



Students will learn how to make better food choices with these activities.

ACTIVITY ONE

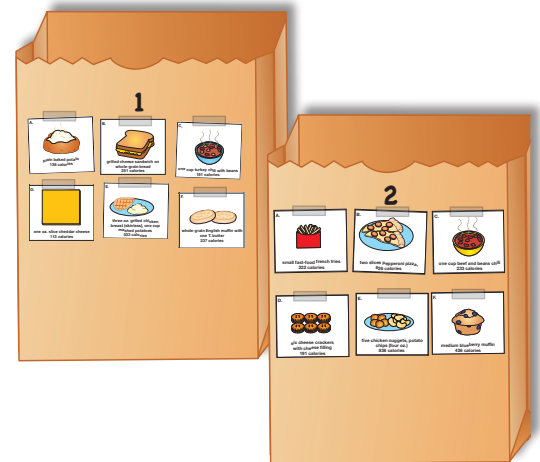
♥ Materials:

- Bag 1 and Bag 2 cards, cut apart (see pattern pages)
- 2 brown grocery bags
- tape
- marker
- 72 small balls or paper balls made from crumpled-up scrap paper

SETUP:

Stack each set of “Bag 1 Cards” and “Bag 2 Cards” in order so that card A is on top. Place the stack of Bag 1 cards in a grocery bag labeled “1”. Place the stack of Bag 2 cards in another grocery bag labeled “2”.

Explain that a moderately active ten-year-old boy of average height and weight needs about 2,000 calories a day. Further explain that we require different amounts of calories depending on our age, activity level, and gender. Boys typically need more calories than girls, and active, growing kids may need more calories than their parents. After sharing this information, display the two grocery bags and follow these steps:



- 1.** Ask a student to pull the top card (card A) from Bag 1, show it to the class, and announce the name of the food and the calorie count for it. Then have him tape the card to the outside of the bag.
- 2.** Ask a student to pull the top card from Bag 2 and repeat Step 1, taping the card to Bag 2.
- 3.** Continue in this manner, alternating between the two bags, until all cards have been taped onto the bags.
- 4.** Ask students to guess which bag goes over the 2,000 daily recommended calories (Bag 2). Encourage students to guess the total calories for each bag (Bag 1 = 1,995; Bag 2 = 4,208). Then write the totals on the bags and compare the amounts, highlighting that the same amount of food in Bag 2 packs more than twice the number of calories as Bag 1!
- 5.** Have students compare the calorie counts in the foods on cards with matching letters (for example, the baked potato with the french fries, or the whole-grain English muffin with the blueberry muffin). Point out that making a few small changes in your food choices can result in big calorie reductions.

ACTIVITY TWO

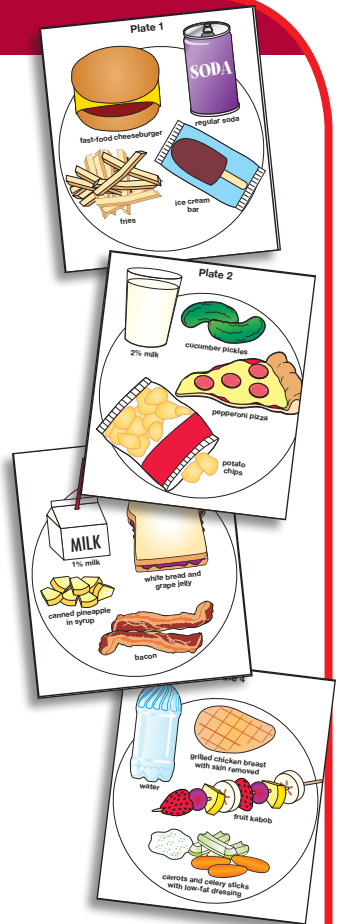


Materials:

- student supply of "What's on Your Plate?" cards, cut apart (see pattern page)
- exercise bands
- dice (approximately 7–9)
- plastic spoons (approximately 7–9)

Randomly distribute the "What's on Your Plate?" cards so that each student has one card. Explain that students will compete in a relay race in teams of four. After showing students where the start and finish lines are, explain that students will compete in the race based on what's on their plate cards. Then follow these steps:

- 1.** Direct students with Plate 1 cards to stand. Have one standing student name aloud the items on his card. Point out that this plate has high-calorie foods. Then give each standing child an exercise band and have him tie it loosely around his thighs. Explain that these students will have to walk in the race with the bands tied around their legs since a regular diet of high-calorie foods puts you at a greater risk for cardiovascular disease.
- 2.** Ask students with Plate 2 cards to stand. Have one standing student name aloud the items on his card. Point out that even though this plate features a better-for-you food (milk), it still has a lot of sodium. Then tell each of the students with high-sodium plates that they will have to run the race hopping on only one foot. Why? It's because the large amount of sodium they've consumed causes their bodies to hold extra fluid and their hearts to work harder.
- 3.** Ask students with Plate 3 cards to stand. Have one student share the foods on his card. Point out that even though this plate has a better-for-you food (milk), it still has a lot of high-sugar foods. Explain that excess sugars are harmful to the body. Eating too much sugar can lead to extra pounds and poorer heart health. So these students must walk during the race holding a die (to represent a sugar cube) on a plastic spoon. If the die falls, they have to go back to the start line and begin again.



ACTIVITY TWO (CONTINUED)

4. Ask students with Plate 4 cards to stand. Have one student describe the plate aloud. Point out that half of this plate has fruits and vegetables, which are packed with nutrients to help build a healthy body. It also features a lean source of protein and a bottle of water. This plate adds up to being a great source of fuel for your body. Explain that these children will be allowed to run in the race.

Collect the plate cards. Then have each team form a separate line at the starting line. At your signal, have the teams race to a designated line, touch it with a foot, and then turn around and race back to their team. The first team to finish wins. After the race, ask students on teams that didn't win (those with unhealthy plates) to describe what it was like to try to run the race given the rules they were required to follow. Compare those rules with the effects of eating an unhealthy diet. Then discuss these questions with students:

- What do the rules that three of the teams had to follow show us about eating healthy?
- Think about what you have planned for the week, such as soccer practice, a family picnic, or a birthday party. What effect could an unhealthy diet have on your enjoyment of or success in these events?
- If you had an unhealthy plate, how might you change it so that you could run without any obstacles?



ACTIVITY THREE

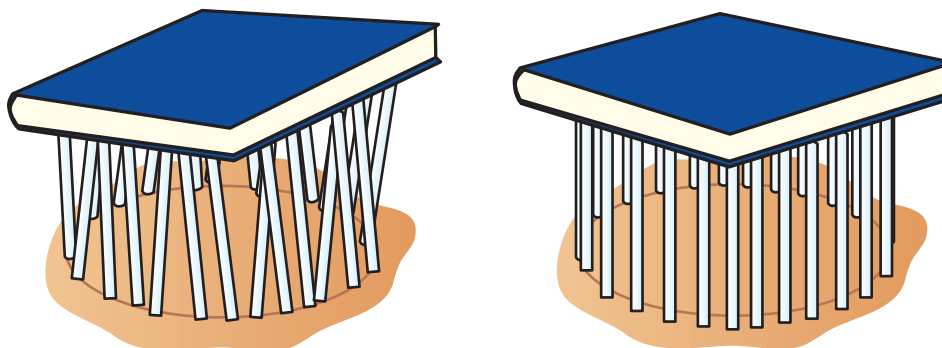
♥ Materials for each group of three students:

2 paper plates
mound of modeling clay or play dough
50 plastic drinking straws
plastic cup
hardbound book

Give each group of three students the materials listed. Then have students follow these steps:

1. Divide the clay into two lumps. Press each lump in a circle slightly larger than the rim of the cup.
2. Gently press the rim of the cup into each circle to form a slight impression.
3. Stick 25 of the straws into one circle along the impression. Lean the straws in different directions.
4. Stick the remaining straws into the second circle so they stand up straight.

Ask students to predict what will happen when they carefully place a hardbound book on top of each circle of straws. Then have them test their predictions. (The book should cause the first circle of straws to collapse. If balanced carefully, the book should rest on the second circle of straws.)



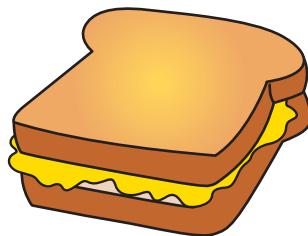
Explain to students that the circle with the straws that are leaning in different directions represents a diet that is unbalanced in some way. Maybe it has too many calories or too much sodium or has too few nutrients, resulting in a body that isn't as strong and healthy as it could be. The circle of straws that are standing straight represents a healthy diet that includes plenty of fruits and veggies, lean meats, whole grains, and low-fat dairy foods. This lifestyle leads to a healthy, strong body.

A.



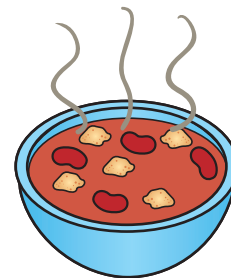
**plain baked potato
138 calories**

B.



**grilled cheese sandwich on
whole-grain bread
251 calories**

C.



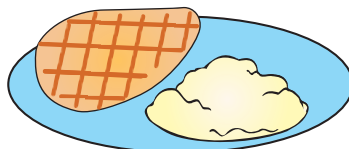
**one cup turkey chili with beans
191 calories**

D.



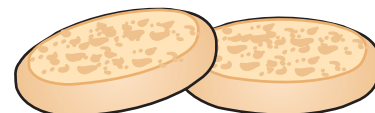
**one oz. slice cheddar cheese
113 calories**

E.



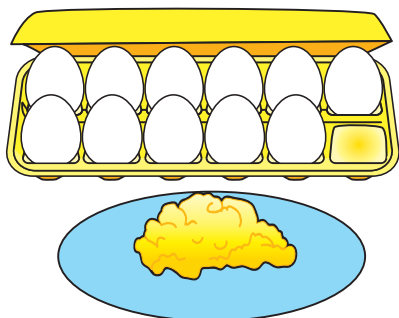
**three oz. grilled chicken
breast (skinless), one cup
mashed potatoes
533 calories**

F.



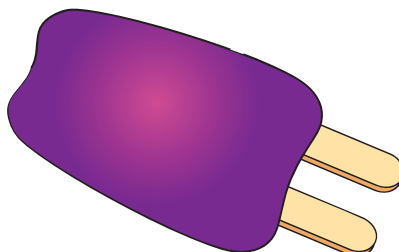
**whole-grain English muffin with
one T. butter
237 calories**

G.



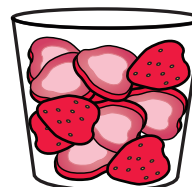
**scrambled egg
91 calories**

H.



**fruit juice ice pop
67 calories**

I.



**one cup sliced strawberries
53 calories**

J.



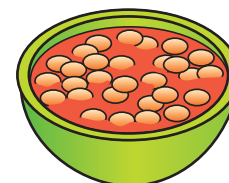
**bottle of water
0 calories**

K.



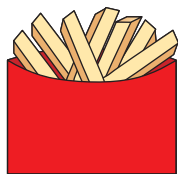
**one cup fresh pineapple chunks
82 calories**

L.



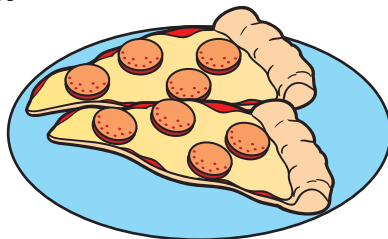
**one cup vegetarian baked beans
239 calories**

A.



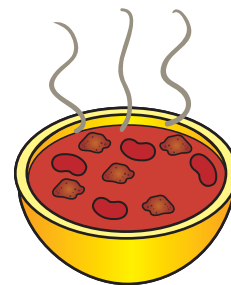
**small fast-food french fries
222 calories**

B.



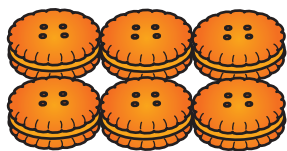
**two slices pepperoni pizza,
626 calories**

C.



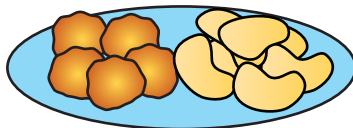
**one cup beef and beans chili
233 calories**

D.



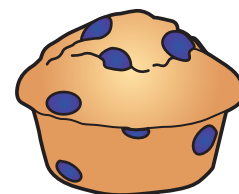
**six cheese crackers
with cheese filling
191 calories**

E.



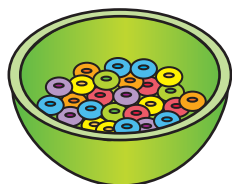
**five chicken nuggets, potato
chips (four oz.)
838 calories**

F.



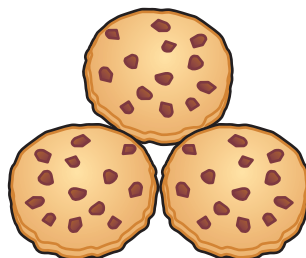
**medium blueberry muffin
426 calories**

G.



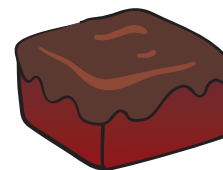
**one cup sugary cereal, no milk
109 calories**

H.



**three chocolate chip cookies
233 calories**

I.



**one piece chocolate cake
with icing
537 calories**

J.



**one can regular soda
152 calories**

K.



**small bag of candy-coated
chocolate candies
236 calories**

L.



**one cup noodles with half cup
creamy alfredo sauce
405 calories**

Plate 1

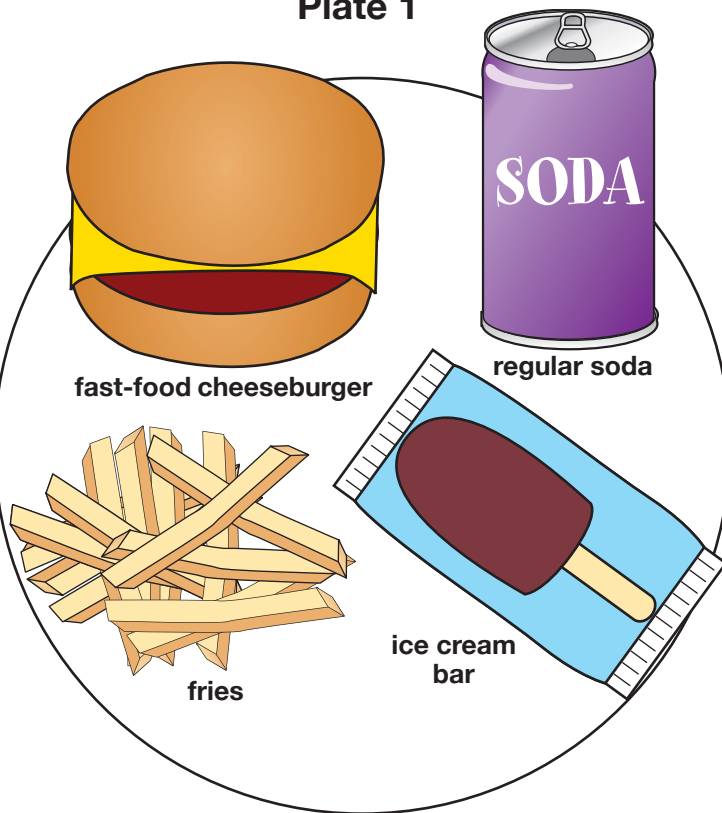


Plate 2

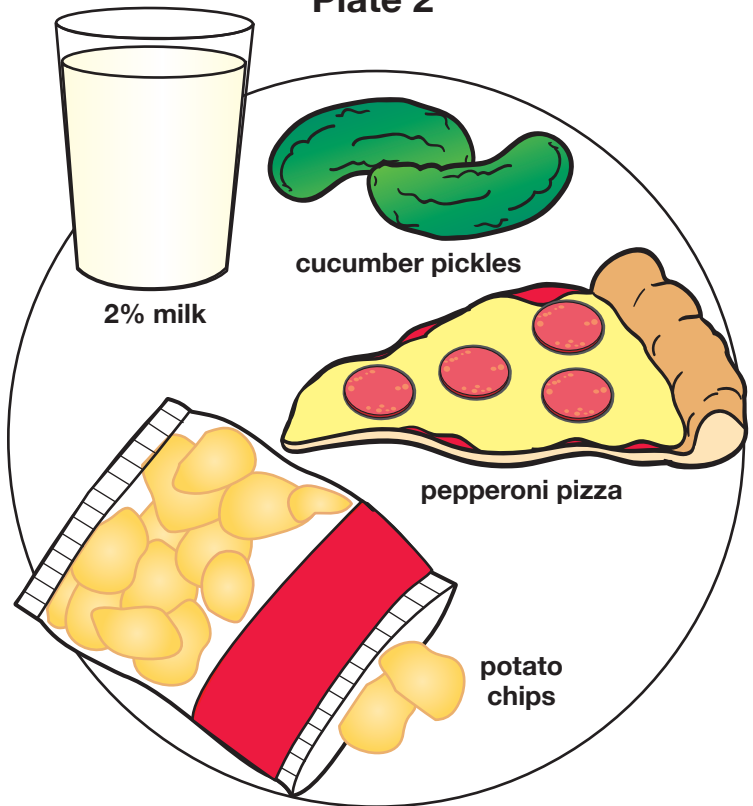


Plate 3

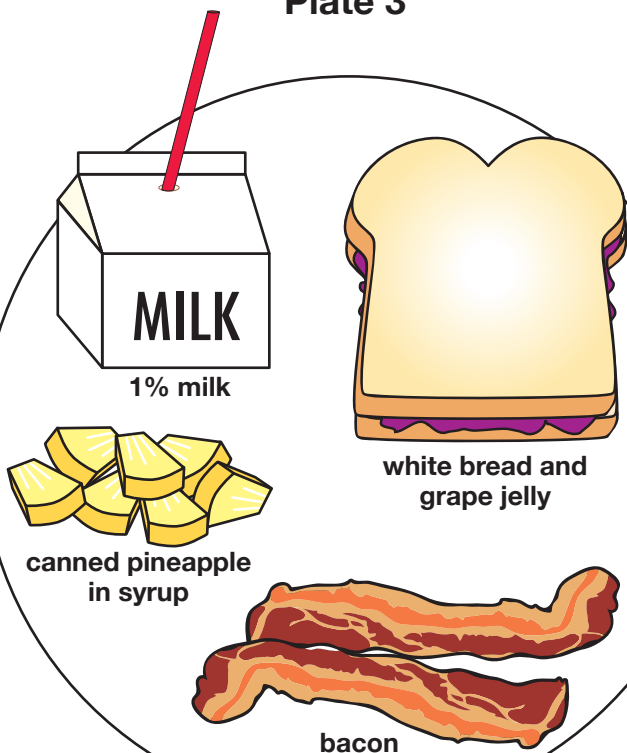


Plate 4

