

# HEALTH & WELLNESS POLICY -Appendix-

## Appendix E: Healthy Fundraising

### *Alternatives to selling candy for schools, sports and clubs*

Candy, baked efforts, soda and other foods with little nutritional value are commonly used for fundraising. This sends the message to students that the school district views money as being more important than their students' health. It compromises classroom learning by sending contradictory nutrition messages taught in the classroom. It contributes to poor health by adding unnecessary calories and encourages students to consume less nutrient dense foods over to healthier choices. Increasing obesity rates among children are resulting in serious health consequences, such as increased incidence of heart disease, Type 2 diabetes, high blood pressure, high cholesterol, sleep apnea, low self-esteem, poor body image and isolation.

### **Adopting a policy of healthy fundraising result in:**

- Healthier kids who learn better as research demonstrates that good nutrition is linked to better behavior and academic performance.
- Delivery of consistent health messages because fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors and supports lessons learned in the classroom rather than contradicts them.
- Promoting a healthy school environment by providing students with reliable health information and the opportunity to practice it.

### **Here are some ideas for healthy fundraising**

#### **Items you can sell:**

- Activity cards
- Activity theme bags
- Air fresheners
- Balloon bouquets
- Bath accessories
- Batteries
- Books, calendars
- Brick/stone/tile memorials
- Bumper stickers
- Buttons, pins
- Candles
- Christmas ornaments
- Christmas trees
- Coffee cups, mugs
- Cookbooks
- Cookbook of easy and healthy after school snacks
- Crafts
- Coupon books
- Customized stickers
- Emergency kits for cars
- Elephant rides
- First aid kits
- Flea markets
- Flowers and bulbs
- Foot warmers
- Football game shout outs
- Football seats
- Frisbees
- Garage sale
- House decorations
- Jewelry
- Kitchenware
- License plate frames/holders with school logo
- Lotions and soaps
- Lunch box auctions
- Magazine subscriptions
- Megaphones
- Mistletoe
- Monograms
- Music, videos, CDs
- Mugs
- Newspaper space, ads
- Personalized stationary
- Pet treats/toys/accessories
- Picture frames
- Plants
- Pocket calendars
- Pre-paid phone cards
- Raffle donations
- Raffles or gift baskets
- Rent a special parking space
- Scarves
- School art drawings
- School Frisbees
- School spirit gear & accessories
- Scratch off cards
- Sell/rent wishes
- Souvenir cups
- Sprit/seasonal flags
- Stadium pillows

**Items you can sell continued:**

- Garden seeds
- Giant coloring books
- Gift baskets
- Gift certificates
- Gift items
- Gift wrap, boxes and bags
- Greeting cards
- Hats
- Holiday decorations
- Holiday ornaments
- Holiday party decorations/Poinsettias
- Holiday wreaths

- Stationary
- Student directories
- Stuffed animals
- Temporary/henna tattoos
- T-shirts, sweatshirts
- Tupperware
- Valentine's Day flowers
- Yearbook covers
- Yearbook graffiti
- Yearbook space/monograms

**Healthy Foods:**

- Frozen bananas
- Fruit & nut baskets
- Fruit smoothies & fruit juice based slush
- Fruit & vegetable baskets
- Fruit & yogurt parfaits
- Lunch box auctions
- Nuts
- Popcorn
- Fresh and exotic fruit
- Trail mix

**Custom Merchandise you can sell:**

- Bumper stickers/decal
- Calendars
- Cookbook made by school
- Key chains
- Logo air fresheners
- Magnets
- Pens, pencils, erasers
- Scratch off cards
- T-shirts/sweat shirts

**Activities Supporting Academics:**

- Read-A-Thon
- Science Fair
- Spelling Bee

**Activities:**

- Arts and crafts sales
- Auction
- Basketball tournaments
- Battle of the Bands
- Bike-a-thons
- Bowling night
- Carnivals
- Car washes
- Coupons for domestic chores
- Dances

- Raffles
- Read-a-thons
- Recycle cans/paper/ink cartridges
- Rent-a-teen-day (rake leaves, mow lawn, wash dog, household chores, etc)
- School plays
- Science fair
- Seasonal "Message Grams"
- Services (lawn care, housecleaning)
- Silent auctions

**Activities continued:**

- Family bingo nights
- Family/glamour portraits
- Festivals
- Fun runs
- Gift wrapping
- Golf tournament
- "Hire a student day" (for odd jobs with proceeds going to the school)
- Jog-a-thons
- Jump rope-a-thons
- Magic show
- Milk mustache photos
- Singing telegrams
- Skate-a-thons
- Skate night
- Spelling bee
- Talent shows
- Tennis/horseshoe competition
- Treasure hunt
- Walk-a-thons
- Workshops/classes

## **Appendix F: Healthy Classroom Celebrations**

Typically, foods for school celebrations include cupcakes, candy, cookies, and soda. There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception.

Only two percent of children meet all MyPyramid recommendations. Most children do not eat enough fruits, vegetables or whole grains. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices.

Schools have the opportunity to influence children's life-long eating patterns. Classroom parties can help teach children valuable social skills such as helping to prepare the food, sharing with others, and cleaning up after themselves.

If healthy foods are included in the celebration, it can provide a chance to reinforce the message that nutritious food choices lead to healthier bodies and sharper minds.

### **Ideas for Healthy Celebrations**

- Try something new. Children like adventure. In addition to familiar games and foods, offer something different.
- Plan creative experiences such as art, music and cooking.
- Involve children in planning and preparing the party. Let them make decorations and favors.
- Put food in its proper place. Refreshments should complement the fun, not become the "main event."
- Don't use food as rewards or prizes.
- Choose foods for fun, good taste and health. Parties that feature healthful foods provide opportunities for children to practice making wise food choices.
- Play indoor games of the students' choosing.
- Engage children in a special art project.
- Take children on a field trip.
- Play music and have a dance party.
- Take a fun walk around the school with the principal or teacher.
- Play games outside or host a field day. Allow extra recess time.

### **Activities to Celebrate a Child**

- Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- Instead of a party, organize a special community service project (e.g., invite senior citizens in for lunch, make "handkerchiefs" for chemotherapy patients, and blankets for rescue dogs). Involve parents in planning the project and providing needed materials.
- Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise (pencil, sticker, birthday card, etc.)
- The birthday child is the teacher's assistant for the day and gets to do special tasks such as make deliveries to the office, lead the line, start an activity, and choose a game or story.

### **Ways for families to celebrate special events**

- Instead of food, ask parents to donate a book to the school library or classroom in honor of a child's birthday with his/her name inside. Read it to the class or invite the child's parents to come in and read it to the class.
- Donate funds for playground or physical education/activity equipment such as jump ropes or balls.

## Healthful Food Celebrations for Classrooms

- Make your own pizza party using chopped vegetables, fruits and low-fat cheeses.
- Make your own fruit sundae bar with fresh fruit and low-fat yogurt or sorbet.
- Host a culture club-ask students to find and prepare healthy recipes from different cultures.
- Host an agriculture day-ask a local farmer to bring in produce and have a tasting party.

## Healthy Food Ideas

- Beverages
  - Low-fat or non-fat plain or flavored milk
  - 100% juice
  - Water
  - Flavored/sparkling water (without added sugars or sweeteners)
  - Sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend berries, bananas and pineapple)
- Fresh fruit assortment
- Fruit and cheese kabobs
- Fruit salad
- Fruit with low-fat whipped topping
- Fresh apple wedges and caramel dip
- Dried fruit (raisins, cranberries, apricots, banana chips)
- Vegetable trays with low-fat dip
- Fresh cut vegetables and reduced fat ranch dip or salsa
- Celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Baked chips & salsa
- Baked chips and reduced-fat dip
- Low-fat tortilla chips with salsa or bean dip
- Pretzels
- Air-popped popcorn
- Rice cakes
- Bread sticks
- Graham crackers
- Animal crackers
- Angel food cake, plain or topped with fruit
- Snack cake squares without icing or topped with fruit and reduced-fat whipped topping
- Oatmeal raisin cookies and low fat milk
- Fig bars
- Waffles or pancakes topped with fruit
- Bagel slices with peanut butter or jam
- Fruit or grain muffin (low-fat)
- Whole wheat English muffin
- Low-fat breakfast or granola bars
- Warm soft pretzels
- Pizza with low fat toppings (vegetables, lean ham, Canadian bacon)
- Pizza dippers with marinara sauce
- Ham, cheese or turkey sandwiches or wraps (with low-fat condiments)
- Quesadillas or bean burrito with salsa
- Low-fat pudding; sugar-free pudding
- Low-fat yogurt
- Squeezable yogurt

**Healthy food ideas continued:**

- Yogurt smoothies
- Yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels)
- Nuts and seeds
- Crackers and peanut butter
- Fresh Fruit topped with peanut butter

\*check for food allergies before serving

**Theme Party Recipe Ideas****Halloween**

- Roasted Pumpkin Seeds
- Pumpkin Bread Muffins
- Witch's Brew\*
- Abracadabra Wands\*

**Harvest or Thanksgiving**

- Nut and Dried Fruit Trail Mix
- Lemon-Chili Veggies\*
- Corn Bread

**Winter Holidays**

- Apple Wedges Dipped in Caramel or Peanut Butter

**Valentine's Day**

- Angel Food Cake with Fresh Strawberries Topped with Whipped Topping
- Fresh Fudgy Fruit\*
- Cherry Tomato Fillers\*

**Spring**

- Sparkling Grapes\*
- Fruit Salad with Yogurt Dip
- Celery Wagons\*

**End of the Year or Summer**

- Banana Splits\*
- Fresh Fruit Kabobs
- Veggie Sticks with Low-fat or Non-fat Dip
- Hooray for the Red, White, and Blue!

**Recipes** (All recipes serve 32 students)

Source: Kids Get Cookin' 5 a Day-Power Play! and American Heart Association

**Abacadabra Wands** (serving size: 2 sticks)

**Ingredients:**

- 10 red apples, cut into 64 chunks
- 5 cups red grapes
- 8 oz. non-fat or low-fat cheddar cheese, cut into 64 chunks
- 2 avocados, cut into 64 chunks
- 64 long, thin pretzel (or wooden) sticks  
(about 3 inches long)

**Preparation** (20 minutes):

1. Use a wooden skewer to poke holes in center of each piece of food.
2. Thread pieces onto pretzel stick.
3. Serve leftover pieces of fruit.

**Witch's Brew**

**Ingredients:**

- 1 gallon cranberry juice
- 1 gallon apple cider
- 12 oz. frozen orange juice, unprepared

**Preparation** (5 minutes):

1. Mix all ingredients together in large pitcher.

**Lemon-Chili Veggies**

1. Chop any favorite veggies (try cucumber and jicama) into chunks.
2. Squeeze fresh lemon juice onto each piece.
3. Lightly sprinkle with chili powder and salt.

**Cherry Tomato Fillers** (serving size: 2 tomatoes)

**Ingredients:**

- 64 (large) cherry tomatoes
- 1 ½ cups low-fat cottage cheese
- 1 cup sunflower seeds

**Preparation** (15 minutes):

1. Cut tops and scoop seeds and the pulp out of each tomato.
2. Fill with 1 teaspoon of cottage cheese.

**Fresh Fudgy Fruit** (serving size: ½ banana & 1 strawberry)

**Ingredients:**

- 16 bananas, peeled, cut in half
- 32 strawberries, tops removed
- 3 cups light hot fudge at room temp.
- 5 cups low fat granola
- 64 wooden craft sticks

**Preparation** (15 minutes):

1. Insert wooden stick into the cut end of each fruit.
2. Place granola into plastic bag and use a spoon to crush granola, and place in shallow bowl.
3. Pour fudge into shallow bowl.
4. Place fruit in fudge and spread the sauce around.
5. Place fruit on top of the granola. Turn to coat lightly.

### **Sparkling Grapes**

#### **Ingredients:**

- 3 - 3 oz. packages of gelatin
- 64 small clusters grapes
- 1 ½ cups boiling water
- 1 ½ cups ice cubes

#### **Preparation (15 minutes):**

1. Pour gelatin powder into measuring cup. Pour half of the powder into a bowl and place the other half on the side.
2. Add boiling water to the bowl of gelatin. Stir until powder is dissolved. Add ice cubes and stir until ice melts.
3. Dip grape clusters in liquid gelatin mixture and shake off excess.
4. Sprinkle extra powder over grapes and serve.

### **Celery Wagons**

#### **Ingredients:**

- 2 stalks celery, cut into 3 inch pieces
- 4 large carrots, slices
- 2 cups low-fat dip
- 64 toothpicks

#### **Preparation (15 minutes):**

1. Cut veggies ahead of time.
2. Have students put a carrot piece at each end of 2 toothpicks.
3. Place a celery stick on top of the toothpicks.
4. Fill with 1 tablespoon of dip.

### **Mini Banana Splits**

#### **Ingredients:**

- 16 small bananas, peeled
- 8 cups fresh berries
- 16 cups low fat vanilla yogurt
- 2 cups low fat granola

#### **Preparation:**

1. Cut banana in half, share between 2 students.
2. Scoop a ½ of cup of yogurt onto banana.
3. Top with berries and granola.

### **Hooray for the Red, White, and Blue!**

#### **Ingredients:**

- 5 baskets of strawberries (about 64 strawberries)
- 4 containers of blueberries
- 1-12 oz. container of low fat whipped topping

#### **Preparation:**

1. Wash fruit. Remove tops from the strawberries.
2. In small cup place 2 strawberries and a dollop of whipped topping and sprinkle with about 5 blueberries.



## **Appendix G: Alternatives to Using Food as a Reward**

At school, home and throughout the community kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive and can bring about short-term behavior change. Using food as reward has many negative consequences that go far beyond the short-term benefits of good behavior or performance.

There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
  - Nutrition principles taught in the classroom are meaningless if they are contradicted by rewarding children with candy and other sweets. It is similar to saying, “You need to eat healthy foods to feel and do your best, but when you behave or perform your best, you will be rewarded with unhealthy food.”
- It encourages over-consumption of foods high in added sugar and fat.
  - Food preferences for both sweet and non-sweet foods increase significantly when they are presented as rewards. This can teach children to prefer unhealthy foods.
- It teaches kids to eat when they are not hungry, as a reward to themselves and may contribute to the development of disordered eating.
  - Rewarding with food can interfere with children learning to eat in response to hunger and satiety cues.
  - Providing food based on performance or behavior connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instill lifetime habits of rewarding or comforting themselves with food, resulting in unhealthy eating behaviors and/or obesity.

Research clearly demonstrates that healthy kids learn better. To provide the best possible learning environment for children, schools must provide an environment that supports healthy behaviors. Students need to receive consistent, reliable health information and ample opportunity to use it. Finding alternatives to food rewards is an important part of providing a healthy school environment.

### **Here are some ideas for non-food rewards:**

#### **Social rewards**

“Social rewards,” which involve attention, praise, or thanks are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can go a long way. These types of social rewards affirm a child’s worth as a person.

#### **Recognition**

- Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirmative message (e.g., “Great job”)
- Recognizing a child’s achievement on the school-wide morning announcements and/or the school’s website
- A photo recognition board in a prominent location in the school
- A phone call, email, or letter sent home to parents or guardians commending a child’s accomplishment
- A note from the teacher to the student commending his or her achievement

#### **Rewards for Individuals**

- Going first
- Choosing a class activity
- Helping the teacher
- Having an extra few minutes of recess with a friend
- Sitting by friends or in a special seat next to or at the teacher’s desk
- Teaching the class
- Playing an educational computer or other game
- Play a favorite game or do puzzles
- Reading to a younger class
- Read outdoors

- Making deliveries to the office
- Reading the school-wide morning announcements
- Helping in another classroom
- Eating lunch with teacher or principal
- Private lunch in classroom with a friend
- Listening with a headset to a book on tape or CD
- Going to the library to select a book to read
- Working at the school store
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Writing or drawing on the blackboard/whiteboard
- Taking care of the class animal for a day
- Allowing a child to choose an extra recess activity for the class on his/her birthday
- Items that can only be used on special occasions (special art supplies, computer games, toys)
- Bank system (earn play money used for privileges)
- Trip to Treasure Box with non-food items (stickers, tattoos, pencils, erasers, bookmarks, desktop tents)

### **Rewards for a class**

- Extra recess
- Eating lunch outdoors
- Have lunch or breakfast in the classroom
- Going to the lunchroom first
- Reading outdoors
- Extra art, music, physical education, or reading time
- Listening to music while working
- Listen with headset to a book on audiotape
- Fun physical activity break
- Dancing to favorite music in the classroom
- Playing a game or doing a puzzle together
- "Free choice" time at the end of the day
- A song, dance, or performance by the teacher or students
- Teacher performs special skill (singing, cartwheel, guitar playing, etc.)
- Teacher or volunteer reads special book to class
- Bank system: (earn play money used for privileges)
- A field trip
- Show-and-tell
- Fun video

### **School Supplies**

- Pencils: colored, with logos, or other decorations
- Pens
- Erasers
- Notepads/notebooks
- Boxes of crayons
- Stencils
- Stamps
- Plastic scissors
- Bookmarks
- Highlighters
- Chalk (e.g., sidewalk chalk)
- Markers
- Coloring books
- Rulers
- Glitter
- Pencil sharpeners, grips, or boxes

- Gift certificate to the school store
- Receive a “mystery pack” (notepad, folder, sports cards, etc.)
- Paperback book

### **Sports equipment and athletic gear**

- Paddleballs
- Frisbees
- Water bottles
- NERF® balls
- Hula hoop
- Head and wrist sweat bands
- Jump rope

### **Toys/trinkets**

- Stickers
- Yo-yos
- Rubber balls
- Finger puppets
- Stuffed animals
- Plastic or rubber figurines
- Toy cars, trucks, helicopters, or airplanes
- Plastic sliding puzzles or other puzzle games
- Slinky
- Gliders
- Magnifying glasses
- Spinning tops
- Marbles
- Jacks
- Playing cards
- Stretchy animals
- Silly putty
- Bubble fluid with wand
- Capsules that become sponges/figures when placed in water
- Inflatable toys (balls, animals)
- Small dolls or action figures

### **Fashion Wear**

- Hair accessories (barrettes, elastics, or ribbons)
- Bracelets, rings, necklaces
- Sunglasses
- Eyeglasses with nose disguise
- Hat or cap
- T-shirt
- Sneaker bumper stickers
- Shoe laces

### **Miscellaneous**

- Key chains
- Flashlights
- Cups
- Magnets
- Crazy straws
- Backscratchers
- A plant or seeds and pot for growing a plant
- Books
- Earn tokens over a longer period of time to redeem for a “bigger” reward

A point system can be used. Points can be exchanged for privileges or prizes when enough are accumulated. This also may be used for an entire class to earn a reward. Whenever individual children have done well, points can be added to the entire class's "account." When the class has earned a target number of points, then they receive a group reward.

### **Additional ideas for Middle School and High School Students**

#### **Middle School Students.**

- Sit with friends
- Listen to music while working at desk
- Five-minute chat breaks at end of class
- Extra credit
- Fun educational video
- Computer time
- Fun brainteaser activities
- Assemblies
- Field trips
- Eat lunch or have class outside

#### **High School Students**

- Extra credit
- Fun educational video
- Reduced homework or a homework "pass"
- Coupons to video or music stores
- Donated coupons to video stores, music stores or movies
- Drawings for donated prizes for students meeting a grade standard
- "Free Choice" time at end of class

### **Appendix H: Ideas for Health Fairs**

#### **Middle and High School Ideas:**

- Order free colorful handouts and brochures from the National Dairy Council ([www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)) go to "Tools For Schools" link → "Nutrition Education Materials Catalog" link → select your state under "Contact your local dairy council" then use the link provided to you and use that catalog, for example, if you are in Connecticut, you would go to: [www.newenglanddairycouncil.org](http://www.newenglanddairycouncil.org)
- Good handouts for this age group include:
  - Guide to Good Eating Handout
  - Daily Food Guide Pyramid Handout
  - Sports Nutrition Pyramid Handout
  - The Inside Out! Brochure
  - Banking on Beautiful Bones Brochure
  - Breakfast Boosts Brain Power Brochure
  - Think Your Drink (make photocopies of this reproducible master)
- Order free colorful handouts from the Beef Council ([www.beefnutrition.org](http://www.beefnutrition.org))
- Go to "Materials & Downloads" at the top of the screen
- Go to "Online Catalog for Patients and Clients" in the dropdown menu
- Good handouts for this age group include:
  - MyPyramid Tear Pad
  - Everyday Solutions for Everyday Heroes Tear Pad
  - The Fitness Connection
- Order the stand-up-tear pad easel to make the health fair table 3-dimensional
- New England Dairy Council has a link called "Health Fairs." You can download, print, and photocopy handouts for your health fair. [www.newenglanddairycouncil.org](http://www.newenglanddairycouncil.org)

- Milk Mustache Booth (See *Milk Mustache Booth sheet* below from the New England Dairy Council)
  - Sugar Comparison in different beverages shows how many teaspoons of sugar in each beverage. (See *"Think Your Drink" Document*).
  - Place poster and/or handouts "Think your Drink" near display (available from the National Dairy Council or your local dairy council)
  - Nutrition Game: Create a sign on the computer and put in a 8"x11" clear plastic sign holder or create a sign using poster board that says: Nutrition Game - Win a Prize!!!
  - Ask students nutrition related questions and see if they give the correct answer. See Nutrition Game Questions below.
  - Prizes could include: Got Milk! or other posters. Call the National Dairy Council, phone number: 1-800-426-8271 to ask if they have any.
  - Chartwells Creature pencils
  - If students answer a question, they could enter a raffle to win a bigger prize (NOT unhealthy foods)
- Examples:
- Movie theater gift certificates
  - Local video rental store gift certificates
  - Basketballs, soccer balls, tennis balls, etc.

### Elementary School Ideas:

- Order free colorful handouts and brochures from the National Dairy Council [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)  
Go to "Tools for Schools" link → "Nutrition Education Materials Catalog" link → select your state under "Contact your local dairy council" → then use the link provided to you and use that catalog.  
For example, if you are in Connecticut, you would go to: [www.newenglanddairycouncil.org](http://www.newenglanddairycouncil.org)
- Good handouts for the elementary age group include:
  - Eat the Five Food Group Way! Handout
  - Guide to Good Eating Handout
  - Daily Food Guide Pyramid Handout
- Order free colorful handouts from the Beef Council [www.beefnutrition.org](http://www.beefnutrition.org)  
Go to "Materials & Downloads" at the top of the screen → "Online Catalog for Patients and Clients"
- Good handouts for this age group include:
  - MyPyramid Tear Pad
  - The Tween Scene Tear Pad (for upper elementary students)
- Order the stand-up tear pad easel to make the health fair table 3-dimensional
- Pyramid Pete Velcro food pyramid game
- Play the "Who Am I Game?" with velcro Pyramid Pete food pyramid game. Have students take turns guessing what food you are describing. If they guess correctly, they can velcro the game piece to the appropriate food group and win a prize such as Chartwells creature merchandise (pencils, crayons, magnets, bookmarks, etc.)
- Some say I look like a mini tree with my green tops. What food am I? Broccoli
- I am long and orange and people say I am good for your eyes. What food am I? Carrot
- I am white and liquid; I come from a cow. What food am I? Milk
- I am yellow and I add protein and calcium to many dishes. I come in slices for sandwiches, or cubes to go on crackers. What food am I? Cheese
- I am yellow and have a half moon shape, before you eat me you have to peel me. What food am I? Banana
- I come in many colors, red, green, yellow, I have different names such as Washington and Granny Smith. Some say one of me a day keeps the Doctor away. What food am I? Apple
- I am usually eaten at breakfast time. People usually pour milk over me. What food am I? Cereal
- I am a favorite of many students, some like me as a nugget and some in a patty. What food am I? Chicken
- Offer prizes for students who participate. Prizes may include Chartwells creature pencil or other creature merchandise.
- Have someone dress up as Pyramid Pete or another Chartwells creature and shake hands with students

- Borrow a TV and VCR and play the Pyramid Pete video continuously (as background)
- If wall space is available, post up posters  
Free Posters are available from:
  - Dairy Council (Teachers Snack Packet has a poster in it)
  - TEAM Nutrition (<http://www.fns.usda.gov/tn/Resources/NTISform.html>)
- Set up a taste-testing section and offer fruits and vegetables or other healthy snacks
- Incorporate physical activity and nutrition education:
  - 1. Play healthy hopscotch**
    - a. Materials needed: chalk, beanbags, and hopscotch markers or flat rocks
    - b. To play: draw a hopscotch outline and write the name of a different food group in each square. Some food groups will be listed twice. A player throws a beanbag onto the first square. Before the player hops he/she has to name a food from that food group. The player continues from square to square, naming a food for the indicated food group until the course is completed. If an incorrect answer is given, the player gets a second chance at naming a food.
  - 2. Run around the pyramid**
    - a. Materials needed: Mark off a triangle to represent the Food Guide Pyramid using chalk or masking tape; or, place chairs or other markers at the designated points of the triangle. Each side should be at least 30 feet in length.
    - b. To Play: Players run, hop, and skip to learn the importance of exercise and healthy eating. Each student takes a turn around the Pyramid. From the starting point (bottom right corner), the student runs to the tip of the pyramid. Next, the student hops on one foot from the tip to the bottom left corner of the pyramid. Then the student skips from that corner back to the starting point.

The students can take turns or follow in a line and change movement as they turn each corner. The leader can change activities for each of the three sides of the triangle to keep movement going for at least five minutes. Students can take turns being the leader and using creative movements.

## Community

- Order free colorful handouts and brochures from the National Dairy Council [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)  
Go to "Tools for Schools" link → "Nutrition Education Materials Catalog" link → Select your state under "Contact your local dairy council" then use the link provided to you and use that catalog. For example, if you are in Connecticut, you would go to: [www.newenglanddairycouncil.org](http://www.newenglanddairycouncil.org)
- Good handouts for this age group:
  - Guide to Good Eating Handout
  - Daily Food Guide Pyramid Handout
  - Sports Nutrition Pyramid Handout
  - Eat the Five Food Group Way! Handout
  - Power Up: From the Inside Out! Brochure
  - Banking on Beautiful Bones Brochure
  - The Lowdown on Lactose Intolerance: Making the Most of Milk Brochure
  - Helpful Tips for Hungry Kids Brochure
  - Drinks and Snacks for Healthy Children (make photocopies of this reproducible master)
  - Breakfast Boosts Brain Power Brochure
- Order free colorful handouts from the Beef Council [www.beefnutrition.org](http://www.beefnutrition.org) Go to "Materials & Downloads" at the top of the screen → Go to "Online Catalog for Patients and Clients" in the dropdown menu
- Good handouts for this population include:
- Child Nutrition Tear Pad
  - Relax, Recover, Renew Lifestyle Tear Pad
  - MyPyramid Tear Pad
  - Everyday Solutions for Everyday Heroes Tear Pad
  - The Fitness Connection
  - The Tween Scene
- Order the stand-up tear pad easel to make the health fair table 3-dimensional
- Chartwells communication board with Balanced Choices or wellness policy inserts
- Pyramid Pete food pyramid game (See Elementary Schools: Pyramid Pete food pyramid game section)

- Milk Mustache Booth (See Milk Mustache Booth sheet below from the New England Dairy Council)
- Sugar Comparison in different beverages shows how many teaspoons of sugar in each beverage. (See "Think Your Drink" document).
- Place poster and/or handouts: "Think your Drink" near display (available from the National Dairy Council or your local dairy council)
- Nutrition Game: Create a sign on the computer and put in an 8"x11" clear plastic sign holder or create a sign using poster board that says: Nutrition Game Win a Prize!!!
- Ask participants nutrition related questions and see if they give the correct answer  
See Nutrition Game Questions below
- Award small prizes (i.e. Chartwells pencils, Creature items, stickers)
- Display Mylar creatures balloons
- Display beanie creatures

## Nutrition Game Questions- Secondary School Students

### Carbohydrate Confusion

1. A carbohydrate is:

- A. Next to the alternator under your car hood
- B. Something to be avoided at all costs
- C. Fuel for our cells and central nervous system
- D. Found in abundance in meats and poultry

Answer: C

2. A registered dietitian can help you learn:

- A. How many carbs to eat each meal
- B. What carbs are healthy for you
- C. A weight goal that's right for you
- D. All of the above

Answer: D

3. The American Dietetic Association recommends that:

- A. On average, fifty to sixty percent of daily calories should come from carbohydrates.
- B. That your carbohydrate intake should be based on your astrological sign.
- C. That Carb intake should be equivalent to the square root of your weight.
- D. You should restrict your Carb intake to 10 grams daily.

Answer: A

4. A Complex Carbohydrate is:

- A. A complicated nutrient
- B. The same as a simple carbohydrate
- C. Composed of long sugar chains vs. the short ones found in simple carbohydrates
- D. More expensive than a simple carb.

Answer: C

5. Eliminating high carbohydrate foods from your diet is an indicator of a fad diet.

True or False

Answer: True

### Very Vegetarian

1. A vegan is someone who:

- A. Eats only animal products
- B. Eats no meat, fish or poultry but consumes eggs and dairy
- C. Eats no foods that come from animals

Answer: C

2. Vitamin B12 is an important nutrient that vegetarians need in their diet.  
True or False

Answer: True

3. When deciding to become a vegetarian you should:

- A. Do what your friends say
- B. Stop all meat, fish and poultry at once
- C. Talk to a parent and/or consult with a registered dietitian

Answer: C

4. Which food contains no cholesterol?

- A. Eggs
- B. Peanuts
- C. Chicken
- D. Milk

Answer: B

5. Bulgur is a good source of calcium.

True or False

Answer: False

### Portion Distortion

1. Effective weight management strategies include the following:

- A. Watching the amount of food consumed
- B. Eating a variety of foods
- C. Exercise
- D. All of the above

Answer: D

2. Gaining weight occurs when more calories are coming in than are being burned off.

True or False

Answer: True

3. Super-sizing can:

- A. Double calories
- B. Make you lose weight
- C. Double the size of the human brain

Answer: A

4. Which food is a more sensible portion size?

- A. Big-Gulp (44 ounce)
- B. Regular hamburger
- C. King fries
- D. Super grab bag of chips

Answer: B

5. One serving of cheese is the equivalent of:

- A. A deck of cards
- B. A tennis ball
- C. 4 stacked dice
- D. A basketball

Answer: C



### Fabulous Fat

1. Fat is needed to transport all of the following vitamins except for:

- A. Vitamin K
- B. Vitamin C
- C. Vitamin A
- D. Vitamin E

Answer: B

2. Cholesterol is only found in plant foods.

True or False

Answer: False

3. Which of the following foods contain trans fatty acids?

- A. Butter
- B. Avocado
- C. Nuts
- D. Cookies

Answer: D

4. Monounsaturated fats are the most heart-healthy type of fat.

True or False

Answer: True

5. Which of the following oils is a monounsaturated fat?

- A. Olive oil
- B. Corn oil
- C. Sesame oil
- D. Safflower oil

Answer: A

### Excellent Exercise

1. Children are more physically fit today than they were a generation ago.

True or False

Answer: False

2. What is the most common excuse for not exercising?

- A. Bad weather
- B. Not enough time
- C. Too expensive
- D. Soreness

Answer: B

3. Regular physical activity can benefit health by improving the following:

- A. Blood cholesterol
- B. High blood pressure
- C. Energy
- D. Sleeping patterns
- E. Weight
- F. All of the above

Answer: F

4. An ideal exercise schedule should involve 30 to 60 minutes performed most days during the week.

True or False

Answer: True

5. A good program only needs to promote strength.  
True or False

Answer: False

6. What activity has the lowest dropout rate?

- A. Jogging
- B. Walking
- C. Dancing
- D. Calisthenics

Answer: B

### **Milk Mustache Booth**

What you'll need for 300 participants:

- 300 small 3ounce cups
- 2 gallons of whole milk (no substitutions)
- gallons of vanilla ice cream
- Ice cream scoops
- Blender(s)
- Tablecloth(s)
- Napkins/paper towels
- A pan of soapy water or water source
- Backdrop- celebrity milk mustache posters (to order visit [whymilk.com](http://whymilk.com)) Got Milk?® sign(s), black and white balloons, etc
- Polaroid and film or Digital camera

What to do:

1. Set up and decorate milk mustache photo area
2. Set the blender and small paper cups on a table to serve as the "milk mustache" station (\*see recipe)
3. Take instant Polaroid or digital pictures of individual or groups with their milk mustaches
4. Make copies available to as a take home reminder to make sure they've "got milk?"

#### **\*Recipe:**

##### **Ingredients:**

2 gallons of whole milk

6 gallons of vanilla ice cream

##### **Directions:**

1. Soften ice cream
2. Put  $\frac{3}{4}$  ice cream to  $\frac{1}{4}$  milk in blender
3. Combine slowly until consistency of melted ice cream
4. Use freshly blended mixture for best "mustache" results