protein and other nutrients your body needs, but fat content is different for each.
8. Explain the group will use Activity Sheet "A" to compare fat content of different kinds of dairy foods at the Museum.
9. Discuss healthy reasons for drinking lower fat milk (less fat for heart healthy advantages and fewer calories).