

Food & Fun After School

~ 2nd Edition ~

A nutrition and physical activity curriculum designed to help children develop healthy habits during out-of-school time.

Unit 11: *Food and Fun Finale!*

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This document was created by the Harvard Prevention Research Center on Nutrition and Physical Activity for educational use in afterschool programs for children from kindergarten through fifth grade.

About Food & Fun After School

2nd Edition

The goal of **Food & Fun** is to assist program staff in providing healthier environments to children during out-of-school time. The curriculum is designed to incorporate lessons and activities about healthy eating and physical activity into regular afterschool program schedules. **Food & Fun** includes 11 teaching units that encourage healthy behaviors through active play, literacy and math skills development, creative learning, and hands-on snack time activities. With over 70 activities to choose from and a user-friendly layout for each lesson, Food & Fun makes it simple to promote healthy eating and physical activity in your program every day!

Teaching about healthy behavior is most effective when the program environment is consistent with the **Food & Fun** messages on healthy eating and physical activity. Programs are encouraged to work towards achieving the Environmental Standards for Nutrition and Physical Activity.

Environmental Standards for Nutrition and Physical Activity in Out-of-school Time Programs

- ★ Do not serve sugar-sweetened beverages.
- ★ Serve water every day.
- ★ Serve a fruit and/or vegetable every day.
- ★ Do not serve foods with trans fat.
- ★ When serving grains (like bread, crackers and cereals), serve whole grains.
- ★ Eliminate broadcast and cable TV or movies. Limit computer time to less than 1 hour each day.
- ★ Provide all children with at least 30 minutes of moderate physical activity every day. Offer 20 minutes of vigorous activity at least 3 days per week.

Food & Fun materials were created by the Harvard Prevention Research Center on Nutrition and Physical Activity in partnership with the YMCA of the USA's Activate America initiative to help individuals and families lead healthier lives. In addition to afterschool programs, these materials are appropriate for use in a wide variety of out-of-school time programs, like summer camps, sports programs, extended day programs, and before school programs.

For more information on the Environmental Standards, see the **Harvard Prevention Research Center's Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs**. All **Food & Fun** materials, including parent engagement tools, tip sheets on implementing the Environmental Standards, snack recipes, and assessment tools can be downloaded at no cost from the Harvard Prevention Research Center website: www.hsph.harvard.edu/prc/ymca/resources.html.

Unit 11 Information for Leaders

Behavior Goal

Children will review health messages from the Food & Fun lessons that have been taught at afterschool

Key Messages for Kids

- Fruits, vegetables, and whole grains taste great and are good for you.
- Being active is fun and good for your body!
- Water is the best drink when you are thirsty.
- Do something active instead of watching TV.
- Fats from fish, nuts, and seeds are healthy for your body.

Key Information for Program Staff

This unit, “Food & Fun Finale!” is an opportunity for you to review the key messages from Food & Fun, play a popular game or activity from a previous unit, and make your favorite recipes again! Try this out half way through Food & Fun, or when you have finished all of the units.

If you need a refresher of the key messages, re-read the “Key Information for Program Staff” in each unit. If you notice that there are some key messages in this Unit that you have not yet covered, consider teaching these units next. It is important for kids to understand all parts of a healthy lifestyle—staying physically active, eating healthy foods, drinking healthy beverages, and limiting time in front of the TV and computer. Don’t forget to check out some of the suggested references in each of the units if you want to delve deeper in to a unit that kids really love!

Activity Options for Children



Active Games

1. Warm Up & Cool Down – do this whenever the children are active
2. Mix and Mash- an adaptation of Twister using food groups on the spinner



Other Group Games or Activities (can be used in circle time or small groups)

1. Name Three! A fun way to review lessons learned from all the units
2. Act Up! Children will create a Food & Fun skit.
3. Healthy Steps – A goal setting activity for kids and staff.



Snack Time

1. Make your favorite recipes from Food & Fun!
2. Taste test themes- Repeat favorite taste tests from Food & Fun- mix it up by adding new taste test samples and include parents in the fun!

You can find the recipes in the Food & Fun 2nd Edition Recipe Packet, available at our website www.hsph.harvard.edu/prc/ymca/resources.html.

Connect with Parents!

Key Messages for Parents

- You are an important role model for your children so it is important for you to eat healthy and be physically active.
- Serve a fruit or vegetable with every meal and snack, even if your child doesn't always eat them.
- Whole grain breads and cereals help you feel full longer, and are packed with fiber and other nutrients.
- Water and low fat milk are the best beverages to offer during snack and meal times.
- Limit the amount of time your children watch TV and play on the computer, and be prepared to offer other fun activities.
- Include "good for you" fats found in fish and plant sources like vegetable oils (such as olive and canola), nuts, and seeds.

Parent Engagement Options

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that you can engage parents at afterschool:

- Have a conversation with parents at pick up
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents in daily physical activities and snack time
- Hold regularly scheduled events each month
- **Repeat or try out new parent engagement activities from Food & Fun!** Talk to parents and kids about their favorite activity involving parents and do it again! Or, take this opportunity to review parent engagement activities from previous units and try one out that you didn't have a chance to do before.

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages from Food & Fun. Try re-distributing some articles from previous units. If you didn't get a chance to send out an article to parents before, now is a good opportunity! Remember the different communication options:

1. Newsletter Article: Insert this into your program newsletter.
2. Email message: "Healthy Habits Power Tips". Email this message to parents.
3. Parent Handouts: Send this handout home in a mailing, insert it into your next newsletter, or have copies available for pick up at your program's sign-out area.

All Parent Communications and Parent Handouts are also available on the Harvard Prevention Research Center website www.hsph.harvard.edu/prc/ymca/resources.html.

Resources



Harvard School of Public Health publishes an online nutrition news and resource center:
www.hsph.harvard.edu/nutritionsource

The Prevention Research Center at Harvard School of Public Health works with community partners to design, implement and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard Prevention Research Center offers additional materials and resources on nutrition and physical activity:

<http://www.hsph.harvard.edu/prc/>

Let's Move is First Lady Michelle Obama's initiative to provide parents with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.

<http://www.letsmove.gov/index.html>

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

<http://www.healthiergeneration.org>

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

<http://www.actionforhealthykids.org/>

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics.

<http://www.kidshealth.org>

Also available in Spanish:

http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Web Sites for Children:

The BAM! (Body and Mind) program provides tweens with tips on nutrition and physical activity. Children can explore the over 30 physical activities, including the necessary gear and how to play. They can also find great ideas for healthy snacks and meals.

<http://www.bam.gov>

KidsHealth also has a website especially for kids in English and Spanish.

http://kidshealth.org/kid/index.jsp?tracking=K_Home

http://kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

Warm Up, Cool Down



Information for Leaders

It is important for children (and adults!) to warm up their muscles and get the blood flowing before engaging in more vigorous/heart pumping activities. It is also important to allow the body to slow down instead of abruptly stopping an activity. Below are some ideas to help children ease into and out of the physical games.

Warm Ups:

- Walk around the gym or field, or up and down corridors if using modified space for activity. Begin at a slow pace, then increase the speed of each lap, but do not run.
- Play a short movement game such as “Red Light, Green Light” (children move across room when you say, “Green Light”, and stop when you call out, “Red Light!” Alter movement instructions with each start, e.g.: tip toe, hop or gallop.)
- Play “Simon Says” and incorporate stretching moves (such as “reach to the sky” or “touch your toes”) along with warming moves (such as “march in place” or “hop on one foot”)
- Perform simple stretches sitting on the floor. Remind children not to bounce or pull. For younger children, offer visual cues like, “reach forward and hug the beach ball”, or “paint a rainbow with your right hand...now paint one with your left”.

Cool Downs:

- Race across the gym or field with progressively slower movements: run then gallop then skip then walk then tip toe, etc.
- Repeat simple stretching activities.
- Introduce deep breathing or simple yoga moves as a way to cool down and relax (remind children that these can be used any time!).
 - Slowly (to the count of five) breathe in while bringing your hands together and rising over the head. Then slowly breathe out with a loud “whoosh” while bringing your arms down to the side.
 - “Cat” pose: create a table, supporting the body with the hands and knees. Breathe in and arch back so that the belly moves to the floor and the shoulders move back to look up. Breathe out to reverse the curve of the back like a cat stretching its back.

Mix and Mash



An adaptation of Twister®

Objective:

Children will review different foods covered in Food & Fun

Materials and Preparation:

- Make *Twister*® mats by cutting out paper circles and taping them to the floor in four equal rows of six. Each row should be a different color, which correspond to different food groups: red (whole grains), yellow (healthy fat), blue (fruits), and green (vegetables).
- Use spinner from the *Twister*® game or make your own by attaching a spinner to a square board. The spinner is divided into four labeled sections: right foot, left foot, right hand, and left hand. Each of those four sections is then divided into the four food/activity colors (red, yellow, blue, and green).

Note: If you are unfamiliar with the game of *Twister*® see:
<http://boardgames.about.com/od/gamehistories/p/twister.htm>

How to Play:

1. Divide the group into teams of 5 players. You should have one “mat” per group.
2. Each team member will take turns as the spinner. Depending on the color that is spun, the spinner must give an example of a food in that food group, and then call out the combination (for example: right hand, apples). The players must move their matching hand or foot to a dot of the correct color (for this example, blue).

Name Three!



Objective:

Children will review all of the things that they learned from Food & Fun activities

Materials:

- A round object such as an orange or tennis ball

How to Play:

1. Players form a circle sitting on the floor or ground. Select one player to be “it”.
2. The person who is “it” goes into the center and counts to 10 out loud while his/her eyes are closed. Meanwhile, the players pass the object around the circle.
3. On the count of 10, the players stop passing the object and the person in the middle calls out a “Name 3 Challenge” using healthy food and drink groups or physical activity categories. The player holding the object must quickly call out 3 things that fit in the category.
4. Options to call out (you may want to write things down for the center person to choose from):
 - 3 fruits (or red fruits, yellow fruits, etc.)
 - 3 vegetables (or green veggies, white veggies, etc.)
 - 3 grains
 - 3 whole grain cereals
 - 3 super snacks
 - 3 healthy drinks
 - 3 healthy foods that start with the letter “A” or “B”, etc.
 - 3 active things to do
 - 3 things that get you “playing hard”
 - 3 things to do when you tune out the TV

Extension Activities:

- Incorporate questions from extension activities, like naming a fruit or vegetable in a different language.

Healthy Steps



Objective:

Children will set simple goals to make healthy changes in their lives

Materials:

- Poster board or Posters from Food & Fun 2nd Edition
- Markers or crayons
- Paper
- Stickers

Instructions:

1. Review the Food & Fun key messages your program has learned so far this year. Write the messages on a poster board or use one of the posters of the Environmental Standards from Food & Fun 2nd Edition as a reminder.
2. Have each child write in words or draw a picture of **one healthy goal** related to the Food & Fun lessons you have taught so far. Give them examples of simple, concrete change ideas. These might include eating one more fruit every day, drinking water instead of soda at dinner, or watching an hour less of TV each week. Goals like “eating healthy” or “being active” will be harder to track.
3. Have kids pair up or form small group to share their healthy goals.
4. Now that they have each chosen a goal, tell the group that they will all try to take one small step to reaching that goal in the next week. Try to help kids break down bigger goals into smaller and more manageable tasks they will be able to accomplish each day.
5. Over the next week, designate at least 10 minutes each day (e.g. during snack time or at the beginning of the afterschool day) to check in on their progress. Ask kids to share any successes and struggles they are having.
6. Use stickers to track kids’ progress. Have kids add a sticker to their poster if they think they took a “step” towards meeting their healthy goals.

Extension Activities:

- This is a perfect activity to establish staff role modeling. Have staff set healthy goals and share their progress too.
- Extend the “healthy steps” activity to two weeks or even a month. Help kids think of different “steps” if they are having trouble reaching their goals during the first week or help them set new healthy goals if they reach their first one.
- Send the healthy goals home and encourage parents to make one of their own!

Act Up!



Objective:

Children will work together to create a Food & Fun skit

Materials:

- Various props to use in the skit
- Craft materials and poster board to create scenery and promotional posters
- Creativity and enthusiasm!

Instructions:

1. Invite the children – as a whole group or in small groups (e.g. you can have different grades work together) to create a skit (or a number of small skits) that demonstrate the key messages that they learned from Food & Fun.
2. Be sure to help children find ways to get involved that do not necessarily involve acting. For instance, children can:
 - Be in charge of writing the script
 - Find or make props or other scenery
 - Help “backstage”
 - Create posters or signs to announce the show
 - Create a theme song or rap
3. Be sure to give the group(s) the opportunity to choose their favorite healthy focus for the skit and let them perform their skit for other program participants, staff and families!

Extension Activities:

- The performance of the skit could be combined with a celebration during which families could try different recipes, see children’s art projects, or participate in physical activities!
- You could also invite parent volunteers to assist in the production of the skit!

A Basic Guide to Taste Tests

Key Information for Program Staff

Taste tests encourage children to try new healthy foods in a non-threatening manner. You can test just one item or recipe at a time, or compare new and familiar foods. Don't be afraid to reintroduce foods as children's taste and acceptance of new foods often change! Finally, when selecting foods, consider any food allergies that may be present.

Instructions and Things to Keep in Mind:

1. Determine how many children will taste the food and purchase the appropriate amount of food to be tasted.
2. Prepare food samples in advance, if possible, and have all materials (plates, small cups, napkins, etc.) readily available, along with clean-up items such as paper towels, wet wipes and trash bins.
3. Maintain proper sanitation procedures: clean work and surface areas, wash and dry all produce, and wash all hands.
4. Copy the taste test rating sheet (one per child), and consider writing in the foods to be tasted before copying the sheet. Each page has space to try two food items, so copy additional pages if you are trying more foods.
 - If you do not have access to a copier, try a creative rating method, such as placing popsicle sticks into coffee cans or other containers labeled with the rating options. (Like A Lot! Like Somewhat. Do Not Like Very Much.)
5. Ask children to wait until everyone has received his or her samples before eating, then have the children try the food and praise them for doing so.
6. Do not force a child to try a food; however, explain to the children that although they may not think they are going to like the new food, that tasting is a good way to find out. **Praise children for trying something new!**
7. Instruct children to express their opinions on their rating sheets without verbalizing how they feel about the new food. Summarize the group's evaluation (Did they like the food a lot? Somewhat? Or Not very much?) and decide whether or not they would eat/drink/make that food/beverage/recipe again. Provide opportunities for the children to offer feedback and comments on the taste, texture and smell of the food.
 - Be creative! Try blindfolded taste tests or incorporate taste tests into a team or group activity!
 - Be sure to serve those items that they like again!

Food & Fun Finale

Taste Test Ideas for Food& Fun Finale

- Take a vote! Ask kids what their favorite taste test was and do it again! Maybe add in a few more options to mix it up a bit
- Involve parents in a favorite taste test among kids

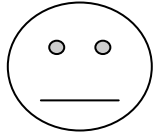
Taste Test Rating Sheet

Today I tried: _____

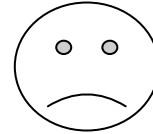
I liked this:



A lot!



Somewhat



Not very much

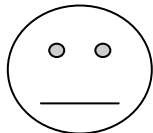
Comments on the look, taste, feel or smell of this food: _____

Today I tried: _____

I liked this:



A lot!



Somewhat



Not very much

Comments on the look, taste, feel or smell of this food: _____
