



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



About Guide

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About the Curriculum

After school and other out-of-school time programs like vacation or summer camps offer a wonderful setting for teaching children positive health behaviors. Schools and community organizations are looking for more creative ways to help children and families develop healthy eating and physical activity habits.

The goal of **Food & Fun 2nd Edition** 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 after school program schedules. **Food & Fun 2nd Edition** 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!

Additional resources available in Food & Fun 2nd Edition are:

- **Nutrition and Physical Activity Environmental Standards for Out-of-School Time Programs-** The aim of the Environmental Standards for Nutrition and Physical Activity are to help program leaders create healthier out-of-school environments for children by achieving 7 simple standards.
- **Snack Sense-** A menu planning tool to provide fun, healthy, and budget-friendly snacks for children in after-school and out-of-school time programs.
- **Parent Materials-** Handouts, parent engagement ideas, newsletter articles, and email messages to distribute to parents that reinforce nutrition and physical activity messages from each unit.
- **Tip Sheets-** Tips for program staff on how to create healthier out-of-school time environments.
- **Food and Fun Web Resources-** A list of websites on nutrition and physical activity.
- **Training Materials-** The Food & Fun training videos are a way to help staff learn how to promote nutrition and physical activity and implement the Food & Fun Afterschool curriculum. Six video segments highlight each main topic of Food & Fun. Each video includes demonstrations of several activities from each Unit being implemented in afterschool programs as well as ways to engage families. www.foodandfun.org/?p=change&user=staff&tool=Training+Video&category=Training

All curriculum materials, including program tools and web resources are available for free download on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

About the Unit Themes

Ten topic units offer a variety of games, learning activities, and recipes for after school settings. While some units reinforce others, each unit can stand alone. Use all ten units over the course of a school year, or use only a few. Some unit themes connect to a national month or other special events, as noted, which allows you to find other resources to support the messages in the units. Check out the *Food & Fun Web Resources* in each unit for some great places to start. Unit 11 is an opportunity 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 it out half way through Food & Fun, or when you have finished all of the units.

The curriculum and program tools were created by the Harvard School of Public Health Prevention Research Center at the Harvard School of Public Health USA for educational use in after school programs for children from kindergarten through fifth grade.

<u>Unit (Month)</u>	<u>Title</u>	<u>Theme</u>
Unit 1 (September)	Take a Bite!	Fruits and vegetables
Unit 2 (October)	Get Moving	Physical Activity
Unit 3 (November)	Be Sugar Smart	Sugar-Sweetened Drinks
Unit 4 (December)	Go For Good Fat	Healthy and Unhealthy Fats
Unit 5 (January)	Go for Whole Grains	Whole Grains National Oatmeal Month
Unit 6 (February)	Super Snacks	Healthy Snacking
Unit 7 (March)	Mix it Up	Fruits and Vegetables National Nutrition Month
Unit 8 (April)	Tune Out the TV	Reduce TV viewing TV Turn Off Week (3rd week)
Unit 9 (May)	Play Hard	Physical Activity National Physical Fitness and Sports Month
Unit 10 (June)	Be Active, Stay Cool	Keeping Hydrated
Unit 11 (Anytime!)	Food & Fun Finale!	Food & Fun Review

How to Navigate Each Unit

Each of the 11 units is set up the same way and everything you need to conduct an activity (instructions, worksheets, recipes, etc.) is found within the unit. Most activities require common after school materials, such as construction paper, crayons or other craft items, and physical education equipment such as balls. Still, you may need to gather some material from outside sources, such as old magazines or empty water bottles. You may need to purchase special ingredients for the recipes.

Behavior Goal

Each unit lists a simple goal for children to achieve through the unit's activities.

Key Messages

These are the sound bites for the unit theme. A great way to inform children of the new theme is to copy the key messages onto colorful paper for display in your program – post on a bulletin board, on the walls, or at your check-out area. Visual displays not only help the children identify with the new theme, but it reminds parents of your healthy program goals! Program staff should review the key messages and use them when they present the various activities. For instance, when serving snack the leader may remind children that “Fruits and vegetables make great snacks that are healthy for your body!” (a key message from Unit 1). There are many opportunities to infuse these key concepts throughout a program day or week. *All* staff should be familiar with them, even if they are not in charge of leading the **Food & Fun** activities.

Key Information for Program Staff

This important background information provides staff leaders with the “why” behind each unit. It also offers tips for presenting the activities, or things to keep in mind when discussing nutrition or physical activity concepts with children.

Activity Options for Children

- **Arts and Crafts** involve coloring, cutting and pasting, or other creative projects. These activities allow leaders to introduce children to the various food or fitness concepts in a fun way.
- **Active Games** get children running and moving while learning about the key messages of the unit. Relay-type races with modifications are one common way to integrate learning with movement. These activities are designed to involve all children in a way that eliminates individual competition. Modifications are provided for most games.
- **Other Group Games or Activities** can be used in circle time or small groups to reinforce the learning concepts of the unit. Some of these activities are geared towards older children (upper elementary, 3rd – 5th grade) who have writing skills and/or the ability to understand more complex information.
- **Suggested Books** can be used to complement the unit activities. You may make books available in a reading center, or read to the group during circle time. Instead of purchasing books, borrow them from your local library for free!

- **Snack Time** is a great time to introduce new foods to children! Recipes are provided as the best hands-on way to involve children in snack preparation. Most recipes include commonly found ingredients and simple preparation methods, though some do involve cooking or advance preparation by adults (such as chopping vegetables). Programs can introduce families to healthy foods by preparing extras to serve during pick up, and by distributing the recipes.

New to Food and Fun 2nd Edition: Check out the lessons extensions that suggest ways to adapt lessons to the lives and needs of the children you serve. They can help you connect more with families, make lessons more age appropriate, and add variety to old favorites!

Connect with Parents

It is crucial to involve and inform families about the steps that your program is making to positively influence the health of their children. To help you reach out to parents and other caregivers, each unit lists key messages for parents which support the unit objectives. Like the key messages for children, these may be printed onto colorful paper to display at the check-out area or on a parent board. They are also included in the Parent Communication newsletters and email messages.

Food & Fun 2nd Edition suggests ways to connect with parents, and provides materials for communicating with parents that are available in English and Spanish:

- **Parent Engagement Activities-** Suggestions for how to engage parents in the messages being taught in each unit. Experiment and be creative; come up with your own ideas or modify the suggested activities for each unit!
- **Newsletter articles-** Available to cut and paste into your current program newsletter or as a stand-alone 1 page bulletin. These articles are available so you can send information about healthy eating or physical activity home each month. Available in English and Spanish.
- **Email messages-** Get around the challenge of notices left in children's backpacks by sending parents a simple message via email. These messages specifically address the unit key messages and activities while offering simple tips to involve families in the promotion of healthy foods and fitness behaviors. Available in English and Spanish.
- **Parent handouts-** Provided for each unit topic of Food & Fun. These colorful sheets are another easy way to get health messages home to families. Available in English and Spanish.
- **Parent handbook-** The handbook *Food, Fun & Family* provides information for parents about how to help develop healthy eating, physical activity, and television habits at home. It also includes additional resources like information sheets and recipes. Available in English and Spanish.

Resources

For more information about the topic of the month, each unit lists a number of websites. Some units also include sources for materials that compliment the activities. You may also reinforce unit lessons by using the curriculum's tip sheets. All parent communications and resources are

available on the Food and Fun website: www.foodandfun.org
or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Instructions

Instructions are provided for each activity or game and include information on the materials and advance preparation required, objectives of the game (if applicable), and instructions on how to conduct the activity or play the game. There are also lesson extensions to adapt the game for different age groups or space limitations.

Recipes and Taste Tests

Preparing and trying new foods with children is a great way to get them excited and interested in healthy foods. Children who help with meal or snack preparation are more likely to try their own creations! Use the **Food and Fun 2nd Edition Recipe and Taste Test Packet** to find recipes to try in the program and share with families. Recipes are designed to complement the unit themes. The recipes are classified by level of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program. For example, for Level 1 there is no cooking required, Level 2 is basic equipment (i.e. sink, fridge, microwave, blender, and/or toaster); and Level 3 requires a full kitchen (i.e., basic equipment plus stove). Each recipe lists the supplies needed along with the ingredients and instructions. Taste tests provide another fun and simple way of introducing children to new foods. Select foods that are easy to prepare and keep in mind that children can taste one new food or recipe, or compare similar foods (like “green vegetables” or “whole grain breads”). A taste test rating sheet, along with simple guidelines and ideas, are provided in each nutrition unit.

Remember to keep safety and sanitation in mind by washing hands and cleaning surfaces before handling food. Always keep sharp tools out of the hands of children.

Worksheets

Worksheets used in the learning activities are found at the end of the unit, along with any other supportive printouts that may be needed for a game or activity.

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

The aim of the Environmental Standards for Nutrition and Physical Activity are to help program leaders create healthier out-of-school environments for children by achieving 7 simple standards. These Environmental Standards are based on current scientific evidence about healthy eating and physical activity. These standards have been developed for part-day settings like sport programs and after school programs, but can easily be modified for full day programs like summer camps.

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.

Details on these guidelines and strategies for implementing them are outlined in the document **Nutrition and Physical Activity Environmental Standards for Out-of-School Time Programs** available in Food and Fun 2nd Edition or from the Food and Fun website: www.foodandfun.org

Tips on How to Implement Food and Fun 2nd Edition and the Environmental Standards at your Out-of-School Time Program

Adopting the Environmental Standards successfully requires a well-planned process that involves time and participation of many stakeholders. Assess your environment to determine areas where your program needs most improvement.

So where do you start? Try out the **Food & Fun 2nd Edition Planning and Tracking Tools**. These short, user-friendly self assessment tools help staff track implementation of Food and Fun 2nd Edition and the Environmental Standards. They are designed to support staff in making healthy changes, and are not intended as extra required paper work.

The 4 assessment tools to help programs “plan and track” are:

- 2 Minute Program Assessment
- Food and Fun 2nd Edition Planning and Tracking Tool
- Parent Engagement Planning and Tracking Tool
- Nutrition and Physical Activity Program Observation Tool

For more information and other ideas on how to implement the Environmental Standards, see **Food& Fun 2nd Edition Tip Sheets**. For each Environmental Standard, there is a corresponding Tip Sheet that includes barriers to program change and practical strategies to overcome them, YMCA success stories, and extra education and resources.

When preparing for changes, involve program staff, children, and their families to plan how to proceed in a way that is appropriate for your setting. You may need to invest time early with getting buy-in, but healthy changes are often well received by everyone in the end.

Self assessment guides and tip sheets are also available on the Food and Fun website:
www.foodandfun.org

Tips for Food and Fun Success

Food and Fun activities, lessons, and recipes offer an integrated approach towards meeting the various Environmental Standards, listed above.

Here are some tips for success as you begin to work with the materials and make changes in program practices:

- **Power up your snack offerings**—Introduce healthier choices while removing unhealthy options from the menu. Check out *Snack Sense* for ideas on how to incorporate the Environmental Standards for Healthy Eating into your regular snack time routine at a low price. The *Tip Sheets* are another great resource for ideas on how to provide healthy snacks in afterschool time.
- **Get children involved**—Ask children to help prepare for snack time and help at clean-up. For example, children can put snacks and pitchers of water with cups on the snack tables. You can also involve children through cooking special snacks and taste-testing. For a list of snack recipes and taste test ideas, check out the *Food and Fun 2nd Edition Recipe and Taste Test Packet*. Check with your program's regulations first to be sure that no restrictions apply.
- **Get children moving**— Schedule, schedule, schedule! Make physical activity a priority by scheduling at least 30 minutes at the same time every day. Plan activities that keep kids moving! The *Tip Sheets* “Everyone Participates!” and “Physical Activity!” is a great resource for ideas on how to engage all staff and children in physical activity and how to offer physical activity every day.
- **Offer a variety of choices** – Whether it’s an active game or new snack, children like to have some control over what they do. Involve children in selecting games, snacks, or learning activities. After presenting something new, ask them to vote on whether or not they liked it enough to do again, or if they have other ideas on how to play the game.
- **Designate a space for food and fitness information**--Any corner can work! Display key messages from the unit along with art work created by the children. You can add books that have nutrition or activity themes in the food and fitness area. Most units suggest books which complement the theme.
- **Ban the junk**--Keep soda or unhealthy snack machines off limits to children during program time, and discourage staff from using them also.
- **Water!** – Serve water as the primary beverage every day. Serve tap water in pitchers on the snack table with cups. Jazz up the water with slices of fruit!
- **Engage staff as role models**—We all know that children model what they see. It’s extremely important that staff participate in healthy snack time and physical activity games during afterschool program hours. Staff should not bring soda, fast food, or other unhealthy snacks into the program even for personal use. Staff will project a positive attitude about eating well and being active when they participate in snack and active time with children. For more tips on staff participation, see the *Tip Sheet* “Everyone

Participates!”.

- **Keep parents informed**-- As you use the Food & Fun After School materials, let parents know what’s happening. When parents pick up their child, talk to them about the activities their child participated in and the key health lessons they learned from the unit. Use the tools provided in the *Parent Materials* section to reinforce the lessons learned at after school, and to provide tips for healthy habits at home.

Tips for Talking with Kids About Nutrition & Physical Activity

As the adult in charge, what you say, and the language that you use, is very important for communicating positive messages about healthy eating and physical activity to children.

- Focus on the importance of nutrition and physical activity for **feeling good and staying healthy**. Avoid connecting eating well and staying active to losing weight or being slim. For example, do not use statements like, “drinking water will keep you from becoming overweight.” Water is good for everyone, not just those who want to lose weight.
- Talk about how eating well and being physically active is fun, makes you feel good, and give you energy! Share stories about eating healthy and being active. Avoid discussions that focus on losing weight.
- Do not talk about dieting—for yourself or for children. If parents bring up a concern about a child’s weight, advise them to speak with their pediatrician.
- If a child asks you a question about nutrition that you do not know the answer to, avoid answering with your best guess. Simply say that you don’t know, and that you will help to find the answer. Follow through by referring to the web resources in Food & Fun that are separated by topic area. If the child is old enough to use the internet, you can recommend one of these websites so that he or she can look for the answer.
- This curriculum is focused on positive healthy messages about nutrition and physical activity, but it is always possible that discrimination issue may arise. For more information on how to address check out the weight bias resources from the Rudd Center for Food Policy and Obesity. They have tools designed especially for kids, parents, and educators. (www.yaleruddcenter.org/what_we_do.aspx?id=10)



Getting Staff on Board

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

Getting Staff On Board!

Getting staff on board with healthy eating and physical activity changes is a challenge many programs face. Some staff members might be hesitant about their knowledge of what “healthy” means, while others might feel conflicted because they drink too much soda, don’t eat enough healthy foods, or spend more time in front of the television than being physically active. The good news is that Food & Fun Afterschool teaches kids, family, and childcare staff a simple set of healthy goals to live by and provides fun activities and accessible information to help change behaviors and environments. Staff are encouraged to learn along with the children and families and make healthy changes in their own lives. Below you’ll find some simple tips for involving staff with Food & Fun!

Who and What?

All staff should understand the healthy messages of Food & Fun Afterschool. Although the whole staff does not need to know how to deliver the curriculum, it is important for consistency and clear messaging that all staff know about the basic health objectives. One way to get started is to review the **behavioral goals** and **key messages** for kids at the beginning of each unit with your staff so they have a sense of what children are learning. You could also walk staff through the **Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs** or the **parent communications** as a way to teach the aims and rationale of the curriculum.

Where and When?

Afterschool is a busy, bustling place! Try to incorporate review of the key messages or environmental standards into your **current routine**—maybe during a monthly staff meeting or during set up at the beginning of the afterschool day. The goals of Food & Fun Afterschool are designed to be easily incorporated into the way the program runs and shouldn’t feel like a lot of extra work. You should also try to have **trainings** and **periodic refreshers** for staff who are in charge of delivering the curriculum. This way staff (new and old) will continue to feel confident about their knowledge and Food & Fun will start to become a regular part of your afterschool program.

Check out **the Food & Fun training video**, which is designed to help staff learn how to promote nutrition and physical activity and implement the Food & Fun Afterschool curriculum. Six video segments highlight each main topic of Food & Fun. Each video includes demonstrations of several activities from each Unit being implemented in afterschool programs as well as ways to engage families. Visit:

foodandfun.org/?p=change&user=staff&tool=Training+Video&category=Training

Why and How?

Equipping staff with the knowledge and skills to successfully delivery Food & Fun Afterschool has many benefits! First, staff will likely gain confidence and enthusiasm for implementing the curriculum. Reviewing key messages with the entire program staff will help with consistency and facilitate program change. With these pieces in places, the curriculum will be able to make a positive impact on children and their families. Try to make use of the many materials available in Food & Fun Afterschool 2nd Edition. There are staff **tip sheets** with practical strategies for making healthy changes in afterschool programs, the **Snack Sense Guide** with healthy and low cost snack ideas, and colorful **posters** to reinforce the environmental standards.

While all staff should be expected to have a common understanding of the healthy objectives of the curriculum, it is important to work with the staff who deliver the curriculum to develop more in depth skills and knowledge. Note that there are discussion questions included in each of the sections below which can be used during trainings, meetings or one-on-one discussions with your staff. These discussion questions are designed as a jumping off point for conversations with the staff at your program.

Discussion Questions

- What unit from the Food & Fun curriculum is most exciting to you?
- What needs to be done to best prepare for success of this unit?

Discussion Questions

- What are some of the healthy decisions you have made recently?
- How might you want to change your current behavior to be healthier?

Getting started: Sometimes the hardest part of taking up a new program or curriculum is just getting started! Food & Fun Afterschool 2nd edition has 11 units, each with lots of fun activities to try out. Although you can follow the month-by-month schedule on page 3 of the About Guide, you might want to **start with units that seem most exciting to your staff**. Getting started with topics that interest staff will likely lead to more use in the future! Once you or your staff choose a unit, makes sure to review the **key information for program staff** and

instructions for the activities you will be using so staff feel comfortable with the content they will be delivering.

Kids look up to afterschool staff: It is important that staff role model the healthy behaviors they are teaching in Food & Fun. This means participating in physical activity along with kids as well as eating and drinking healthy during the program time. It's likely that the kids won't take the curriculum messages seriously if they see staff sitting down during physical activity time, drinking soda during the program, or regularly talking about their love of French fries and sweets.

Discussion Question

- How can you create a safe environment that is conducive to healthy conversations about the nutrition and physical activity choices of the kids and families in your program?

Considering the diversity of the children and families you serve is key to making Food & Fun Afterschool relevant and useful. When you think about diversity this can mean the race, ethnicity, family income, disability status, age, and gender of the kids in your program. You might also think about the influences of urban or rural settings as well as neighborhoods. You can make sure to incorporate all kids' experiences by having conversations about the types of foods and drink they have at home as well as the ways they get physical activity. Many of the lessons have prompts for these kinds of conversations, but they are a great way to start off any unit!

Talking about nutrition & physical activity:

Encourage staff to start each unit by teaching the key messages for kids. They should always try to focus on the positives of feeling great and being healthy over talk of losing weight. Try teaching staff to use kids' questions as "teachable moments"—if they don't know the answers they can always look them up with the resources in each unit. Check out these questions for ideas to start dialog with kids, and encourage staff to role play with one another for practice.

Food & Fun Question for Kids

- What types of foods do you eat with your family?
- What is your favorite way to get physically activity?
- Why is it important to eat whole grains/be active etc?
- How can you try to eat more fruits/drink more water etc.?



UNIT 1:
Fruits and Vegetables
Take a Bite!

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This document was created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity for educational use in after school 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 1 Information for Leaders

Behavior Goal

Children will eat more fruits and vegetables (5-a-day!)

Key Messages for Kids

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Try to eat a fruit or a vegetable with every meal and snack.
- Just take a bite! Don't be afraid to try a new fruit or vegetable – chances are you'll like it.

Key Information for Program Staff

Fruits and vegetables are important foods to include in a healthy diet, but many children (and adults!) eat much less than the recommended 5 or more servings each day. Fruits and vegetables are packed with lots of vitamins and nutrients. They are also a great source of fiber, which helps you feel full.

The trick is that each type of fruit or vegetable has unique benefits, so it is important to eat different types. Encourage children to eat a variety of different fruits and vegetables so they get all the vitamins and nutrients they need to be healthy. Tell children it is fun to try new fruits and vegetables, and they taste great! They say that “an apple a day keeps the doctor away”, but don't forget your oranges and broccoli! Striving for variety also means you should also try to incorporate fruits and vegetables that are relevant to the lives of the children you serve. Take time to talk to kids about the kinds of fruits and vegetables they eat at home and make sure to incorporate them into your snacks and activities in this unit.

What's a Serving?

- ¼ cup of dried fruit, like raisins
- ½ cup of cooked or raw vegetables, like baby carrots or cooked green beans
- ½ cup of canned or cut-up fruit, like applesauce or canned pineapple
- 1 medium piece of fresh fruit (an apple the size of a tennis ball, or 1 medium banana)
- 1 cup of leafy greens like spinach and lettuce (dark greens pack more nutrients than pale iceberg lettuce)

Tip: September is National 5-a-Day month, so check out the resource section and connect to organizations that may offer free materials or ideas. School food service directors may also have promotional material, or they may be interested in working with school-based programs on taste-tests or other activities.

Refer to the “*Fruits & Veggies!*” *Tip Sheet* for ideas on how to serve fruits and vegetables for snack at your afterschool program. The Tip Sheets are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Arts & Crafts

Make a fruit & vegetable placemat! Use it to track which fruits and vegetables have been tried.



Active Games

Warm Up & Cool Down – do this whenever the children are active

Fruit & Vegetable Relays – use the various modifications to teach children about fruits and vegetables



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

Going on a Picnic – pack an alphabet of fruits and vegetables

Find the Favorite – interview friends to determine group favorite, with modifications for older and younger children

Bingo –make your own board using template provided



Suggested Books

Eating the Alphabet by Lois Ehlert takes children through the ABC's of fruits and vegetables.

I Will Never Not Ever Eat a Tomato by Lauren Child follows Charlie's creative nature as she convinces her picky sister Lola to try vegetables in disguise.



Snack Time Ideas

Bugs on a Log – a snack time classic!

Build a snack – Fruit Kabobs with Spiced Yogurt Topping

Oven Baked Carrot Strips

Taste test ideas – take a bite of a new fruit or vegetable

You can also find these recipes in the Food & Fun 2nd Edition Recipe Packet, available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Connect with Parents!

Key Messages for Parents

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Serve a fruit or vegetable with every meal and snack, even if your child doesn't always eat them.
- Involve your child in healthy eating. Ask your child to help choose which fruits and vegetables you buy for the family and pick which you serve with meals.
- Encourage your child to at least “take a bite” of every fruit and vegetable you serve.

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
- Plan a potluck! Invite parents to participate in a fruit and veggie potluck. Ask parents to bring their favorite fruit or veggie dish to share with other parents and children. Ask them to bring copies of the recipe for other parents so they can make the dish at home.
- Offer fruits and veggies at pick-up. Put a bowl of fruits or veggies by the sign-out book for parents to grab when they pick up their kids from afterschool.

Refer to the Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun:

- **Newsletter Article:** “Fruits and vegetables for better health”. Insert this into your program newsletter.
- **Email Message:** “Healthy Habits Power Tips: Get your 5 servings of fruits and veggies!”. Email this message to parents at the start of this unit.
- **Parent Handout:** “Fruits and vegetables: Eat 5 or more servings for your health”. 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.

Parent Communications and Handouts are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources



Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org

Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

www.actionforhealthykids.org/

The Produce for Better Health Foundation provides tips for eating a variety of colorful fruits and vegetables, nutritional information, as well as ideas about planning, shopping and cooking meals and snacks packed with fruits and vegetables.

www.fruitsandveggiesmorematters.org/

Dole produces a website that has a section for educators with lesson plans and activities about fruits and vegetables:

www.dole.com/SuperKids/Educators/tabid/744/Default.aspx

The Centers for Disease Control (CDC) has a website dedicated to information about fruits and vegetables. It includes recipes, budgeting tips, and guides to healthy meals.

www.fruitsandveggiesmatter.gov/

The United States Department of Agriculture (USDA) has an interactive website that provides information about the MyPlate food guidance system with specific information on each food group, which can be tailored for individual needs.

www.choosemyplate.gov/

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. Available in English and Spanish.

www.kidshealth.org

www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Web Sites for Kids:

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.

www.bam.gov

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

www.kidshealth.org/kid/index.jsp?tracking=K_Home

www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

The Produce for Better Health Foundation has a fun interactive website designed just for kids! It includes recipes, games, activities and more!

www.foodchamps.org/

Self-Assessment Tools:

The Produce for Better Health Foundation provides educators with several options that can be used to help children monitor their fruit and vegetable intake. Use these materials to help promote 5-a-day in your program.

www.pbhfoundation.org/educators/teachers/activities/tracking.php

Activities

FRUIT & VEGETABLE PLACEMAT



Objective:

Children make a colorful placemat to remind them of fruits and vegetables they like, and to discuss the fun of trying new fruits and vegetables.

Preparation and Materials:

- Construction paper
- Magazines (food or home type) or local grocery circulars
- Scissors
- Glue or glue stick
- Lamination materials, clear contact paper, or packing tape (recommended)
- Dry-erase markers for tracking activity (optional)

Instructions:

1. Distribute 1 sheet of colorful construction paper to each child and have magazines and/or grocery circulars available to share. Get a variety of circulars from different stores in your area to ensure a wide choice of fruits and vegetables children might eat at home.
2. Tell children that they will make a placemat for their snacks or to take home.
3. Instruct children to search for pictures of fruits and vegetables to cut out and paste on their paper. Have them select fruits and veggies they like as well as fruits and veggies they are willing to try.
4. When the decorating is complete, laminate the page or use clear contact paper or packing tape to seal page.

Extension Activities:

- Using dry-erase markers, have children check off the fruits and vegetables that they have eaten that day.
- Discussion: Have kids sit in a circle and share their placemats.
 - How many fruits and vegetables did they eat today? Were there other things that they did eat, but do not have a picture of?
 - How did they select the items for their placemat? How and when do they usually eat fruits and vegetables? What new fruits or vegetables would they like to try?
 - Remind kids to that they should try to have 5 fruits or vegetables every day—a least 1 with every meal and snack!

- Encourage kids to try something different this week! As the group to select a fruit or vegetable that they would like to try and serve it for snack!
- Instead of making individual placemats, make one large mural using a roll of butcher paper. As a group children can identify the fruits or vegetables that they consumed that day by placing check marks or small post-it notes next to the foods they had to eat.
- Have children create placemats with 4 sections (one for each season) and draw or paste fruits and vegetables that grow in each season. Then serve snacks that use seasonal fruits and veggies! See examples below.

Fruit and Vegetable Seasonality

Summer—apricots, avocados, blueberries, watermelon, green beans, and corn

Fall—apples, cranberries, grapes, lettuce, sweet potatoes and pumpkins

Winter—broccoli, clementines, oranges, kiwi, cauliflower, celery, and cabbage

Spring—cherries, carrots, asparagus, grapefruit and beets

NOTE: Tell kids that while it may be winter here, it's summer in other parts of the world (which is why oranges, for example, are a "winter" fruit!)

WARM UP, COOL DOWN



Objective:

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.

FRUIT AND VEGETABLE RELAY GAMES



Objective:

Teams collect and sort as many fruit and vegetable containers as possible.

Preparation and Materials:

- Collect, empty, and clean a variety boxes or cans of fruit/vegetables or juice. You could also use pictures/write names of fruits and vegetables to paste on small boxes (like empty milk cartons)
- 2 large containers (milk crates or paper grocery bags work well) for each team; label one box “fruit” and one box “vegetable”

Instructions:

1. Arrange group in 2 or more teams and have each team line up on opposite sides of a gym/field/large open space.
2. Place fruit/vegetable containers in the middle of the space, between the teams.
3. On “Go!” each team member takes turns running to grab a fruit/vegetable container and returning to their team to sort the items. All team members should run in place, stretch, or do jumping jacks when waiting for their turn.
4. The team with the most items, correctly sorted, wins.

Extension Activities:

- Search for an item that meets the description called out by the leader. For instance, the leader calls out “orange fruit” and the team members in line run out and find an orange fruit to return to their teams. The next person in line searches for a different item, such as “green vegetable”. Other options include: part of plant, how the food is typically served (lunch bag fruit, dried fruit snack, mashed vegetable, etc). For older students who have been introduced to key nutrients, categories may include options like “lots of vitamin C” or “little vitamin C”
- As a class, make labels for a few of the fruits and vegetable that are translated into the different languages spoken by the group (Spanish, French, etc). Have children assist with translations. Review the names as a class and then play the game again.
- To add variety to the game and encourage family involvement, have children bring in boxes and cans from home.

I'M GOING ON A PICNIC



Objective:

Children take turns naming fruits and vegetables to follow the alphabet.

Suggested Book:

Eating the Alphabet by Lois Ehlert

Instructions:

1. Children sit in a circle and the leader explains that the group is going on a picnic and needs to pack a fruit or vegetable that begins with each letter in the alphabet.
2. Begin by saying “I’m going on a picnic and I’m going to bring an (apple, avocado, apricot, etc)”
3. The next person repeats the line as well as the foods already listed (see modification for young children) and adds a food from the next letter in the alphabet.
4. The goal is for all children to pack some fruit or vegetable for the picnic. When a child can’t remember something, the game ends and it’s time to start packing again!

Extension Activities:

- Younger children may simply name a food for each letter in the alphabet, while older children can be challenged to remember and repeat each food listed.
- Smaller programs may play this game with all ages together.
- This game can be expanded to include health snacks and drinks; for instance, arts on a log or fruit-flavored water.

FIND THE FAVORITE



Objective:

Children learn what fruits and vegetables are enjoyed by their friends and family members, and are encouraged to try new ones themselves.

Preparation and Materials:

- Print and copy “Find the Favorite” worksheet
- Pens or pencils for children who can write, crayons or colored pencils/markers for children who prefer to draw pictures

Instructions:

1. Distribute interview sheets and pens/pencils to each child.
2. Instruct the children to ask 3-5 friends the following questions:
 - a. What is your favorite fruit? How do you like to eat it?
 - b. What is your favorite vegetable? How do you like to eat it?
 - c. Is there a fruit or vegetable that you do not like? What is it?
3. Tally the results and make plans to serve the favorites.
4. Discuss why children do not like a particular fruit or vegetable— is there a way that they might like it better? Come up with creative serving options (example: eat with a fun dip, try it with a sauce, or add a new spice). Remind children that most vegetables taste different when prepared differently. Conduct a taste test to compare some raw versus cooked foods, such as carrot sticks and cooked carrots or apples and applesauce.

Extension Activities:

- Conduct activity at pick-up time or give children the interview sheets to take home; have children interview their parents or caregivers and report on the results the next day.
- Have children bring in their favorite fruit or vegetable “recipes” from home and share with the group. Select some for snack. Compile into a fruit and veggie recipe book that students can decorate as part of a quiet activity and then take home.
- For older groups: create ads (on poster board) to represent the favorite fruits and vegetables of the group, with benefits, nutritional information, etc. Include the message that kids and adults should eat 5 a day.

BINGO



Preparation and Materials:

- Create bingo boards using the Worksheet. Give each child a blank BINGO board to decorate with pictures of fruits and vegetables (they may draw or cut pictures from magazines or grocery circulars). Photocopy these cards and cut out the pictures to use as call cards (or create a list).
- Coins or markers

Instructions:

1. Play BINGO according to the usual directions:
 - a. Draw the cards one by one and call out the fruit or vegetable to the group.
 - b. Have each child search their board for the item called out and place a marker over the fruit or vegetable if it appears on their card.
 - c. The first person to get 5 in a straight line (horizontally, vertically, or diagonally) yells out “BINGO!” to win.
2. Play with creative rules for winning:
 - a. First to get any 5 on board
 - b. First to cover entire board
 - c. First to get cover all green or red fruits and vegetables

Extension Activities:

- Play with creative ways of calling out cards (*Note: several fruits or vegetables may fit the description*):
 - Describe color (“I’m a deep green vegetable”)
 - Describe common way to consume the food (“People drink my juice”)
 - Describe region where fruit/vegetable is from or which season it grows in (for example “fall”=pumpkins, apples, etc).
 - Learn names of fruits and veggies in different languages spoken by the group and call out by these different languages

Recipes and Taste Tests



Recipe Criteria

All recipes included in the Food & Fun 2nd Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of \$0.74 per serving for afterschool programs.

Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

- Level 1. No cooking required
- Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)
- Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!

Bugs on a Log



Level 1: No cooking required

Price per serving: 33¢

Serving size: 2 logs

Preparation time: 10 minutes

Servings per recipe: about 24

Supplies:

Plastic knives for spreading

Sharp knife for cutting vegetables

Ingredients:

1 16oz package of celery hearts, each stalk cut in half

2 12oz tubs of cream cheese

½ cup raisins

Adult Preparation:

Wash and cut celery stalks in halves.

Directions:

1. Spread about 2 Tbsp of cream cheese on each piece of celery.
2. Top with a row of raisins.

Modifications:

Experiment and be creative with different types of “bugs”, “logs”, and spreads! Try raisins or golden raisins as “bugs”, carrot or jicama sticks as “logs”, and peanut butter or hummus as spreads- mix and match!

Fruit Kebobs



Level 1: No cooking required

Price per serving: 45¢

Serving size: 1 kabob

Preparation time: 10 minutes

Servings per recipe: 24 kabobs

Supplies:

Bamboo skewers

Melon baller or Knife

Ingredients:

Just about any fruit can work for this recipe, so try fruit that is fresh and in season. Here are a few ideas for fruits that are easy for children to skewer.

2 pints fresh strawberries

2 bunches seedless grapes

1 pint blueberries

1 cantaloupe

24 6-inch bamboo skewers

Adult Preparation:

Cut cantaloupe in half and scoop out seeds. Cut cantaloupe into squares or scoop into melon balls.

Directions:

1. Alternating the fruits, thread them onto bamboo skewers. Place about 5 pieces of fruit per kabob.
2. Children should select their fruit. Encourage them to try at least 2 different types!
3. *Optional:* Serve the fruit kabobs with Spiced Yogurt Topping (see page 20 for recipe).

Spiced Yogurt Topping



Level 1: No cooking required

Price per serving: 17¢

Serving size: 2 Tbsp

Preparation time: 5 minutes

Servings per recipe: 24

Supplies:

Bowl

Mixing and measuring spoons

Ingredients:

3 cups vanilla, or banilla (banana-vanilla) yogurt

$\frac{3}{4}$ tsp nutmeg

$\frac{3}{4}$ tsp cinnamon

Salt to taste (*optional*)

Directions:

1. Put yogurt and honey in a bowl and mix thoroughly.
2. Mix in spices and salt and serve with fruit salad or fruit kebobs (see page 19 for recipe).

Modification:

Try it warmed up! Microwave the yogurt topping on medium low (50%) power for 1 minute. Stir and check temperature of yogurt. Microwave in 10-second intervals until mixture is warm, but not boiling hot.

Oven Baked Carrot Strips



Level 3: Full Kitchen

Serving size: About 10 carrot strips

Servings per recipe: 20 servings

Price per serving: 40¢

Preparation time: 10 minutes

Cook Time: 20 minutes

Supplies:

Shallow pan or baking sheet

Tin foil

Sharp knife

Ingredients:

4 lbs. carrots

1 Tbsp sugar

5 Tbsp olive oil

2 tsp salt

1 Tbsp fresh rosemary

Black pepper to taste

NOTE: Depending on the size of your pan, estimate if you will need to make the recipe in batches. If so, how many? Cooking time will be longer if you need to prepare multiple batches.

Adapted from: That's My Home: Cooking with Children
www.thatsmyhome.com/recipes-for-kids

Adult Preparation:

Using a sharp knife, slice off the tip and end of each carrot. Peel each carrot completely. Cut carrots in half cross-wise, then cut length-wise, then cut length-wise again.

Directions:

1. Preheat oven to 425° F.
2. Line a shallow pan with foil.
3. In a mixing bowl, combine the carrot sticks, oil, rosemary, salt and pepper. Stir until carrots are evenly coated.
4. Place carrot sticks in pan, spreading them out as much as possible so they are a single layer. You may need to make 2 batches if the pan isn't big enough to arrange carrots in a single layer.
5. Bake for 20 minutes or until carrots are tender. Serve hot or at room temperature.

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!

Take a Bite! Taste Test Ideas for Fruits and Vegetables

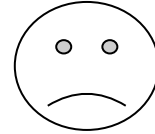
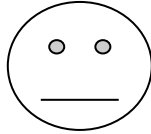


- Go Seasonal – serve fruits and veggies that are “in season and available locally.”
- Be Adventurous – try fruits like kiwi, pomegranates or star fruit. Have children from different cultural backgrounds suggest fruits that they commonly eat at home (platanos, guava, etc.)
- Taste by Color – try different green vegetables (broccoli, green beans, kale) or orange fruit (peaches, nectarines) or a fruit and vegetable of the same color (red pepper and red cherry)
- Eat the Alphabet – try fruits and vegetables of the same letter (refer to the book *Eating the Alphabet* by Lois Ehlert for an alphabet of ideas). Examples may include: apricots and apples, or melons and mangos.
- Taste by Part of the Plant – use the “What Part of the Plant are You Eating?” worksheet for a guided testing plan and/or use the examples below:
 - Root: carrot, onion, potato, turnip, yam, beets
 - Stem: asparagus, rhubarb, celery, fennel
 - Leaf: spinach, chard, cabbage, lettuce, collards
 - Flower: broccoli, cauliflower, artichoke
 - Fruit (of the vegetable plant): squash, tomato, cucumber
 - Seed: beans, corn, peas, soy beans
- Taste by Variety – compare different apples, pears, peppers, berries, etc., or compare the same food prepared different ways (for instance, raw apples versus applesauce, which is cooked; or raw versus steamed broccoli). Have kids bring in vegetable recipes that are part of their (or their parent’s) culture.

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: _____

Worksheet List

What Part of the Plant Are You Eating?

Pages 25-26

Find the Favorite

Page 28

My Bingo Board

Page 29

What Part of the Plant Are You Eating?

Directions: Put one check mark next to your choice for each food listed.

1) Carrot

___ Root

___ Leaf

___ Seed

4) Spinach

___ Stem

___ Leaf

___ Flower

2) Celery Stick

___ Leaf

___ Stem

___ Fruit

5) Corn

___ Root

___ Fruit

___ Seed

3) Apple

___ Fruit

___ Stem

___ Root

6) Broccoli

___ Leaf

___ Flower

___ Stem

What Part of the Plant Are You Eating?

ANSWER SHEET

Directions: Put one check mark next to your choice for each food listed.

1) Carrot

Root

Leaf

Seed

4) Spinach

Stem

Leaf

Flower

2) Celery Stick

Leaf

Stem

Fruit

5) Corn

Root

Fruit

Seed

3) Apple

Fruit

Stem

Root

6) Broccoli

Leaf

Flower


Stem

Find the Favorite

Interview 3 to 5 friends and discover which fruits and vegetables are the favorites.

Questions:	Name:	Name:	Name:	Name:	Name:
1. What is your favorite fruit?					
2. What is your favorite vegetable?					
3. Is there a fruit or vegetable you do not like? What is it?					

My Bingo Board

B	I	N	G	O
				

Food & Fun Afterschool 2nd Edition

Parent Communications

Unit 1: Fruits and Veggies

About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education and school, improved relationships between parents and children, and improved implementation and outcomes for afterschool programs*.

This Parent Communication packet contains Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- 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, like a parent's night

**Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.*

Parent Engagement Activities

Experiment and be creative- come up with your own ideas or modify the activities below to engage parents at your after school program!

- **Plan a potluck!** Invite parents to participate in a fruit and veggie potluck. Ask parents to bring their favorite fruit or veggie dish to share with other parents and children. Ask them to bring copies of the recipe for other parents so they can make the dish at home.
- **Offer fruits and veggies at pick-up.** Put a bowl of fruits or veggies by the sign-out book for parents to grab when they pick up their kids.

For more information, visit www.foodandfun.org.

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity and YMCA of the USA."

FRUITS AND VEGETABLES FOR BETTER HEALTH

People sometimes say "An apple a day keeps the doctor away". However, most children (and adults!) in the U.S. are not eating the recommended 5 servings of fruits and vegetables each day. Serve a fruit or vegetable at every meal and snack so kids get their 5 fruits and veggies every day!

This month your child will explore a rainbow of fruits and vegetables in the (*insert program name*) after school program.

The key messages for parents are:

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Serve a fruit or vegetable with every meal and snack, even if your child doesn't always eat them.
- Involve your child in healthy eating. Ask your child to help choose which fruits and vegetables you buy for the family and pick which you serve with meals.
- Encourage your child to at least "take a bite" of every fruit and vegetable you serve.

The key messages for kids are:

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Try to eat a fruit or a vegetable with every meal and snack.
- Just take a bite! Don't be afraid to try a new fruit or vegetable – chances are you'll like it.

Our goal is to help children enjoy fruits and vegetables through taste testing and other fun food-related activities.

Fruits and vegetables are important because they provide vitamins, minerals and fiber. A diet high in fruits and vegetables can help kids grow and fight illness. It also protects against heart disease, stroke, high blood pressure and some cancers. The fiber and water in fruits and vegetables help you feel full.

How can you get more fruits and vegetables into your family's diet? The key is to make the foods available, and to model healthy habits yourself.

Tips for Success

- **Serve fruits and vegetables with every meal and snack.** Even if your kids don't always eat them, make them an option every time. Don't forget to send them to school for snacks and lunches!
- **Involve your kids.** Get your kids to help in cooking and planning meals. They are more likely to try new foods if they help out!
- **Role model.** Serve and eat a variety of fruits and vegetables at every meal and snack. Kids learn good habits from their parents!
- **Start early.** Introduce fruits and vegetables to children early in life. Continue serving them often.
- **Be prepared.** Have a supply of cut up, prepared fruits and vegetables in the refrigerator for snack. Store them in clear containers at eye level.
- **Trade up.** Ask for a salad instead of fries when eating out.
- **Don't overdo the juice.** Serving 100% fruit juice doesn't substitute for whole fruit. Limit 100% juice to 4 ounces per day.

Remember, as a parent, you are the most important person for deciding what to serve at each meal. Set a good example by eating and serving fruits and vegetables every day. For more information and great recipe and snack ideas, check out www.fruitsandveggiesmorematters.org/. For more on keeping your family healthy, visit www.foodandfun.org.

[Side Bar]

Fruits and veggies make tasty and easy snacks!

- Apple slices and peanut butter
- Cucumber slices, cheese, and whole grain crackers
- Corn tortillas with beans, cheese, and salsa
- Baby carrots and hummus
- Dried fruits like raisins, pineapple, and apricots with nuts and sunflower seeds

Email Message

Use this sample message to communicate with parents by email.

Subject: **Healthy Habits Power Tips— Get your 5 servings of fruits and veggies!**

Dear *(insert program name)* Parents,

This month your child will explore a rainbow of fruits and vegetables in the *(insert program name)* after school program.

The key messages for parents are:

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Serve a fruit or vegetable with every meal and snack, even if your child doesn't always eat them.
- Involve your child in healthy eating. Ask your child to help choose which fruits and vegetables you buy for the family and pick which you serve with meals.
- Encourage your child to at least "take a bite" of every fruit and vegetable served.

The key messages for kids are:

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Try to eat a fruit or a vegetable with every meal and snack.
- Just take a bite! Don't be afraid to try a new fruit or vegetable – chances are you'll like it.

Our goal is to help children enjoy new fruits and vegetables through taste testing and other fun food-related activities.

You can support this goal by reinforcing the key messages at home, and by following these **Healthy Habits Power Tips**:

- **Serve fruits and vegetables with every meal and snack.** Even if your kids don't always eat them, make them an option every time. Don't forget to send them to school for snacks and lunches!
- **Involve your kids.** Get your kids to help in cooking and planning meals. They are more likely to try new foods if they help out!
- **Role model.** Serve and eat a variety of fruits and vegetables at every meal and snack. Kids learn good habits from their parents!

- **Start early.** Introduce fruits and vegetables to children early in life. Continue serving them often.
- **Try canned and frozen and canned fruit and veggies.** They are low in price and easy to prepare. Choose fruit canned in 100% juice and canned vegetables low in salt.
- **Trade up.** Ask for a salad instead of fries when eating out.
- **Don't overdo the juice.** Serving 100% fruit juice doesn't substitute for whole fruit. Limit 100% juice to 4 ounces per day.

Want to learn more? For information on the health benefits of fruits and vegetables, go to <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>. Click on <http://www.fruitsandveggiesmorematters.org/> for fruit and vegetable recipes, games for kids, and health information.

For more on keeping your family healthy, visit www.foodandfun.org.

Food & Fun Afterschool 2nd Edition

Parent Communications- Spanish

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit, "Proporcionado por Harvard School of Public Health Prevention Research Center sobre la Nutrición y la Actividad Física y la YMCA de USA."

FRUTAS Y VERDURAS PARA UNA MEJOR SALUD

Hay un refrán que dice, "A diario una manzana, es cosa sana". Sin embargo, la mayoría de los niños (y los adultos) en los EEUU no comen las 5 porciones diarias recomendadas de frutas y verduras. Sirva una fruta o verdura con cada comida y merienda para que los niños consuman sus 5 frutas y verduras diarios.

Este mes su hijo/a explorará un arco iris de frutas y verduras en el programa después de clases (*insert program name*).

Los mensajes claves para los padres son:

- ¡Que sean cinco! Coma 5 o más frutas y verduras (combinados) cada día.
- Sirva una fruta o verdura con cada comida y merienda, aún cuando su hijo/a no siempre los coma.
- Interese a su hijo/a en la alimentación saludable. Pídale a su hijo/a que ayude a escoger las frutas y verduras que compre para la familia y escoja cuáles servir con la comida.
- Estimule a su hijo/a a que al menos "pruebe un bocado" de cada fruta y verdura que sirva.

Los mensajes claves para los niños son:

- ¡Que sean cinco! Come 5 o más frutas y verduras (combinados) cada día.
- Trata de comer una fruta o verdura con cada comida y merienda.
- ¡Prueba un bocado! No temas probar una nueva fruta o verdura; lo más probable es que te guste.

Nuestro objetivo es ayudar a los niños a disfrutar de las frutas y verduras mediante pruebas de sabor y otras actividades divertidas relacionadas con los alimentos.

Las frutas y verduras son importantes porque proporcionan vitaminas, minerales y fibra. Una dieta alta en frutas y verduras puede ayudar a los niños a crecer y combatir

enfermedades. También ofrece protección contra las enfermedades cardíacas, ataques cerebrovasculares, alta presión y algunos tipos de cáncer. La fibra y el agua de las frutas y verduras también ayudan a que el cuerpo se siente satisfecho.

¿Cómo agregar más frutas y verduras a la dieta de su familia? La clave es tener los alimentos disponibles y ser un buen modelo de conducta de hábitos saludables.

CONSEJOS PARA TENER ÉXITO

- **Sirva frutas y verduras con cada merienda y comida.** Aunque sus hijos no siempre las coman, sívalas como opción en toda oportunidad. No olvide incluirlas en las meriendas y almuerzos para la escuela.
- **Interese a sus hijos.** Invite a sus hijos a ayudar a preparar y cocinar las comidas. Es más probable que prueben las comidas nuevas cuando ayudan.
- **Sea un buen modelo.** Sirva y coma una variedad de frutas y verduras con cada comida y merienda. ¡Los niños aprenden buenos hábitos de sus padres!
- **Empiece temprano.** Introduzca las frutas y verduras temprano en la vida de los niños. Siga sirviéndolos con frecuencia.
- **Esté preparado.** Mantenga una cantidad de frutas y verduras ya cortados y preparados para merendar en el refrigerador. Guardalos en recipientes transparentes y póngalos a nivel de la vista.
- **Intercambie por algo mejor.** Pida una ensalada en lugar de papas fritas cuando coma afuera.
- **No se exceda en el jugo.** El servir jugo 100% no es sustituto para la fruta entera. Limite el porción de jugo 100% a 4 onzas por día.

Recuerde que, como padre, usted es la persona más importante al decidir lo que se sirve con cada comida. Dé un buen ejemplo comiendo y sirviendo frutas y verduras cada día. Para más información, buenas recetas e ideas para meriendas, visite: <http://www.5aldia.org/>.

Para más información, visite www.foodandfun.org.

[Side bar]

¡Las frutas y verduras son meriendas fáciles y sabrosas!

- Rodajas de manzana y mantequilla de maní
- Rodajas de pepinillo, queso y galletas de trigo integral
- Tortillas de maíz con frijoles, queso y salsa
- Zanahorias tiernas y paté de garbanzo
- Frutos secos como pasas, piña y albaricoques con nueces y semillas de girasol

Email Message

Use this sample message to communicate with parents by email.

Subject: **Consejos útiles para lograr hábitos saludables: ¡Coma sus 5 porciones de frutas y verduras!**

Estimados Padres de *(insert program name)*:

Este mes su hijo/a explorará un arco iris de frutas y verduras en el programa después de clases *(insert program name)*.

Los mensajes claves para los padres son:

- ¡Que sean cinco! Coma 5 o más frutas y verduras (combinados) cada día.
- Sirva una fruta o verdura con cada comida y merienda, aún cuando su hijo/a no siempre los coma.
- Interese a su hijo/a en la alimentación saludable. Pídale a su hijo/a que ayude a escoger las frutas y verduras que compre para la familia y escoja cuáles servir con la comida.
- Estimule a su hijo/a a que al menos "pruebe un bocado" de cada fruta y verdura que sirva.

Los mensajes claves para los niños son:

- ¡Que sean cinco! Come 5 o más frutas y verduras (combinados) cada día.
- Trata de comer una fruta o verdura con cada comida y merienda.
- ¡Prueba un bocado! No temas probar una nueva fruta o verdura; lo más probable es que te guste.

Nuestro objetivo es ayudar a los niños a disfrutar de las frutas y verduras mediante pruebas de sabor y otras actividades divertidas relacionadas a los alimentos.

Usted puede apoyar este objetivo reforzando los mensajes clave en el hogar y siguiendo estos **Consejos útiles para lograr hábitos saludables:**

- **Sirva frutas y verduras con cada merienda y comida.** Aunque sus hijos no siempre las coman, sívalas como opción en toda oportunidad. No olvide incluirlas en las meriendas y almuerzos para la escuela.
- **Interese a sus hijos.** Invite a sus hijos a ayudar a preparar y cocinar las comidas. Es más probable que prueben las comidas nuevas cuando ayudan.

- **Sea un buen modelo.** Sirva y coma una variedad de frutas y verduras con cada comida y merienda. ¡Los niños aprenden buenos hábitos de sus padres!
- **Empiece temprano.** Introduzca las frutas y verduras temprano en la vida de los niños. Siga sirviéndolos con frecuencia.
- **Pruebe las frutas y verduras congelados y enlatados.** Son más baratos y fáciles de preparar. Seleccione la fruta enlatada en 100% jugo y compre los verduras enlatados que sean bajos en sal.
- **Intercambie por algo mejor.** Pida una ensalada en lugar de papas fritas cuando coma afuera.
- **No se exceda en el jugo.** El servir jugo 100% no es sustituto para la fruta entera. Limite el porción de jugo 100% a 4 onzas por día.

¿Quiere aprender más? Para información sobre los beneficios de las frutas y verduras visite: <http://www.5aldia.org/>.

Para más información, visite www.foodandfun.org.



UNIT 2:
Physical Activity
Get Moving!

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

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This document was created by the Harvard School of Public Health 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 2 Information for Leaders

Behavior Goal

Children will be more physically active.

Key Messages for Kids

- Moving your body is fun and helps your body be healthy and strong.
- All types of physical activities like playing, dancing, and sports are good for you.
- Do something active every day.

Key Information for Program Staff

It is important to create an afterschool environment where children are able to participate in physical activity every day. When regular activity is not part of a healthy lifestyle, children are more likely to develop chronic diseases such as heart disease, diabetes, and osteoporosis when they grow up. Physical activity tends to decline as children enter the adolescent years, and inactive children and teens are more likely to grow into sedentary adults.

The goal is to engage all children in regular physical activity, regardless of physical or mental abilities, and for them to have fun being active. Many schools have reduced physical education and recess times so children come to afterschool programs ready to move! Children ages 6-17 need at least 60 minutes of physical activity each day. This can occur in 15 minute periods of activity throughout the day. They should participate in vigorous activity on at least 3 days per week. To help children meet this goal, provide all children with at least 30 minutes of moderate physical activity every day. Offer at least 20 minutes of vigorous physical activity on 3 or more days per week.

In this unit, children will recognize that traditional forms of exercise, like sports, are not the only way to get moving. Free play, like running, jumping and climbing on playground equipment is just as important as organized sports like soccer or softball. Children can also be active in their chores at home. They may walk a dog or help sweep floors. Finally, children and families should be encouraged to find active forms of transportation like walking to school or riding bikes to the park or store. It is important to keep in mind that people hold different values and understanding about exercise, so talking about all these different ways to be physically active is important.

Don't forget proper hydration! Offer water before, during, and after all physical activity.

Refer to the *"Everyone Participates!"* and *"Physical Activity!"* Tip Sheets for ideas on how to engage staff and children in physical activity at your afterschool program every day. The Tip Sheets are also available on Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Arts & Crafts

Active Day Cartoon – all ages create healthy stories. Choose one of cartoon sheet options to best match the ages of children participating in this activity.



Active Games

Warm Up and Cool Down activities – do these whenever you get moving!

We Belong to Many Groups – a physically active game that helps kids appreciate the similarities and differences they have with one another.

Get Moving Relay – helps children identify activities that are “active” (gets the body moving) versus “not active” (body stays still).



Suggested Books

Jonathan and His Mommy by Irene Smalls takes children along a fun walk through the neighborhood, and can be used for an interactive circle time.

Salt in His Shoes by Delores Jordan tells the inspirational story of Michael Jordan and how perseverance led him to become a successful basketball player.

Connect with Parents!

Key Messages for Parents

- Kids should get 1 hour or more of physical activity every day, all at once or spread out in 10-15 minute periods.
- Active families have fun and feel more energetic.
- Being physically active helps your body be healthy and strong.
- Be a good role model by getting regular physical activity yourself and planning active time as a family. Kids with active families are more likely to stay active as adults.

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
- **Start a walking club** for families to participate in weekly.
- **Dance!** Offer a dance class for families. Zumba is one popular dance class that parents and kids can enjoy together.
- **Suggest family fitness!** Make a list of family fitness classes that local YMCAs are offering. Distribute the list to parents and encourage them to attend!

Refer to the Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun:

- **Newsletter Article:** “Get Moving! Feel Great!”. Insert this into your program newsletter.
- **Email message:** “Healthy Habits Power Tips: Get Moving!”. Email this message to parents at the start of this unit.
- **Parent Handout:** “Activate your Family!”. 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.

Parent Communications and Handouts are also available on the Food and Fun website:

www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



The Physical Activity Guidelines for Americans describe the types and amounts of physical activity that offer substantial health benefits to children and adults.

www.health.gov/paguidelines/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

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. Also available in Spanish.

www.kidshealth.org

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

National Association for Sport and Physical Activity (NASPE) offers guidelines on activity for children and publishes curricula for in-school and out-of-school time.

www.aahperd.org/Naspe/

President's Fitness Challenge inspires children (and adults) to get moving each day. Use the guidelines and log charts to create a challenge within your center, or enroll children in the challenge through the web site.

www.presidentschallenge.org/home_kids.aspx

The Centers for Disease Control and Prevention sponsor two programs for 9-13 year olds. VERB is a national, multicultural, social marketing campaign which encourages tweens to be active every day. For information about the VERB campaign, which includes materials for parents, go to:

www.cdc.gov/youthcampaign/

Web Sites for Kids:

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.

www.bam.gov

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

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

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

Materials:

The CANFIT Physical Activity Pyramid is a fun, colorful guide to different types of physical activities kids can enjoy after school. Use it to think of new ways to get kids activity during your program or post it on your site's bulletin board.

canfit.org/pdf/PAPyramid4AS.pdf

Activities

ACTIVE DAY CARTOONS



Objective:

Children draw cartoons to show how they are active at throughout the day.

Preparation and Materials:

- Select the “Active Day” cartoon page that is most appropriate for the age of the children (4 options available for younger and older children) and copy one for each child
- Crayons, markers and pencils
- *Optional:* have a sample cartoon available for children to look at

Instructions:

1. Ask children to name some active things they have done today.
 - Explain to children that “active things” move the body and include walking, climbing stairs, dancing, playing games at recess, etc.
 - Examples of things that are not active are reading, drawing, or watching TV.
2. Explain that they will be creating a picture story of their day. Show them the cartoon example and point out that this little story has a beginning, a middle, and an end.
3. Instruct them to draw a picture of an “active” day. Display the cartoons on the wall!
 - *Younger children* may use the cartoon page that allows space for just one picture, or 3 parts of their day. Help them to think of the active things they do in the morning, during school (including at recess or in physical education class), and after school.
 - *Older children* may create stories using either the 3 or 6-panel cartoon pages. They too should be reminded to fill their morning, school day and afternoon with active things. Older children can write about their stories in the space below the picture (3-panel option) or within the story (6-panel option).

Extension Activities:

- Create one unified book or mural that tells the story of the whole class. Have kids tell the group about their activities to see how their days are similar or different.
- Pair up younger/older children to work together. Older children can write and younger children can illustrate
- Turn each story into a flip book! Try out the link: <http://www.kidzworld.com/article/6979-make-your-own-flipbook>

WARM UP, COOL DOWN



Objective:

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 you have limited 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, or do laps, 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.

WE BELONG TO MANY GROUPS

Adapted from *A WORLD OF DIFFERENCE*® Institute



Objective:

Kids will identify groups to which they belong in an active sharing game.

Preparation and Materials:

- Open play space
- List of groups generated by staff or kids
- Crayons, colored pencils, markers (optional)

Instructions:

1. Before the afterschool period begins, generate a list of groups to which the children in your program belong. Use the box above as a starting point and make sure not to choose groups that single any individual kids out.
2. Have students stand in a large circle in an open area. The game will start with all kids walking around the circle.
3. Tell the kids that you are going to say the names of several groups. If kids see themselves as part of the group named, they should run to the center of the circle and run back to their place; if they don't see themselves as part of the group, they should continue walking around the circle.
4. Call several groups one by one. Some of the groups should include all the kids (e.g. people who attend afterschool) and some groups should be ones that involve fewer students. Again, try not to choose a group that will single out individual kids. Make sure to incorporate physical activity related groups! Examples might be kids who walk to school, play a team sport, like to dance etc.
6. Finish by asking students what they observed (i.e., sometimes everyone belonged to a group; sometimes only some people did). The objective of this game should be for kids to share parts of their identity and see how they are similar and different from one another.

Ideas for groups

- Family (e.g. brother, daughter, cousin, oldest child)
- School groups (e.g. band member, first grader)
- Personal identity groups (e.g. gender, race, religion, ethnicity)
- Community groups (e.g. Girl Scouts, youth groups)
- Physical activity related groups (e.g. sports teams members, kids who walk to school, dancers)

Extension Activities:

- After you've played the game a few times, have kids make the list of groups before the game begins. Start brainstorming with ideas for groups listed above.
- Try the game with other movements. Have kids hop to the center and back or skip to the center and crab walk back.
- Have kids create a drawing showing the groups they belong to after the game.

GET MOVING RELAY



Objective:

In relay fashion, teams race to collect and correctly sort activity cards.

Preparation and Materials:

- Activity Cards - copy onto cardstock and cut out (encourage kids to create cards for any “missing” activities to make sure everyone’s active day activities are represented)
- Make category signs (“Get Moving” and “Stay Still”)
- 2 containers (paper bags or boxes) for each team
 - Place 1 set of activity cards per team on one side of the room (place on a chair, table or in a small box)
 - Tape the category signs to each set of containers and place the sets of containers on the opposite side of the room (one set per team)

Note: this game can be played in a classroom, hallway or other small space; just instruct students to walk, take side steps, or use some other safe movement.

Instructions:

1. Arrange teams of children near the containers to start.
2. Explain that children will take turns speed walking across the room to collect an activity card and return it to their team where they will place it in the container that best describes the activity. Point out that activities either get their bodies moving or keep their bodies still.
3. Review the activity cards with kids to see if any of activities they do throughout the day are missing. Have them create new cards to add to to the mix.
4. Players will take turns collecting the activity cards until all cards have been sorted. All team members should run in place, stretch, or do jumping jacks when waiting for their turn.
5. For variety, alter the movement across the room: jog, skip, hop, take giant steps.
6. Review the answers with the group – were any placed incorrectly? Ask why the team thought the activity belonged where it was placed.

Extension Activities:

- Post the “Get Moving” and “Stay Still” signs (plus have containers available) on opposite walls of a gym or large open space. Have the children stand, scattered in the middle of the room. Throw the activity cards (use multiple sets so that there is at least 1 card per player) in the air so that all children may race to pick up a card and run to place it on the correct side.
- Have children make their own “Get Moving” and “Stay Still” signs to use in this activity.
- **For upper elementary children:** Add the categories: “Very Active Moves” and “Moderate Moves” to help older children recognize that any way they move feels good, but some things are more active than others. Inform these children that highly active things do more to build fitness.
- Play a game of charades in which each child selects a card from the pile and acts out the activity for others to guess. The children who are guessing also have to call out if the activity gets them moving or not.
- Relay games can be used to reinforce other healthy messages in a way that gets children moving. Here are some ideas:
 - Race to collect fruits or vegetables by color.
 - Race to collect or sort cards that list various foods by the food group: grain, fruit, vegetable, dairy, protein (meat/poultry/fish/eggs/nuts/ seeds/beans), or sugar/fat
 - Race to sort foods cards by meal (e.g.: breakfast foods, snack foods).
 - Race to sort activity cards by level of activity (sedentary, moderate or high intensity) or type of activity (team sport, playground game, chores).

Worksheet List:

Active Day Cartoon Options

Pages 15-18

- 1 panel to draw picture
- 3 panels to draw morning, in-school, and after school activities
- 3 panels with space below to write story (can offer multiple pages for longer stories)
- 6 panels for older children to create longer stories

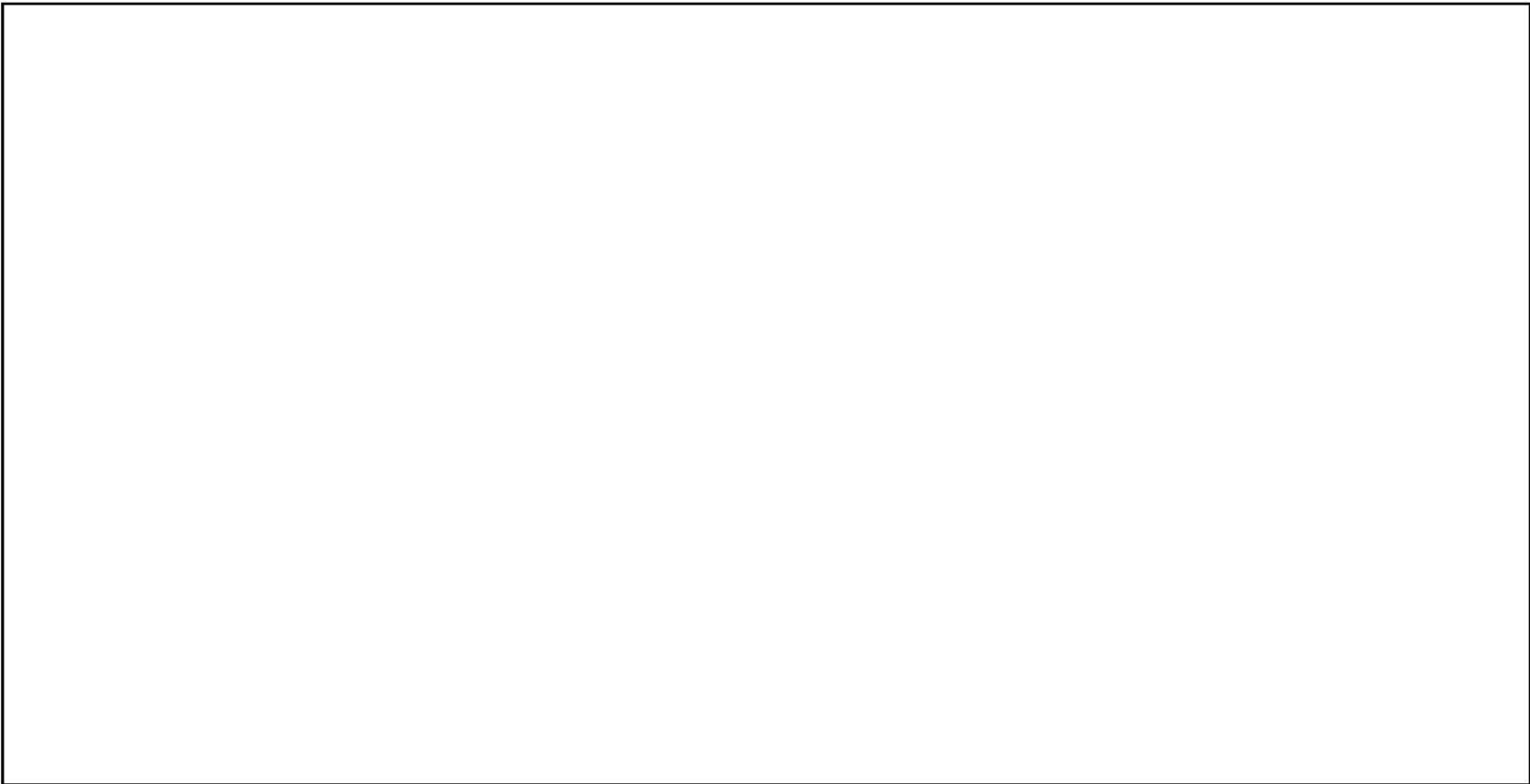
Get Moving Activity Cards

Pages 19-40

- Get Moving and Stay Still activity list for leaders
- Get Moving and Stay Still cards
- Very Active and Moderate Moves list for leaders
- Very Active and Moderate Moves cards

It's an ACTIVE DAY!

Draw a picture of you doing something to move your body



What are you doing?

It's an ACTIVE DAY!

Create a cartoon story about a day filled with physical activity.

Morning	School	After school

It's an ACTIVE DAY!

Create a cartoon story about a day filled with physical activity.

Write your story here:		

It's an ACTIVE DAY!

Create a cartoon story about a day filled with physical activity.

1	2	3
4	5	6

Activity Cards for Get Moving Relay

Activity List for Leaders

Get Moving Activities:	Stay Still Activities:
Take a Walk	Watch TV
Jog or Run	Surf the Internet
Roller blade	Sing
Shoot hoops	Read a book
Play on jungle gym	Color, Draw or Paint
Swim	Do a Puzzle
Play Tag	Play Video Games
Dance	Do Homework
Play Kick ball	Talk on the Phone
Clean room	Write a story

Activity Cards for Get Moving Relay

**Take a
Walk**

Watch TV

Activity Cards for Get Moving Relay

Jog or
Run

Surf the
Internet

Activity Cards for Get Moving Relay

<p>Roller Blade</p>	<p>Sing</p>
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Activity Cards for Get Moving Relay

<p>Shoot Hoops</p>	<p>Read a Book</p>
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Activity Cards for Get Moving Relay

<p>Play on Jungle Gym</p>	<p>Color, Draw or Paint</p>
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Activity Cards for Get Moving Relay

Swim

Do a Puzzle

Activity Cards for Get Moving Relay

Play Tag

Play Video
Games

Activity Cards for Get Moving Relay

Dance

**Do
Homework**

Activity Cards for Get Moving Relay

<p>Play Kickball</p>	<p>Talk on the Phone</p>
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Activity Cards for Get Moving Relay or Charades

<p>Clean Room</p>	<p>Write a Story</p>
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Activity Cards for Get Moving Relay or Charades

Activity Cards for Modification Option #2

Very Active Moves	Moderate Moves
Hip Hop Dance	Walk to and from School
Hockey or Ice Skating	Take the Stairs
Basketball	Carry in Groceries
Volleyball	Skateboarding
Martial Arts- Karate, Judo, Tae Kwon Do	Sweep Floors
Play Soccer	Play on a Swing
Ride Bikes	Toss a Frisbee
Jump Rope	Play Catch
Tennis	Play Hopscotch
Swim Laps	Help With Chores

Activity Cards for Get Moving Relay

**Hip Hop
Dance**

**Walk to and
from School**

Activity Cards for Get Moving Relay

Hockey or
Ice Skating

Take the
Stairs

Activity Cards for Get Moving Relay or Charades

Basketball

**Carry in
Groceries**

Activity Cards for Get Moving Relay or Charades

Volleyball

Skateboard

Activity Cards for Get Moving Relay

**Martial
Arts—
Karate,
Judo, Tae
Kwon Do**

**Sweep
Floors**

Activity Cards for Get Moving Relay

Play Soccer

Play on a
Swing

Activity Cards for Get Moving Relay

Ride Bikes

**Toss a
Frisbee**

Activity Cards for Get Moving Relay

Jump Rope

Play Catch

Activity Cards for Get Moving Relay

Tennis

**Play
Hopscotch**

Activity Cards for Get Moving Relay

Swim Laps

**Help with
Chores**

Food & Fun Afterschool 2nd Edition

Parent Communications

Unit 2: Get Moving

About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education and school, improved relationships between parents and children, and improved implementation and outcomes for afterschool programs*.

This Parent Communication packet contains Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- 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, like a parent's night

**Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.*

Parent Engagement Activities

Experiment and be creative- come up with your own ideas or modify the activities below to engage parents at your after school program!

- **Start a walking club.** Start a walking club for families to participate in weekly.
- **Dance!** Offer a dance class for families. Zumba is one popular dance class that parents and kids can enjoy together.
- **Suggest family fitness!** Make a list of family fitness classes that local YMCAs are offering. Distribute the list to parents and encourage them to attend!

For more information, visit www.foodandfun.org.

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity and YMCA of the USA."

GET MOVING! FEEL GREAT!

Feeling exhausted at the end of the day? How about the kids....do they just want to watch TV? Physical activity helps you feel better right away, no matter what kind you choose.

This month our program will focus on the importance of being physically active every day. Our goal is to engage children in regular physical activity in a way that encourages all children, regardless of their abilities.

The key messages for parents are:

- Kids should get 1 hour or more of physical activity every day, all at once or spread out in 10-15 minute periods.
- Active families have fun and feel more energetic.
- Being physically active helps your body be healthy and strong.
- Be a good role model by getting regular physical activity yourself and planning active time as a family. Kids with active families are more likely to stay active as adults.

The key messages we'll be teaching kids are:

- Moving your body is fun and helps your body be healthy and strong.
- All types of physical activities like playing, dancing, and sports are good for you.
- Do something active every day.

Daily physical activity can give you more energy and improve your sleep and focus. Staying active over time also helps you keep a healthy weight. It protects you from heart disease, diabetes, high blood pressure, stroke, and osteoporosis (weak bones).

How much activity do kids need? Kids should get 1 hour or more of physical activity every day. This can be spread out in periods of 10-15 minutes. Kids should do vigorous activity on at least 3 days per week. This includes activities that make kids breathe hard and sweat.

Examples of moderate activity	Examples of vigorous activity
Games and sports that are similar to fast walking:	Games and sports which are more intense than fast walking. They make you sweat:
hopscotch Kickball playground play 4-square bike riding Frisbee	swimming basketball jumping rope running soccer aerobic dancing

Tips for keeping your family active:

- Play a game of tag or soccer after school.
- Instead of watching TV, take a walk or dance around the house after dinner.
- Plan at least 1 fun physical activity together on weekends.
- Involve kids in active chores, like putting away groceries or sweeping.
- Take the stairs when you're at your favorite museum or library.
- Make sure that your children have opportunities for active play after school on most days of the week. This can be in your yard, at a playground, or in sports and recreation programs.

Children who grow up in an active family are more likely to remain active as adults. An active lifestyle can help your family live longer, healthier lives. Set a good example by being active yourself! Encourage your children to find activities they enjoy. For more ideas on fun ways to get your family active, check out <http://www.cdc.gov/youthcampaign/marketing/adult/index.htm>.

For more on keeping your family healthy, visit www.foodandfun.org.

Email Message

Use this sample message to communicate with parents by email.

Subject: **Healthy Habits Power Tips—Get Moving!**

Dear *(insert program name)* Parents,

This month *(insert program name)* will focus on the importance of being physically active every day.

The key messages for parents are:

- Kids should get 1 hour or more of physical activity every day, all at once or spread out in 10-15 minute periods.
- Active families have fun and feel more energetic.
- Being physically active helps your body be healthy and strong.
- Be a good role model by getting regular physical activity yourself and planning active time as a family. Kids with active families are more likely to stay active as adults.

The key messages for kids are:

- Moving your body is fun and helps your body be healthy and strong.
- All types of physical activities like playing, dancing, and sports are good for you.
- Do something active every day.

Our goal is to engage children in regular physical activity in a way that encourages all children, regardless of their abilities.

You can encourage regular physical activity at home by reinforcing the key messages, and by following these **Healthy Habits Power Tips**:

- Be a good role model by doing regular physical activity yourself.
- Play a game of tag or soccer after school.
- Instead of watching TV, take a walk or dance around the house after dinner.
- Plan at least 1 fun physical activity together on weekends.
- Involve kids in active chores, like putting away groceries or sweeping.
- Take the stairs when you're at your favorite museum or library.
- Make sure that your children have opportunities for active play after school on most days of the week. This can be in your yard, at a playground, or in sports and recreation programs.

Want to learn more?

Click on <http://www.cdc.gov/youthcampaign/marketing/adult/index.htm> for ideas for games and activities to play.

For more on keeping your family healthy, visit www.foodandfun.org.

Food & Fun Afterschool 2nd Edition

Parent Communications- Spanish

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit, "Proporcionado por Harvard School of Public Health Prevention Research Center sobre la Nutrición y la Actividad Física y la YMCA de USA."

¡MUÉVASE! ¡SIÉNTASE BIEN!

¿Se siente exhausto al final de cada día? ¿Y los niños...sólo quieren ver televisión? La actividad física ayuda a sentirse mejor de inmediato, no importa el tipo de actividad que escoja.

Este mes nuestro programa se concentrara en la importancia de estar activo físicamente todos los días. Nuestro objetivo es interesar a los niños en la actividad física regular de tal manera que todos los niños se motiven independientemente de sus habilidades.

Los mensajes claves para los padres son:

- Los niños deberán tener 1 hora o más de actividad física cada día, lo cual se pueda dividir en períodos de 10 -15 minutos.
- Las familias activas se divierten y tienen más energía.
- El estar activo físicamente ayuda a que el cuerpo sea fuerte y saludable.
- Sea un buen modelo de conducta haciendo actividades físicas regularmente y planificando períodos activos para toda la familia. Los niños de familias activas tienen una mayor probabilidad de mantenerse activos cuando sean adultos.

Los mensajes claves que estaremos enseñando a los niños son:

- Mover el cuerpo es divertido y ayuda a que el cuerpo sea fuerte y saludable.
- Todo tipo de actividad física, como jugar, bailar y hacer deportes, es buena para la salud.
- Haz algo activo todos los días.

La actividad física diaria puede darle más energía y mejorar el sueño y la concentración. Con el tiempo, el mantenerte activo le ayudará a mantener un peso saludable. También le protege contra las enfermedades del corazón, diabetes, presión arterial alta, ataques cerebrovasculares y osteoporosis (huesos frágiles).

¿Cuánta actividad necesitan los niños? Los niños deben tener 1 hora o más de actividad física a diario. Ésta puede dividirse en períodos de 10-15 minutos. Los niños deberán realizar actividades vigorosas – o sea, actividades que les hacen sudar y respirar fuerte – por lo menos 3 días a la semana.

Ejemplos de actividades moderadas		Ejemplos de actividades vigorosas	
Juegos y deportes similares a caminar rápido:		Juegos y deportes más intensos que caminar rápido. Te hacen sudar:	
rayuela	jugar a la pelota	nadar	baloncesto
juegos en el patio de recreo	montar en bicicleta	saltar la cuerda	baile aeróbico
4 esquinas	frisbee	fútbol	correr

Consejos para mantener activa a su familia:

- Jugar un juego de "corre que te pillo" o de fútbol después de la escuela.
- En lugar de ver televisión, salga a pasear o baile por la casa después de cenar.
- Planifique por lo menos 1 actividad física divertida para hacer juntos los fines de semana.
- Involucre a los niños en tareas de la casa activas, como guardar los comestibles o barrer.
- Suba por las escaleras cuando estén en su museo o biblioteca favorito.
- Asegúrese que sus hijos tengan la oportunidad de jugar activamente después de la escuela la mayoría de los días de la semana. Puede ser en su jardín, en el patio de recreo o en los programas de deportes o recreación.

Los niños que se crían en familias activas tienen una mayor probabilidad de mantenerse activos cuando sean adultos. Un estilo de vida activo puede ayudar a su familia a tener una vida más larga y saludable. Dé un buen ejemplo al ser activo usted mismo. Anime a sus niños a encontrar actividades que disfruten. Para obtener más ideas de actividades divertidas para su familia, visite, http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html. Para más información, visite www.foodandfun.org.

Email Message

Use this sample message to communicate with parents by email.

Subject: **Consejos útiles para lograr hábitos saludables: ¡Muévase!**

Estimados Padres de *(insert program name)*:

Este mes el programa *(insert program name)* se concentrara en la importancia estar activo físicamente todos los días.

Los mensajes claves para los padres son:

- Los niños deberán tener 1 hora o más de actividad física cada día, lo cual se pueda dividir en períodos de 10 -15 minutos..
- Las familias activas se divierten y tienen más energía.
- El estar activo físicamente ayuda a que el cuerpo sea fuerte y saludable.
- Sea un buen modelo de conducta haciendo actividades físicas regularmente y planificando períodos activos para toda la familia. Los niños de familias activas tienen una mayor probabilidad de mantenerse activos cuando sean adultos.

Los mensajes claves para los niños son:

- Mover el cuerpo es divertido y ayuda a que el cuerpo sea fuerte y saludable.
- Todo tipo de actividad física, como jugar, bailar y hacer deportes, es buena para la salud.
- Haz algo activo todos los días.

Nuestro objetivo es interesar a los niños en la actividad física regular de tal manera que todos los niños se motiven independientemente de sus habilidades.

Usted puede animar su familia a hacer actividad física regularmente a través de reforzar los mensajes claves en el hogar y siguiendo estos **consejos útiles para lograr hábitos saludables**:

- Sea un buen modelo de conducta haciendo usted mismo actividades físicas regulares.
- Jugar un juego de "corre que te pillo" o de fútbol después de la escuela.
- En lugar de ver televisión, salga a pasear o baile por la casa después de cenar.
- Planifique por lo menos 1 actividad física divertida para hacer juntos los fines de semana.
- Involucre a los niños en tareas de la casa activas, como guardar los comestibles o barrer.
- Suba por las escaleras cuando estén en su museo o biblioteca favorito.

- Asegúrese que sus hijos tengan la oportunidad de jugar activamente después de la escuela la mayoría de los días de la semana. Puede ser en su jardín, en el patio de recreo o en los programas de deportes o recreación.

¿Quiere aprender más?

Haga clic

en http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html
para obtener ideas para juegos y actividades de juego.

Para más información, visite www.foodandfun.org.



UNIT 3:

Sugar Sweetened Drinks

Be Sugar Smart!

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

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This document was created by the Harvard School of Public Health 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 3 Information for Leaders

Behavior Goal

Children will drink fewer sweetened beverages and eat fewer sweets

Key Messages for Kids

- Sweetened drinks like soda, fruit drinks, and sports drinks are loaded with sugar.
- Eating and drinking too much sugar is not healthy for your body and it can cause cavities.
- Water and low fat milk are the best drinks to have at snacks and meals.
- Juice is not as healthy as it seems. It can have as much sugar as soda.

Key Information for Program Staff

Children often replace healthy drinks like milk or water with sugary drinks like punch, soda, and fruit drinks. Drinking too many sugar-sweetened drinks, as well as eating sugary foods like candy and cookies, can lead to dental cavities and may increase the risk for overweight, diabetes and heart disease. In fact, some children are developing type 2 diabetes because of poor diets and overweight.

In this unit, children will learn how to read the sugar content in different drinks and identify drinks with lots of sugar. You can help children (especially older ones) investigate other drinks, snacks and treats by looking at the amount of sugar listed on the food label, then converting that number into teaspoons. To calculate grams of sugar to teaspoons, divide the grams of sugar by 4 (there is 1 teaspoon of sugar for every 4 grams of sugar listed).

Teach children and their parents the many different forms sugar can take. High fructose corn syrup, dextrose, sucrose, honey, cane juice, molasses, and malt syrup all mean one thing: SUGAR! Help children develop healthy habits by serving water instead of sugary drinks at every snack. Drinks with artificial sweeteners are not a healthy alternative, because the long term safety of artificial sweeteners is unknown.

Provide naturally sweet or low-sugar snack foods like dried fruit, yogurt and fruit (try plain or vanilla yogurt mixed with fruit), granola, or low to moderate sugar cereals (under 10 grams of sugar per serving). Also, snacks do not need to be sweet! Try serving savory snacks like popcorn, trail mix or whole grain crackers with no trans fat in them.

Refer to the *“Sugar Sweetened Beverage!” Tip Sheet* for ideas on how to eliminate sugar-sweetened drinks at your afterschool program. The Tip Sheets are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Active Games

Warm Up & Cool Down – do these whenever the children are active!

Bowling for Sugar Smarts – teams get points by knocking down pins with healthy beverages (point labels are provided in worksheet section; need to collect and prepare empty bottles)

Sugar Surprises Relay – children race to arrange the beverages listed on the activity cards from low to high sugar content (can modify by making own cards, or use answer cards and collect spoons to represent the amount of sugar in the various drinks)



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

Pour it Out – children assess usual intake by measuring the amount of juice they usually drink and comparing to a true serving size

Count it Up – **older children** measure out teaspoons of sugar in common drinks and snacks (worksheets available to calculate teaspoons of sugar, or children may use answer sheet to simply measure sugar)



Snack Time Ideas

Trail Mix – a healthy low-sugar snack

Summer Breeze Smoothies – great taste, no added sugar

Cinnamon Toast – still as yummy without the sugar

Taste test these recipes, or try other “silly” water options or dried fruit.

You can also find these recipes in the Food & Fun 2nd Edition Recipe Packet, available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Connect with Parents!

Key Messages for Parents

- Sugar-sweetened drinks like soda, juice drinks, and sports drinks are the top source of added sugar in kid's diets.
- Drinking sugar-sweetened drinks can cause cavities and increase the risk for overweight in kids and adults.
- Water and low fat milk are the best beverages to offer during snack and meal times.
- Juice can have just as much sugar as soda. Do not serve juice drinks and limit 100% juice to 4 oz. per day (juice box size).

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
- **Display “Pour It Out”.** Do the activity “Pour It Out” from the Food & Fun 2nd edition curriculum. Display the cups of children’s usual intake of juice and the standard 6 ounce serving by the sign-out book. Talk to parents about the activity you did with the children and what the visuals mean.
- **Do a flavored water taste test.** Offer parents water infused with cucumber, oranges, lemons or mint. Suggest trying it at home and experiment with other fruits and flavors!

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun.

- **Newsletter Article:** “Sugar is Sweet—and Drinks are Too?”. Insert this into your program newsletter.
- **Email message:** “Healthy Habits Power Tips—Be Sugar Smart!”. Email this message to parents at the start of this unit
- **Parent Handout:** “More whole grains, less added sugar for good health”. 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.

Parent Communications and Parent Handouts are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

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. Also available in Spanish.

www.kidshealth.org

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

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools, as well as how to promote healthier food options in restaurants.

www.cspinet.org/nutritionpolicy/index.html

The Center for Weight & Health at U.C. Berkeley provides answers to frequently asked questions about sports drinks.

[csh.berkeley.edu/sites/default/files/primary_pdfs/CWH_Sports_Drinks_FAX_Sheet_English_Spanish_7.07\)0.pdf](http://csh.berkeley.edu/sites/default/files/primary_pdfs/CWH_Sports_Drinks_FAX_Sheet_English_Spanish_7.07)0.pdf)

BANPAC offers curriculum materials and campaign tools in English and Spanish for a “Soda-Free Summer.”

www.banpac.org/resources_sugar_savvy.htm

The Department of Nutrition at Harvard provides tips and information on making healthy beverage choices.

www.hsph.harvard.edu/nutritionsource/healthy-drinks

Web Sites for Kids:

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.

www.bam.gov

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

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

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

Nutrition Explorations, sponsored by the National Dairy Council, is an interactive site with activities, information, and cool recipes for kids.

www.nutritionexplorations.org/kids/main.asp

Activities

WARM UP, COOL DOWN



Objective:

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.

BOWLING FOR SUGAR SMARTS



Objective:

Unlike traditional bowling, children try to knock down pins with healthy “sugar smart” drinks to get points; the first team to collect 50 points wins.

Materials and Preparation:

- Collect and clean 10 plastic bottles per team (12-16 ounce size water bottles work well; do not use large square-bottom bottles). Remove label from bottles and replace with the beverage/points label
- Print out label page with beverage names and points – copy 1 set per team
- Cut each label and tape at least 5 healthy options to each team’s set of bottles
 - Healthy beverage options: water, low-fat milk, 100% fruit or vegetable juice
 - sweet beverage options: fruit punch, Kool-Aid, lemonade, soda, sports drinks
- Small balls (such as spongy soft balls or tennis balls) – 2 per team
- Set up bottles as you would set up bowling pins on one side of a large room or corridor
- Use masking tape to define the bowling line

How To Play:

1. Small teams will work together to knock down the pins, and collect points based on the beverage bottle that was tipped over.
2. Each player will bowl 2 balls and add up the points based on the following system:
 - Water = 3 points
 - Low fat milk = 2 points
 - 100% juice = 1 point
 - Flavored milk = 1 point
 - All other beverages = no points
3. The first team to collect 50 points wins.
4. Remind the players that milk and water are smart drink choices. Explain that 100% fruit juice has a lot of nutrients but it does contain natural sugars so it should still be consumed in small amounts. Flavored milk contains the healthy nutrients (like calcium) that regular milk has, but it also contains added sugar.

Extension Activities:

- Collect actual bottles of healthy and sweetened drinks and post the point system on the wall.
- Try to have a range of beverages that are culturally relevant. For example, if you have a large Hispanic/Latino population, include things like tamarind juice, aguas frescas, horchata, etc. Engage children in coming up with specific types of beverages to include.
- Infuse moderate physical activity into the game by instructing the teams to do jumping jacks for the number of points gathered after each turn, or by jogging/hopping/skipping back and forth to collect the balls and re-set the pins.

SUGAR SURPRISES



Objective:

Teams relay race to collect the “sugar surprise” food cards and arrange them correctly from low to high sugar content.

Materials and Preparation:

- Sugar Surprises food cards – copy and cut out one set per team of 8
- Sugar Surprises answer list – print out for your information

How to Play:

1. Arrange food cards on the floor or table on one side of the room or gym and have 1 set available for each team of 8 children
2. Instruct the teams to line up on the opposite side of the room.
3. Each player will take turns running to pick up a food card and return it to the team. As the food cards are returned, the players will arrange themselves from “low-sugar” to “high sugar”. (Note: if there are not enough children for teams of 8, have smaller teams arrange the foods in line on the floor and allow some children to go twice to collect a card.)
4. When a team is done, check their order. If it is correct, they win. If it is not correct, return all cards back to the starting point and have the team repeat play until they can organize the foods correctly.
5. When all teams have correctly organized the foods (allow winning teams to give hints to other teams), review the answers and ask if there were any surprises in the order.
6. Show them the answer cards that include the amount of sugar listed. Any more surprises?
7. Note: while younger ones may not fully understand what the sugar number means, they can see the difference between the various foods and beverages; older children can be told that the number represents teaspoons of sugar in the drinks. Food labels list grams of sugar; older children will convert grams to teaspoons in the “Count It Up” activity.

Note: for every 4 grams of sugar listed on the nutrition facts label there is one teaspoon of sugar.

Extension Activities:

- For older children: Have children collect spoons to represent the teaspoons of sugar in the various beverages. Remind them that for every 4 grams of sugar listed on the nutrition facts label there is one teaspoon of sugar.
- Make up other food or drink cards based on snacks served in the afterschool program or by asking children to list their favorite snacks and drinks.

POUR IT OUT



Objective:

Children compare their usual intake of juice (as poured into a typical cup and measured) to a standard 4 ounce serving. (*Note:* this activity works best with a small group so that the children can receive individual attention from the leader.)

Materials:

- Cups or glasses of different sizes and shapes
- 2 Measuring cups with ounce markings
- Juice, water

Instructions:

1. Depending upon the size of your group, arrange the materials on a table in the front, or if staff allows, have duplicate materials set around the room for smaller groups to work together.
2. Invite two to four students to select a cup and pour the amount of juice that he/she would usually drink at home into the cup.
3. Inform the group that they are going to analyze their drinks to see if they are drinking more or less than they need.
4. Instruct the child to pour the juice into the measuring cup to see how much juice he/she usually drinks.
5. In the other measuring cup, pour out 4 ounces (1/2 cup) and tell the children that this is one serving of juice. How does this compare to the child's drink? Pour the standard amount into the selected cup to visual the difference.
6. Invite other children in pairs or small groups to experiment with the juice. What type or size of cup holds 4 ounces well? How does this amount look when poured into different cups/containers?
7. Explain that while 100% fruit juice gives us vitamins and natural sugar, we need to limit the amount we drink.
8. Tell children that water is the best choice to quench thirst, and that low-fat milk is a super drink for strong bones and teeth.

Extension Activities:

- Taste water flavored with fruit slices such as lemon, lime, cucumbers, melons, or berries. Have the kids blindfold each other and see if they can correctly identify what flavor the water is! Or, freeze juice as ice cubes for a flavorful addition to water.

COUNT IT UP

For Upper Elementary Children



Objective:

Children (individually or in pairs or small groups) will learn that there are different amounts of sugar in different products.

Preparation and Materials:

- Count It Up Worksheet – copy for each child
 - *Note:* There are 4 page options that compare different beverages and foods
 - *Tip:* Give one page to each child, pair or small group to calculate and pour out teaspoons of sugar and allow time to look at the results of the others
 - Write the name of each food to be counted and place this next to the plates for measuring sugar
- Sugar packets or cubes (1 packet or 1 cube = 1 teaspoon), or bowl of sugar and teaspoons
- 8 small paper plates (one for each food/beverage counted)
- *Optional:* Set an empty food container out in place of the food/drink name tag for a more complete visual and informative nutrition facts label.

Instructions:

1. Distribute “Count It Up” worksheets to the children.
2. Review the instructions for calculating teaspoons of sugar from grams (4 grams = 1 teaspoon). To do this, they will color in one section of the pie for each gram, so that there will be one circle (or teaspoon) colored for every 4 grams of sugar.
3. Children may work in pairs to complete the worksheet by coloring in circles to determine teaspoons of sugar in various foods.
4. Once they have calculated the teaspoons of sugar, they will use the worksheet to measure out the actual teaspoons for each food item (children will either pour out 1 packet of sugar per teaspoon, stack 1 sugar cube per teaspoon, or measure teaspoons directly from a bowl of sugar onto the plate). Note: using a bowl of sugar allows children to measure half teaspoons.
5. Look at the piles of sugar on the different plates. Ask: What do you think about all of the sugar in the different foods? Does anything surprise you?

Note: Since the calculation worksheet may feel academic to some children, you may choose to use this on days when you have more time to spend on an activity (such as during a vacation week or half day of school).

Extension Activities:

- If you have a younger group you may want to skip the worksheet calculation and instead distribute the answer sheet which shows the colored-in circles and amount of teaspoons of sugar in the various foods/beverages. Assign one food or beverage to each pair or small group and have the children measure out the correct amount of sugar for their item. As in the above instructions, allow children the opportunity to look at the sugar in all of the food/beverage items and talk about anything that may have surprised them.
- Ask kids to list some of their favorite drinks and snacks. Encourage them to include more multi-cultural foods like arroz con leche or licuados. Invite children to bring in empty containers of their favorite snacks, treats, cereals, or drinks. Have children measure the teaspoons of sugar from the grams of sugar listed on the food labels (including several of the “healthy snack” options) and pour the sugar into small plastic bags. Attach the plastic bags to a large piece of poster board and label the snack or drink above the bag. This can serve as a reminder as well as a tool powerful visual tool for interacting with parents.
- Collect and/or have children bring in the labels from some of their favorite drinks and snacks. Show children how they can use food labels to identify foods that are high in sugar:
 - Foods with sugar in the top 3 ingredients are likely to be high in sugar.
 - Foods may list other forms of sugar in the ingredients: high fructose corn syrup, dextrose, sucrose, honey, and molasses.

Have children see if they can “find the sugar” in their labels. Have them sort the labels into groups with “High Sugar” and “Low Sugar” snacks.

- Connect to the whole grain unit (Unit 5) by reviewing cereal labels. Identify low-sugar (5 grams or less for sugar), moderate sugar (6-10 grams of sugar), or high sugar (10 grams or more of sugar) cereals. Children who are used to eating sugary cereals can try mixing cereals together as they begin to cut back on the high sugar cereals and get used to breakfast with less sugar.

Recipes and Taste Tests



Recipe Criteria

All recipes included in the Food & Fun 2nd Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of \$0.74 per serving for afterschool programs.

Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

- Level 1. No cooking required
- Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)
- Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!

Trail Mix



Level 1: No cooking required

Price per serving: 33¢

Serving size: ½ cup

Preparation time: 7 minutes

Servings per recipe: 24

Supplies:

- Large bowl and mixing spoons
- Scoop or spoons for serving
- Small serving bowls, cups or plastic snack bags

Ingredients:

- 4 cups whole wheat mini pretzels, air popped popcorn or trans-fat free microwave popcorn
- 4 cups whole grain cereal like Cheerios® or Mighty Bites®
- 2 cups dried fruit like apricots, pineapple, or apples (look for brands with NO added sugar).
- 1 cup of raisins or dried cranberries
- 1 cup of granola

Optional- 1 cup of nuts like almonds, walnuts or soy nuts, or unsalted roasted shelled sunflower seeds (Beware of nut allergies! If present, do not include.)

Note: Many different ingredients may be added, as long as there is a good mix of whole grains, dried fruit, and nuts if no allergies are present.

Directions:

1. Mix all ingredients together in a large bowl.
2. Scoop about ½ cup into small bowls, cups, or plastic snack bags and serve.

Modification:

Set out the ingredients in individual bowls with spoons/scoops (small paper cups work well) and allow children to mix their own. Encourage children to try at least one or two of the dried fruit options.

Summer Breeze Smoothies

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



Level 2: Basic

Price per serving: 51¢

Serving size: ½ cup

Preparation time: 15 minutes

Servings per recipe: 18

Supplies:

Blender

Measuring spoons

Cups

Ingredients:

2 32oz containers plain low-fat yogurt

1 16oz bag frozen strawberries (unsweetened)

1 20oz can of crushed pineapple, canned in juice

3 medium bananas

3 tsp vanilla extract

12 ice cubes

Directions:

1. Make 1 batch of smoothies by placing 1 cup yogurt, 1 cup strawberries, ¾ cups crushed pineapple, 1 banana, 1 tsp of vanilla extract, and 4 ice cubes in the blender and puree until smooth.
2. Serve and enjoy!
3. Repeat steps above until all ingredients are used (about 3 batches).
4. *Optional:* serve in frosted glasses with straws.

Cinnamon Toast



Level 2: Basic

Price per serving: 11¢

Serving size: 1 slice of toast

Preparation time: 16 minutes

Servings per recipe: About 16 (or number of slices of bread in loaf)

Cooking time: 16 minutes

Supplies:

Toaster or conventional oven

Butter knife

Ingredients:

1 loaf of whole wheat bread (approx 16 slices per loaf)

1½ Tbsp butter

Cinnamon to taste (try other spices like nutmeg, clove or ginger!)

Directions:

1. Toast bread two slices at a time (or more if you have a larger toaster or oven)
2. Spread ¼ tsp of butter onto each slice of toasted bread so that it melts quickly
3. Sprinkle on cinnamon and other spices
4. Cut into triangles and serve!

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!

Be Sugar Smart! Taste Test Ideas for Being Sugar Smart

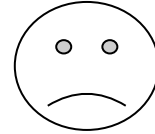
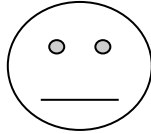


- Sugar Smart Drinks – make, taste, and rate “silly waters” options using plain iced water with fruit flavorings (add berries, orange slices, mint leaves or even cucumbers for a cool treat!) You can also make “licuados” by blending water or milk and fruit (without the added sugar!)
- Nature’s Candy – introduce various dried fruits from the common raisin or apricot to pineapple or mango

Taste Test Rating Sheet

Today I tried: _____

I liked this:



A lot!

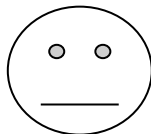
Somewhat

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: _____

Worksheet List

Bowling Bottle Labels

Pages 25-28

Sugar Surprises Cards

Pages 29-37

- Answer list for leaders
- Basic cards
- Answer cards for optional modification

Count it Up

Pages 38-45

- Calculation Worksheets
- Answer Sheets

Bowling for Sugar Smarts

Bottle Labels

Water
3 points

Low Fat Milk
2 points

Chocolate Milk
1 point

Bowling for Sugar Smarts

Bottle Labels

100% Orange Juice

1 point

Skim Milk

2 points

Vegetable Juice

1 point

Bowling for Sugar Smarts

Bottle Labels

Orange Soda

0 points

Cola

0 points

Sweet Iced Tea

0 points

Bowling for Sugar Smarts

Bottle Labels

Lemonade
0 points

Fruit Punch
“Juice” Box
0 points

Sugar Surprises Cards

Answer List for Leaders

Food	Grams of Sugar	Teaspoons of Sugar
6 oz water	0	0
6 oz fruit fizz	4	1
6 oz plain milk	9	2.25
6 oz 100% orange juice	16.5	4
6 oz chocolate milk	18	4.5
6 oz coca cola	20	5
6 oz lemonade	20	5
Fruit punch juice box (6.75 oz)	24	6

Sugar Surprises Cards

**6 ounces of
Fruit Fizz**

(Sparkling water and
juice mix)

**6 ounces of
Coca Cola**

Sugar Surprises Cards

**6 ounces
Plain Milk**

**6 ounces
Chocolate Milk**

Sugar Surprises Cards

6.75 ounces
Fruit Punch
(juice box size)

6 ounces
Water

Sugar Surprises Cards

**6 ounces
Lemonade**

**6 ounces
100% Orange
Juice**

Sugar Surprises Cards

Part 2: Answer Cards for Optional Modification

**6 ounces of
Fruit Fizz
(Sparkling water and
juice mix)
1 teaspoon**

**6 ounces of
Coca Cola
5 teaspoons**

Sugar Surprises Cards

6 ounces
Plain Milk

2.25 teaspoons

6 ounces
Chocolate Milk

4.5 teaspoons

Sugar Surprises Cards

6.75 ounces
Fruit Punch
(juice box size)
6 teaspoons

6 ounces
Water
0 teaspoons

Sugar Surprises Cards

6 ounces
Lemonade

5 teaspoons

6 ounces
100% Orange
Juice

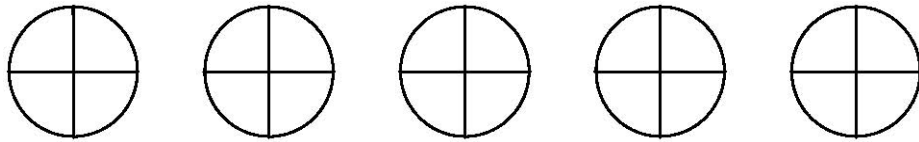
4 teaspoons

Count It Up!

Find out how much sugar is in different drinks and snacks.

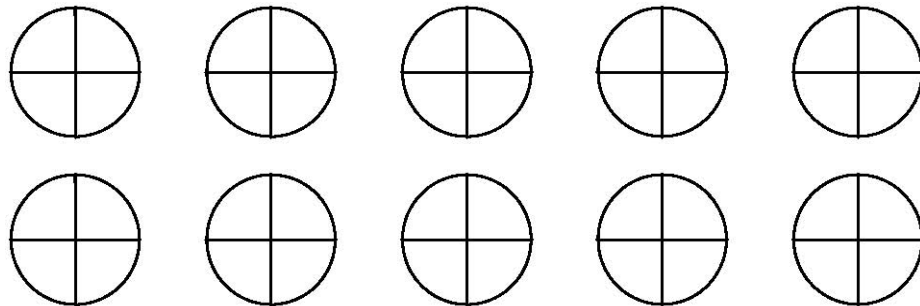
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar - look how much that is!

Milk



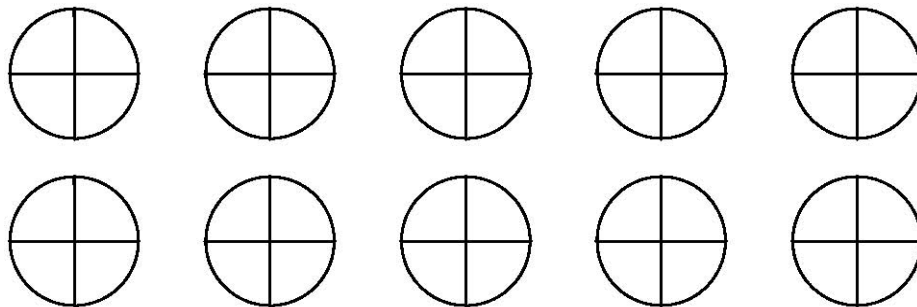
12 grams = _____ teaspoons

Soda



40 grams = _____ teaspoons

Fruit Punch Juice Box



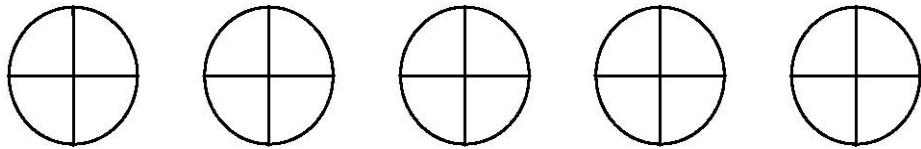
25 grams = _____ teaspoons

Count It Up!

Find out how much sugar is in different drinks and snacks.

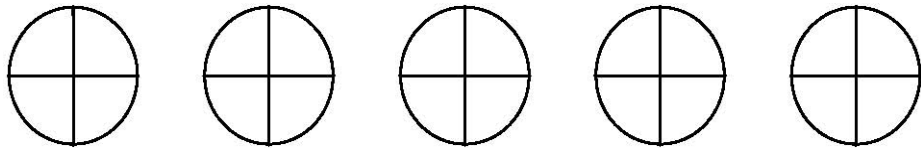
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar - look how much that is!

2 Chocolate Chip Cookies



17 grams = _____ teaspoons

16 Animal Cookies



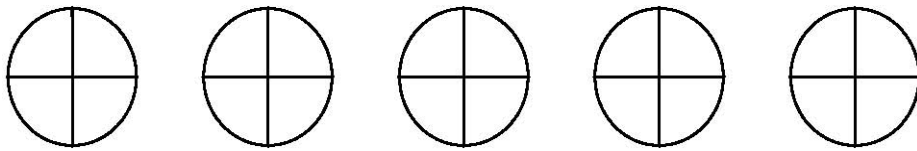
7 grams = _____ teaspoons

Count It Up!

Find out how much sugar is in different drinks and snacks.

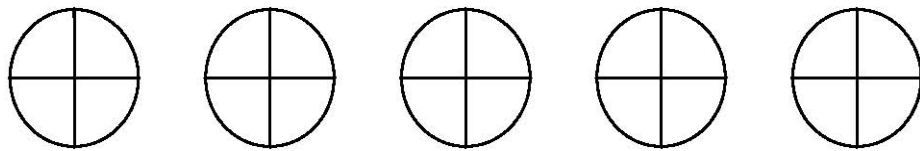
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar - look how much that is!

Chocolate Donut



14 grams = _____ teaspoons

Whole Wheat Mini-Bagel



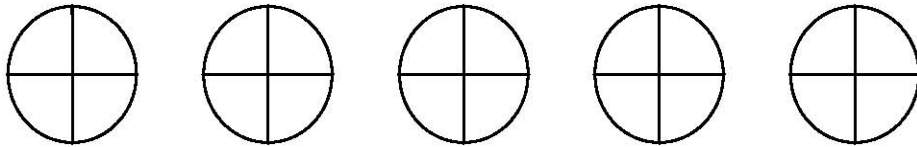
7 grams = _____ teaspoons

Count It Up!

Find out how much sugar is in different drinks and snacks.

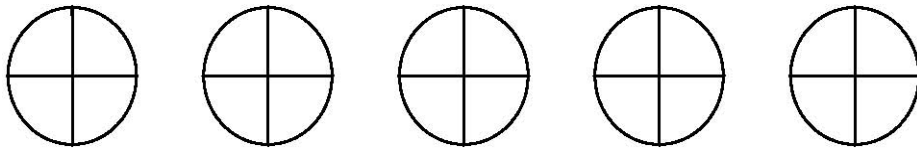
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar - look how much that is!

4-ounce Fruit Yogurt



18 grams = _____ teaspoons

4-ounce Plain Yogurt



8 grams = _____ teaspoons

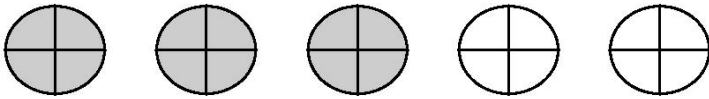
Count It Up!

Answer Sheet

Each colored circle equals 1 teaspoon of sugar - look how much that is!

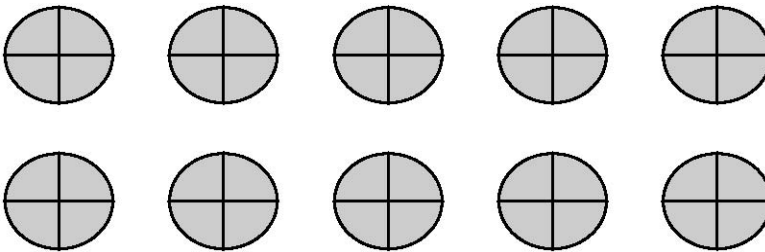
Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

Milk



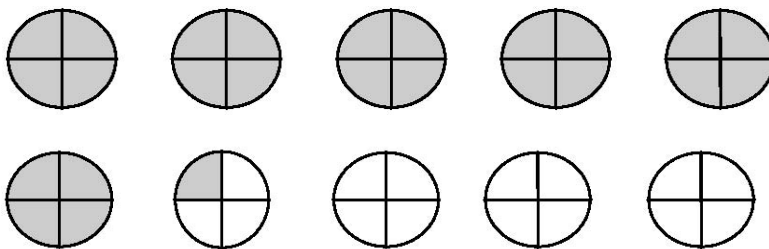
$$12 \text{ grams} = \underline{3} \text{ teaspoons}$$

Soda



$$40 \text{ grams} = \underline{10} \text{ teaspoons}$$

Fruit Punch Juice Box



$$25 \text{ grams} = \underline{6 \frac{1}{4}} \text{ teaspoons}$$

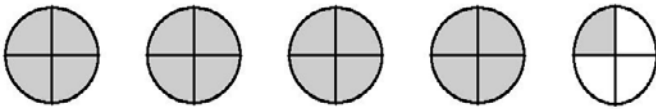
Count It Up!

Answer Sheet

Each colored circle equals 1 teaspoon of sugar - look how much that is!

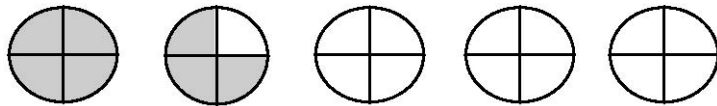
Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

2 Chocolate Chip Cookies



$$17 \text{ grams} = \underline{4 \frac{1}{4}} \text{ teaspoons}$$

16 Animal Crackers



$$7 \text{ grams} = \underline{1 \frac{3}{4}} \text{ teaspoons}$$

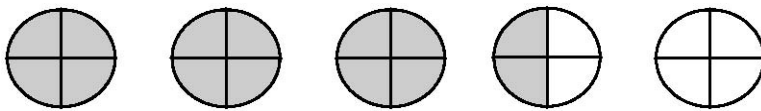
Count It Up!

Answer Sheet

Each colored circle equals 1 teaspoon of sugar - look how much that is!

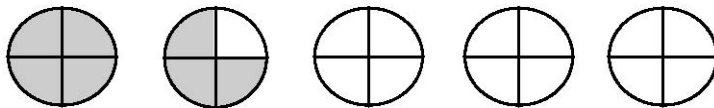
Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

Chocolate donut



$$14 \text{ grams} = \underline{3 \frac{1}{2}} \text{ teaspoons}$$

Whole Wheat Bagel



$$7 \text{ grams} = \underline{1 \frac{3}{4}} \text{ teaspoons}$$

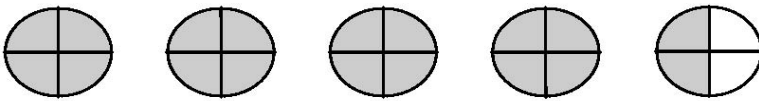
Count It Up!

Answer Sheet

Each colored circle equals 1 teaspoon of sugar - look how much that is!

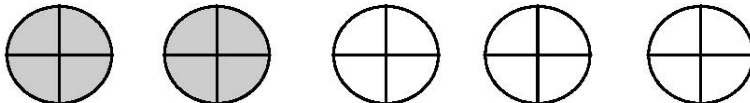
Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

4-oz Fruit Yogurt



18 grams = 4 $\frac{1}{2}$ teaspoons

4-oz Plain Yogurt



8 grams = 2 teaspoons

Food & Fun Afterschool 2nd Edition

Parent Communications

Unit 3: Be Sugar Smart

About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education and school, improved relationships between parents and children, and improved implementation and outcomes for afterschool programs*.

This Parent Communication packet contains Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- 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, like a parent's night

**Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.*

Parent Engagement Activities

Experiment and be creative- come up with your own ideas or modify the activities below to engage parents at your after school program!

- **Display how you “Pour It Out”.** Do the activity “Pour It Out” from the Food & Fun curriculum. Display the cups of children's usual intake of juice and the standard 6 ounce serving by the sign-out book. Talk to parents about the activity you did with the children and what the visuals mean.
- **Do a flavored water taste test.** Offer parents water infused with cucumber, oranges, lemons or mint. Suggest trying it at home and experiment with other fruits and flavors!

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity and YMCA of the USA."

SUGAR IS SWEET—AND DRINKS ARE TOO?

What is the largest source of added sugar in children's diets? It's not cake or candy—it is drinks sweetened with sugar! Children are drinking more soda, fruit drinks, punch and sports drinks than ever before. The added sugars in these drinks provide little to no nutrients for growing bodies. Drinking sugar-sweetened drinks increases a child's chance of becoming overweight and getting dental cavities.

This month our program will teach kids how to be "sugar smart"! They will learn about the amount of sugar in different drinks, and how to make healthier drink choices.

The key messages for parents are:

- Sugar-sweetened drinks like soda, juice drinks, and sports drinks are the top source of added sugar in kid's diets.
- Drinking sugar-sweetened drinks can cause cavities and increase the risk for overweight in kids and adults.
- Water and low fat milk are the best drinks to offer during snack and meal times.
- Juice can have just as much sugar as soda. Do not serve juice drinks and limit 100% juice to 4 oz. per day (juice box size).

The key messages we'll be teaching kids are:

- Sweetened drinks such like soda, fruit drinks, and sports drinks are loaded with sugar.
- Eating and drinking too much sugar is not healthy for your body and it can cause cavities.
- Water and low fat milk are the best drinks to have at snacks and meals.
- Juice is not as healthy as it seems. It can have as much sugar as soda.

Our goal is to help children drink fewer sweetened beverages and eat fewer sweets.

Children (and parents!) often don't realize how much sugar is added to drinks. Teaching kids that sugary drinks are unhealthy can help them make healthier

choices as they get older. With so many sugary products available, setting a good example at home is more important than ever. Be a good role model- don't serve sugar-sweetened drinks at home!

Tips for Success

- **Serve water or milk.** Serve your children water or low fat milk during snack and meal times.
- **Do not buy drinks with added sugars.** Read the drink labels and buy drinks without added sugars. Sometimes sugar is listed as sucrose, high fructose corn syrup, dextrose, or fruit juice from concentrate. Don't be fooled- they are all just sugar!
- **Set limits.** Limit soda and other sugary drinks to one 8-ounce serving per week.
- **Skip the sports drinks.** Water is the best drink for active kids. Sports drinks are only helpful for intense activities that last longer than 1 hour. For example, a day at basketball camp or a hike in the mountains would be a time that kids might have a sports drink.
- **Try naturally sweet.** Serve snacks your kids could enjoy in the place of high-sugar options: fresh, frozen, or dried fruit, granola, or low-sugar cereals (5-10 grams per serving).

For more information on healthy drinks, check out <http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/>

For more on keeping your family healthy, visit www.foodandfun.org.

Email Message:

Use this sample message to communicate with parents by email.

Subject line: **Healthy Habits Power Tips—Be Sugar Smart**

Dear *(insert program name)* Parents:

This month children at the *(insert program name)* will learn about the amount of sugar in some drinks, and how to make healthier drink choices.

The key messages for parents are:

- Sugar-sweetened drinks like soda, juice drinks, and sports drinks are the top source of added sugar in kid's diets.
- Drinking sugar-sweetened drinks can cause cavities and increase the risk for overweight in kids and adults.
- Water and low fat milk are the best beverages to offer during snack and meal times.
- Juice can have just as much sugar as soda. Do not serve juice drinks and limit 100% juice to 4 oz. per day (juice box size).

The key messages for kids are:

- Sweetened drinks such like soda, fruit drinks, and sports drinks are loaded with sugar.
- Eating and drinking too much sugar is not healthy for your body and it can cause cavities.
- Water and low fat milk are the best drinks to have at snacks and meals.
- Juice is not as healthy as it seems. It can have as much sugar as soda.

Our goal is to help children drink fewer sweetened beverages and eat fewer sweets.

You can support this goal by reinforcing the key messages at home, and by following these **Healthy Habits Power Tips**:

- **Serve water or milk.** Serve your children water or low fat milk during snack and meal times.
- **Do not buy drinks with added sugars.** Read the drink labels and buy drinks without added sugars. Sometimes sugar is listed as sucrose, high fructose corn syrup, dextrose, or fruit juice concentrate. Don't be fooled—they are all just sugar!

- **Set limits.** Limit soda and other sugary drinks to one 8-ounce serving per week.
- **Save the sports drinks.** Sports drinks are only helpful for intense activities that last longer than 1 hour. For example, a day at basketball camp or a hike in the mountains would be a time that kids might have a sports drink.
- **Try naturally sweet.** Serve snacks your kids could enjoy in the place of high-sugar options: fresh, frozen, or dried fruit, granola, or low-sugar cereals (5-10 grams per serving).

Want to learn more? For more information on healthy drinks, click on <http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/>.

For more on keeping your family healthy, visit www.foodandfun.org.

Food & Fun Afterschool 2nd Edition

Parent Communications- Spanish

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit, "Proporcionado por Harvard School of Public Health Prevention Research Center sobre la Nutrición y la Actividad Física por la YMCA de USA."

EL AZÚCAR ES DULCE... ¿ LAS BEBIDAS TAMBIÉN?

¿Cuál es la fuente más grande de azúcar agregada en la dieta de los niños? No es el pastel ni las golosinas. ¡Son las bebidas endulzadas con azúcar! Los niños cada vez beben más gaseosas, bebidas con sabor a fruta, refrescos de fruta y bebidas deportivas. El azúcar agregado a estas bebidas proporciona poca o ninguna sustancia nutritiva para los cuerpos en crecimiento. Las bebidas endulzadas con azúcar aumentan el riesgo de sobrepeso y caries dentales en los niños.

Este mes, nuestro programa enseñará a los niños a "¡Ser inteligentes con el azúcar!". Aprenderán sobre la cantidad de azúcar en las distintas bebidas y cómo elegir bebidas más sanas.

Los mensajes claves para los padres son:

- Las bebidas endulzadas con azúcar tales como las gaseosas, las bebidas con sabor a fruta y las bebidas deportivas son la fuente principal de azúcar agregado en la dieta de los niños.
- Tomar bebidas endulzadas con azúcar puede causar caries dentales y aumentar el riesgo de sobrepeso en niños y adultos.
- El agua y la leche descremada son las mejores bebidas para servir con la merienda y las comidas.
- El jugo puede tener tanto azúcar como una gaseosa. No sirva bebidas con sabor a fruta y limite el jugo 100% a 4 onzas por día (tamaño de una cajita de jugo).

Los mensajes claves que estaremos enseñando a los niños son:

- Las bebidas endulzadas, tales como las gaseosas, las bebidas con sabor a fruta y las bebidas deportivas están llenas de azúcar.
- Ingerir mucho azúcar en las comidas o bebidas no es saludable para el cuerpo y puede causar caries dentales.

- El agua y la leche descremada son las mejores bebidas para acompañar la merienda y las comidas.
- El jugo no es tan sano como se cree. Puede tener tanto azúcar como una gaseosa.

Nuestro objetivo es ayudar a los niños a tomar menos bebidas azucaradas y comer menos dulces.

Los niños (¡y los padres!) a menudo no se dan cuenta cuanto azúcar ha sido agregado a las bebidas. Enseñando a los niños que las bebidas azucaradas no son sanas los ayudará a tomar decisiones más saludables mientras que crecen. Con tantos productos azucarados disponibles, dar un buen ejemplo es más importante que nunca. Sea un buen modelo de conducta: ¡No sirva bebidas azucaradas en el hogar!

Consejos para tener éxito

- **Sirva agua o leche.** Sirva agua o leche descremada a los niños con la merienda y las comidas.
- **No compre bebidas con azúcar agregado.** Lea las etiquetas y compre bebidas sin azúcar agregado. A veces, el azúcar aparece como sacarosa, jarabe de maíz, dextrosa, o jugo de fruta concentrado. ¡Todos son simplemente azúcar!
- **Ponga límites.** Limite las gaseosas y otras bebidas azucaradas a una porción de 8 onzas por semana.
- **Evite las bebidas deportivas.** El agua es la mejor bebida para los niños activos. Las bebidas deportivas son útiles solo para actividades intensas con una duración de más de una hora. Por ejemplo, un día en un campamento de baloncesto o una caminata en las montañas es una ocasión en la que los niños pueden tomar una bebida deportiva.
- **Pruebe los dulces naturales.** Sirva bocadillos que sus hijos disfruten en lugar de las opciones con alto contenido de azúcar: fruta fresca, congelada o seca; granola o cereales de bajo contenido de grasa (5 a 10 gramos por porción).

Para obtener más información sobre bebidas sanas, visite http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Para más información, visite www.foodandfun.org.

Email Message:

Use this sample message to communicate with parents by email.

Subject: **Consejos Útiles Para Lograr Hábitos Saludables: Sean inteligentes con el azúcar**

Estimados Padres de (*insert program name*):

Este mes, los niños del programa (*insert program name*) aprenderán sobre la cantidad de azúcar en ciertas bebidas y cómo seleccionar bebidas más sanas.

Los mensajes claves para los padres son:

- Las bebidas endulzadas con azúcar tales como las gaseosas, las bebidas con sabor a fruta y bebidas deportivas son la fuente principal de azúcar agregado en la dieta de los niños.
- Tomar bebidas endulzadas con azúcar puede causar caries dentales y aumentar el riesgo de sobrepeso en niños y adultos.
- El agua y la leche descremada son las mejores bebidas para servir a los niños con la merienda y las comidas.
- El jugo puede tener tanto azúcar como las gaseosas. No sirva bebidas con sabor a fruta y limite el jugo 100% a 4 onzas por día (tamaño de una cajita de jugo).

Los mensajes claves para los niños son:

- Las bebidas azucaradas tales como las gaseosas, las bebidas con sabor a fruta y las bebidas deportivas están repletas de azúcar.
- Ingerir mucho azúcar en las comidas o bebidas no es saludable para el cuerpo y puede causar caries dentales.
- El agua y la leche descremada son las mejores bebidas para acompañar la merienda y las comidas.
- El jugo no es tan sano como se cree. Puede tener tanto azúcar como una gaseosa.

Nuestro objetivo es ayudar a los niños a tomar menos bebidas azucaradas y comer menos dulces.

Usted puede apoyar este objetivo al reforzar los mensajes clave en el hogar y al poner en práctica estos **Consejos Útiles Para Lograr Hábitos Saludables:**

- **Sirva agua o leche.** Sirva agua o leche descremada a los niños durante la merienda y las comidas.
- **No compre bebidas con azúcar agregado.** Lea las etiquetas y compre bebidas sin azúcar agregado. A veces, el azúcar aparece como sacarosa, jarabe de maíz,

dextrosa, o jugo de fruta concentrado. ¡Todos son simplemente azúcar!

- **Ponga límites.** Limite las gaseosas y otras bebidas azucaradas a una porción de 8 onzas por semana.
- **Evite las bebidas deportivas.** Las bebidas deportivas son útiles solo para actividades intensas con una duración de más de una hora. Por ejemplo, un día en un campamento de baloncesto o una caminata en las montañas es una ocasión en la que los niños pueden tomar una bebida deportiva.
- **Pruebe los dulces naturales.** Sirva bocadillos que sus hijos disfruten en lugar de las opciones con alto contenido de azúcar: fruta fresca, congelada o seca; granola o cereales de bajo contenido de grasa (5 a 10 gramos por porción).

¿Quiere aprender más? Para obtener más información sobre bebidas sanas, visite http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Para más información, visite www.foodandfun.org.



UNIT 4:

Healthy and Unhealthy Fats

Go for the Good!

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

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This document was created by the Harvard School of Public Health 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 4 Information for Leaders

Behavior Goal

Children will choose foods with healthy fats when possible.

Key Messages for Kids

- You need to eat fat to keep your body healthy, but not all fats are the same. Try to choose fats that are good for your body.
- Fats from fish, nuts, and seeds are healthy for your body.
- Limit fats from animal sources, like butter, whole milk, and red meat.
- Do not eat trans fats found in fast food like French fries and baked goods like cookies.

Key Information for Program Staff

Fat is a tricky subject for children (and adults!) to think about. Children, especially older ones, often associate “fat” with body image, and they do not think about it in a good way. When you introduce this unit, inform the group that fat is just one of three energy sources that we get from food (carbohydrates, protein, and fat all give us energy for the body to work). We need to eat fat for energy, to help us feel full, and because it provides nutrients like vitamin E. Our bodies need fat for nerve function, healthy skin and to protect our organs (fat acts like a cushion!). Some body fat is normal and healthy! However, we need to be careful about the type of fat we consume.

Before participating in the activities in this unit, children should have some understanding of the difference between “Go” foods with healthy fat and “Slow” foods with unhealthy fats. Explain that healthy fats are plant fats (like nuts or olive oil) and fish oils, or have lower saturated fat (like low-fat milk). Fats that are not healthy are saturated, like fat from animals (butter, red meat, and whole milk), and trans fat (found in processed snack foods, margarine, and many fried fast foods like French fries). See the box below for more information on the different types of fats!

When discussing food fats with children, keep in mind that younger children in particular will have difficulty understanding the difference between healthy and unhealthy fats. Try partnering older children with younger children so they can help with these concepts. You can also discuss food choices with children and encourage them to find healthier options at lunch or when they are eating out. As you explore the different types of healthy fats, try to incorporate foods that are relevant to the lives of the children you serve. Take time to talk to kids about how the food they eat at home is prepared and help them identify when they are eating healthy vs. unhealthy fats. Don't forget, the best way to influence healthy habits among children is for you to be a positive role model by offering healthy snack options (and eating them too!).

It is important to avoid suggestions of “dieting” to children at this age! You may need to remind children that you are discussing food fat as it relates to healthy eating, and not as it relates to body fatness. We do not want children to interpret this topic as suggesting that they are “fat” or need to lose weight. Though some children may be overweight, neither this unit nor the **Food & Fun**

curriculum are designed for weight loss. Also avoid the suggestion that low-fat diets will help children stay slim or lose weight. Food fats are not turned directly into body fat; they have functions in the body as noted above. When people gain too much weight, it is because they eat more calories from *any* type of food (calories comes from carbohydrates, protein and fat) than they use for exercise and basic body functions (including growth and development).

Children should be encouraged to be active for the fun of it and to choose foods that taste good and keep their bodies healthy. *If weight is a real concern, it is up to the parents to work with the child's doctor and a dietitian on a healthy plan.*

Refer to the “Say No to Trans Fat!” *Tip Sheet* for ideas on how to get trans fats out of the snacks served at your afterschool program. The Tip Sheets are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Keeping Track of Fats!

- **Unsaturated fats** are healthy fats. These fats are found in plant oils (like olive oil and vegetable oil), nuts, and fish. Unsaturated fats help lower the “bad” (LDL) cholesterol in the blood.
- **Saturated fats** come from animal sources like dairy products (for example whole milk and butter) and red meat. Coconut and palm oils are also saturated fats. Saturated fats raise LDL cholesterol and can lead to heart disease and diabetes. Since whole milk is a major source of saturated fat in children’s diets, one easy way to lower their intake of unhealthy saturated fat is to offer skim or 1% milk.
- **Trans fats** are created from plant oils through a chemical process called *partial hydrogenation* which makes them solid at room temperature. Trans fats are commonly found in stick margarine, processed baked goods like cookies, crackers, and other snack products, and fast foods. *Trans fats are bad for your health and should be avoided!* Buy snacks for your program that have 0 grams of trans fat on the nutrition label. But, also check the ingredient list! By law, products labeled as “0 grams trans fat,” are still allowed to contain up to 0.49 grams of trans fat per serving. Look for the words “partially hydrogenated vegetable oil” in the ingredient list; this means the food has trans fat.

Activity Options for Children



Active Games

Warm Up & Cool Down – do this whenever the children are active

Snatch the Fat – this relay-type tag game helps children sort foods by healthy versus unhealthy fats



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

Food Label Mosaic - be creative with food labels and grocery circulars!

Track the Trans Fat - children review food labels and identify the healthier option based on trans fat content of the food



Snack Time Ideas

Homemade Salsa – Serve with guacamole; avocados are a great source of healthy fats!

Awesome Granola – No trans fats here!

“Migas” Crumbs – a traditional Hispanic snack with no trans fats

Taste test ideas- taste low-fat milk or cheese, make “silly” popcorn or taste healthy fats like olive oil with whole wheat bread

You can also find these recipes in the Food & Fun 2nd Edition Recipe Packet, available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Connect with Parents!

Key Messages for Parents

- The type of fats in the foods you eat is more important than the total amount.
- Include “good for you” fats found in fish and plant sources like vegetable oils (such as olive and canola), nuts, and seeds.
- Limit saturated fats found in butter, whole milk, and red meat.
- Avoid trans fats found in fast food, packaged baked goods like cookies and muffins, stick margarine, and any food with “partially hydrogenated vegetable oil” or “shortening” in the ingredients list.

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
- Hand-out the “Choosing Healthy Fats” section on page 7 of Food, Fun & Family to share with parents how to read a label to look for trans fats!
- Offer healthy trans fat free snacks at pick-up! Serve trans fat free whole grain crackers or popcorn at pick-up time for parents to try out with their kids. Display a box of crackers or popcorn with trans fat and show parents how to find trans fat on the nutrition label.

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun:

- **Newsletter Article:** “Go for Healthy Fats!”. Insert this into your program newsletter.
- **Email message:** “Healthy Habits Power Tips—Fats in Foods”. Email this message to parents at the start of this unit.
- **Parent Handout:** “Dietary Fats: The good, the bad, and the ugly”. 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.

Parent Communications are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

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. Available in English and Spanish.

www.kidshealth.org

www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Trans free America is a campaign by the Center for Science in the Public Interest to eliminate trans fats from the food supply.

www.cspinet.org/transfat/

BanTransFats.com, Inc is a non-profit organization that has the goal of reducing and eliminating trans fats from all food products.

www.bantransfat.com/

The United States Department of Agriculture (USDA) has an interactive website that provides information about the MyPlate food guidance system with specific information on each food group, which can be tailored for individual needs.

www.choosemyplate.gov/

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Web Sites for Kids:

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.

www.bam.gov

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

www.kidshealth.org/kid/index.jsp?tracking=K_Home

www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

MyPlate.org has a page of activities and materials for kids ages 6 to 11. It includes The MyPlate Blast Off Game as well as kids' posters and coloring pages.

www.choosemyplate.gov/children-over-five.html

The Center for Science in the Public Interest produces "Smart Mouth", a site created for older children to find out fun facts about food and the food industry. It includes a scale that allows people to see how many calories and fat are in various fast food meals.

www.cspinet.org/smartmouth/index1.html

Activities



WARM UP, COOL DOWN

Objective:

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.

SNATCH THE HEALTHY FAT



Objective:

Race to “snatch” as many “slow” or “go” foods as possible and place them in the correct category bag.

Materials and Preparation:

- “Healthy” and “Unhealthy” fat cards- copy and cut out 2 sets (preferably onto card stock).
- *Note:* Children should have some understanding of the difference between “Go” foods with healthy fat and “Slow” foods with unhealthy fats. Explain that healthy fats contain plant fats (like nuts or olive oil) and fish oils, or have lower saturated fat (like low-fat milk). Fats that are not healthy are saturated, like fat from animals (like butter, red meat, or whole milk), and trans fat (found in processed snacks, margarine, and many fried fast foods like French fries).
- Paper bags or signs that read “Go”, “Slow”, and “Oops” (2 sets)
- Whistle (*optional*)
- *Optional:* Gather empty food containers representing each of the foods listed on the go/slow cards, or tape the food cards to small containers such as milk cartons, to make it easier for children to collect the foods
- *Note:* A gym or open space is needed

Instructions:

1. Divide the group into 2 teams and have each team line up on opposite sides of a gym or field.
2. Have the players on each team count off 1, 2, 3, 4, 5 etc. Players need to remember their numbers!
3. Place the fat cards (or containers) in the center of the room. Show the group a few examples and explain that foods with unhealthy fat are foods that we should eat only sometimes (called “slow” foods), but the “go” foods are foods with healthy fat and should be eaten to stay healthy.
 - If playing with younger students, you may need to review all of the foods prior to playing so that they will understand how to sort them.
4. Explain that the teams will race to collect “slow” (unhealthy fats) and “go” (healthy fats) foods, depending on what you call out. The object of the game is to make it back to the team with as many foods as possible.

5. Start by calling out a number (1-5) and “SLOW!” or “GO!” All of the players with that number will run to the center and find a food that meets your command. Each player will pick up one food, race back to the team and place it in the appropriate bag. If a player snatched the wrong type of food, they must drop it in the “Oops” bag.
6. Play until all foods have been snatched, then review the bags to see if all foods have been placed correctly. The team with the least mistakes or foods in the “oops” bag wins.

Optional Set-Up

- Line up all of the children on one side of the gym and have the entire group work together to sort the cards (use multiple sets of cards so that all children can pick up a card; it’s best if they have the chance to race back for more cards). Select 2 or 3 children to stand in the middle of the gym and throw the cards into the air, scattering them around the floor. Players then race to pick up a card and sort it into the containers (large paper bags, boxes or piles) on the opposite side of the gym.

Extension Activities:

- Using snatch the fat cards, play a version of Red Light, Green Light where the leader calls out names of “Go” foods (green light) and “Slow” food (red light)*. For example, the leader may call out “olive oil!” and the children move forward, or “whole milk!” and the children have to stop. Children that move when a slow snack is called are out. The first child to tag the leader becomes the new game leader. (*© Epstein LH, Squires S. *Stoplight Diet for Children: An Eight-Week Program for Parents and Children*. Lippincott Williams & Wilkins, 1998).
- After completing Snatch the Healthy Fat, talk to kids about their favorite snacks. Which “slow” snacks would they be willing to give up? Which “go” snacks would they like to try instead?

TRACK THE TRANS FAT



Objective:

Children will use food labels to compare foods and make healthy choices based on the trans fat content of those foods

Materials:

- Track the Trans Fat comparison list for leaders – print out
- Which Would You Choose nutrition label worksheets – print and arrange on tables in pairs around the room
- *Optional:* Collect empty containers for the foods and beverages listed so that children can read food labels from the containers (Note: due to brand differences, the trans fat content of some foods may be different from those used on the worksheets)

Instructions:

1. Divide the group into 8 small groups and explain that they will be looking at different foods to determine the healthiest choice based on whether the food has trans fat or not. Instruct children to look for the grams of trans fat on the nutrition label, but ALSO look at the ingredient list! If they see the words “partially hydrogenated”, the food has trans fats EVEN IF the nutrition label says 0g! This is because by law, foods labeled as “0 grams trans fat,” are still allowed to contain up to 0.49 grams of trans fat per serving.
2. Explain that trans fats are made from partially hydrogenated vegetable oils – a process that makes liquid oil solid. Trans fats may be found in processed foods such as baked goods (like brownies or cookies), and fried food at many fast food restaurants.
3. Once all of the groups have made their selections, invite them to report their selections and review the answers. Ask if they were they surprised to find trans fat in any of the foods.
4. Encourage the children to evaluate their own food choices by reading nutrition and ingredient labels and to select foods that do not have any trans fats!

Extension Activities:

- Copy the “Which Would You Choose” worksheet and cut out each food label. Place all labels in a hat/box/pile and invite 2 children to draw from the pile. The children will then review the 2 random food selections, discuss their options, and determine whether or not one food is a better choice, or if neither is acceptable!
 - In some cases, both foods selected will contain trans fat making neither choice a good one! In other cases, the selections may not have trans fat, but are high saturated fat or sugar which means that children should proceed with caution.
 - To determine if a food is high in saturated fat or sugar, look at the **% Daily Value** on the Nutrition Facts label. If the % Daily Value for saturated fat or sugar is **20% or more**, then it is high.

FOOD LABEL COLLAGE



Objective:

Children will learn to identify and discover several “healthy fat” snacks they enjoy

Materials:

- Several copies of food labels containing “healthy” and “unhealthy” fats. You can use the sample food labels from this unit, but feel free to add more and have children bring in their own labels from foods at home. Print and arrange on tables around the room
- See: www.nutritiondata.com or www.peapod.com for more printable label images.
- 2 Large Poster Boards
- Grocery bulletins and food magazines. Use a range of food types and bulletins/magazines from different types of grocery stores (for example Latino or Asian markets).
- Scissors
- Glue
- Markers

Instructions:

1. Have the children cut out labels of foods and snacks they like or would like to try. Then have them identify and sort the labels into 2 piles: foods with “healthy fats” and foods with “unhealthy fats.” Tell the children to look at the number of grams of trans fats as well as the ingredient list for partially hydrogenated oils.
2. Collect the labels into two separate containers. Divide the group into two teams and have one team work to create a “healthy fats” collage and the other an “unhealthy fats” collage by gluing the labels on the poster board and using markers and grocery bulletins to depict the various foods.

Extension Activities:

- Couple this activity with a taste test of healthy fat snacks (see the recipes in this unit for ideas!). Doing this during pick up is also a great way to engage parents.
- Post the collages in the school cafeteria or another public place to share.

Recipes and Taste Tests

Recipe Criteria

All recipes included in the Food & Fun 2nd Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of \$0.74 per serving for afterschool programs.



Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

- Level 1. No cooking required
- Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)
- Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!

Salsa Fresca (Fresh Salsa)

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



Level 1: No cooking required

Price per serving: 73¢

Serving size: ½ cup

Preparation time: 20 minutes

Servings per recipe: 24

Supplies:

Sharp knife

Spoon

Large Bowl

Ingredients:

12 chopped tomatoes

1.5 finely chopped onions

1½ cups chopped cilantro

3 Tbsp lime juice

Salt to taste

1 14oz tub of guacamole

2 10oz bags of corn tortilla chips or 2 12oz packages of whole wheat pita bread for dipping

Adult Preparation:

Chop the tomato, onion, and cilantro.

Directions

1. In a large bowl, mix tomatoes, onion, cilantro, lime juice, and salt.
2. Serve ½ cup Salsa Fresca with 1 Tbsp of guacamole and handful of corn tortilla chips or whole wheat pita bread.

Awesome Granola

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



Level 2: Basic

Serving size: ½ cup

Servings per recipe: 20

Price per serving: 72¢

Preparation time: 5 minutes

**Cook Time: 25-30 minutes in oven;
8 minutes in microwave**

Supplies:

- Glass baking dish
- Large bowl
- Oven or microwave
- Cookie sheet or aluminum foil

Ingredients:

- 6 cups oatmeal, uncooked
- 1 cup shredded or flaked coconut
- 2 cups chopped pecans, walnuts or peanuts (beware of any nut allergies!)
- ½ cup honey
- ½ cup (1 stick) of melted butter
- 1 Tbsp cinnamon
- 1 1/3 cups raisins
- 2 32oz tubs plain or vanilla low-fat yogurt

Directions:

For Conventional Oven:

1. Heat oven to 350° F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in baking dish for 25-30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly.

For Microwave:

1. Combine all ingredients, except raisins, in a large bowl; mix well.
2. Place in glass baking dish. Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking; stir in raisins.
3. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly.

To Serve: Top ¼ cup of yogurt with Awesome Granola! Store extra in a covered container.

Migas “Crumbs”

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



Level 3: Full Kitchen

Serving size: 1 cup

Servings per recipe: 10

Price per serving: 32¢

Preparation time and cook time: >45 minutes; best for smaller programs or cooking classes

Supplies:

Stove top
Pan
Spatula
Sharp knife
Whisk or fork
Bowl

Ingredients:

10 large corn tortillas
½ cup canola oil
1 medium bell pepper
1 medium onion
10 eggs
½ cup shredded cheddar cheese

Note: Depending on the size of your pan, estimate if you will need to make the recipe in batches. If so, how many? Before you begin cooking, divide the ingredients accordingly and repeat steps 3-8 until all ingredients have been used.

Adult Preparation:

Use sharp knife to chop pepper and onions

Directions:

1. Tear tortillas into small pieces.
2. Lightly beat 10 eggs in bowl with whisk or fork .
3. Heat oil in pan and add tortillas and stir until pieces begin to brown.
4. Add chopped peppers and onion to the pan; sauté until soft. Add eggs and stir until cooked.
5. Remove from heat and sprinkle on the grated cheese; cover pan and let cheese melt.
6. Serve immediately.

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!

Go For Good Fat! Taste Test Ideas for Healthy Fats

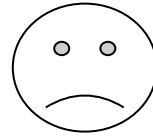
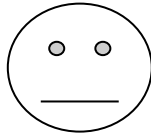


- Healthy Fat – dip whole wheat bread into olive oil. Try adding your choice of flavors with garlic, salt, rosemary, basil, or red pepper flakes.
- Compare fat in foods or drinks – 2% versus skim milk or regular versus low-fat cheese. Ask children to notice how the food feels, along with its taste.
- Go Nuts! If nut allergies are not a concern, nibble on some healthy nuts like almonds, walnuts, peanuts, or soy nuts.

Taste Test Rating Sheet

Today I tried: _____

I liked this:



A lot!

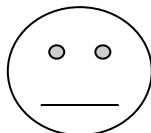
Somewhat

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: _____

Worksheet List

Snatch the Fat Cards

Pages 25-36

- Leader list for Healthy/ Unhealthy fat cards
- Healthy / Unhealthy fat cards

Track the Trans Fat Cards

Pages 37-45

- Comparison list
- “Which Would You Choose” food label worksheets

Snatch the Fat Cards

Leader Answer List for Food with Healthy and Unhealthy Fats

HEALTHY FAT	UNHEALTHY FAT
Olive Oil	Butter
Almonds	Cookies
Canola Oil	Milkshake
Whole Grain Bread	French Fries
Low Fat Milk	Chicken Nuggets
Sunflower Seeds	Whole Milk
Baked Fish	Pastries
Guacamole	Cheeseburger
Tuna Fish Sandwich	Hot Dog
Low Fat Yogurt	Donuts
Walnuts	Margarine

Snatch the Fat Cards

Olive Oil

Butter

Snatch the Fat Cards

Almonds

Cookies

Snatch the Fat Cards

Canola Oil

Milkshake

Snatch the Fat Cards

**Whole Grain
Bread**

French Fries

Snatch the Fat Cards

Low Fat Milk

Chicken Nuggets

Snatch the Fat Cards

Sunflower Seeds

Whole Milk

Snatch the Fat Cards

Baked Salmon

Pastries

Snatch the Fat Cards

Guacamole

Cheeseburger

Snatch the Fat Cards

**Tuna Fish
Sandwich**

Hot Dog

Snatch the Fat Cards

<p>Low Fat Yogurt</p>	<p>Donuts</p>
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Snatch the Fat Cards

Walnuts

Margarine

Track the Trans Fat

Leader Answer List

Food	Grams of Trans Fat	Partially Hydrogenated Vegetable Oil?	Which is the Better Choice?
Peanut butter #1	0	No	✓
Peanut butter #2	0	Yes	
Microwave popcorn #1	5	Yes	
Microwave popcorn #2	0	No	✓
Margarine #1	0	No	✓
Margarine #2	2.5	Yes	
Tortilla chips #1	0	No	✓
Tortilla chips #2	0	Yes	
Crackers #1	0	Yes	
Crackers #2	0	No	✓
Chewy granola bar #1	1	Yes	
Chewy granola bar #2	0	No	✓
Chicken Nuggets #1	0	No	✓
Chicken Nuggets #2	1	Yes	
Chocolate Milk Drink #1	0	No	✓
Chocolate Milk Drink #2	0	Yes	

Track the Trans Fat

Which Would YOU Choose?

Peanut Butter # 1

Nutrition Facts	
Serving Size 2 TBSP	
Servings Per Container 14	
Amount Per Serving	
Calories 190	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
Percent daily value reflects "as packaged" food.	
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Roasted Peanuts, Salt.

Peanut Butter # 2

Nutrition Facts	
Serving Size 2 TBSP	
Servings Per Container 25	
Amount Per Serving	
Calories 190	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Percent daily value reflects "as packaged" food.	
Product is marked with a Kosher symbol.	
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Roasted Peanuts, Sugar, Partially Hydrogenated Vegetable Oils (Cottonseed, Soybean and Rapeseed) to Prevent Separation, Salt.

Track the Trans Fat

Which Would YOU Choose?

Microwave Popcorn # 1

Nutrition Facts	
Serving Size 3 TBSP UNPOPPED	
Servings Per Container 18	
Amount Per Serving	
Calories 180	Calories from Fat 100
% Daily Value*	
Total Fat 11g	18%
Saturated Fat 2.5g	13%
Trans Fat 5g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	14%
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Percent daily value reflects "as packaged" food.	
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Whole Grain Popcorn, Partially Hydrogenated Soybean Oil, Salt, Natural and Artificial Flavor, Color Added, Nonfat Milk. Freshness Preserved by Propyl Gallate and Citric Acid.

Microwave Popcorn # 2

Nutrition Facts	
Serving Size 3.5 CUP	
Servings Per Container 3	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Percent daily value reflects "as packaged" food.	
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: All Natural Ingredients: Newman's Own Microwave Popcorn, Palm Oil, Salt, Soybean Oil, Natural Flavors, Vitamin E (for Freshness).

Track the Trans Fat

Which Would YOU Choose?

Margarine # 1

Nutrition Facts			
Serving Size 1 TBSP			
Servings Per Container 30			
Amount Per Serving			
Calories 80		Calories from Fat 80	
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	0g		0%
Protein	0g		
Vitamin A	10%	Vitamin C	0%
Calcium	0%	Iron	0%
Percent daily value reflects "as packaged" food.			
* Percent daily values are based on a 2,000 calorie diet.			
Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate			
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

INGREDIENTS: Vegetable Oil, Blend (Liquid Soybean Oil, Canola Oil, Sunflower Oil, Palm Oil, Palm Kernel Oil), Water, Whey (from Milk), Salt, Vegetable Mono and Diglycerides, Soy Lecithin, (Potassium Sorbate, Calcium Disodium EDTA) Used to Protect Quality, Vitamin E, Citric Acid, Artificial Flavor, Vitamin A Palmitate, Beta Carotene (for Color), Vitamin D3, Pyridoxine Hydrochloride (Vitamin B6),

Margarine # 2

Nutrition Facts			
Serving Size 1 TBSP			
Servings Per Container 32			
Amount Per Serving			
Calories 100		Calories from Fat 100	
		% Daily Value*	
Total Fat	11g		17%
Saturated Fat	2g		11%
Trans Fat	2.5g		
Cholesterol	0mg		0%
Sodium	105mg		4%
Total Carbohydrate	0g		0%
Protein	0g		
Vitamin A	10%	Vitamin C	0%
Calcium	0%	Iron	0%
Percent daily value reflects "as packaged" food.			
Product is marked with a Kosher symbol.			
* Percent daily values are based on a 2,000 calorie diet.			
Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total		300g	375g
Carbohydrate			
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

INGREDIENTS: Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Buttermilk, Salt, Soy Lecithin, Sodium Benzoate (as a Preservative), Vegetable Mono and Diglycerides, Artificial Flavor, Vitamin Palmitate, Colored with Beta Carotene (Provitamin A).

Track the Trans Fat

Which Would YOU Choose?

Tortilla Chips # 1

Nutrition Facts	
Serving Size 1 Servings Per Container 9	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
Percent daily value reflects "as packaged" food. Product is marked with a Kosher symbol. * Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	

INGREDIENTS: Organic Yellow Corn, Expeller Pressed Oleic Safflower and/or Sunflower Oil, and/or Expeller Pressed Canola Oil, Sea Salt.

Tortilla Chips # 2

Nutrition Facts	
Serving Size 1 OZ Servings Per Container 13	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
Percent daily value reflects "as packaged" food. * Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	

INGREDIENTS: Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, or Sunflower Oil), Buttermilk Solids, Salt, Tomato Powder, Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Corn Starch, Whey, Onion Powder, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Nonfat Milk Solids, Sugar, Dextrose, Malic Acid, Sodium Caseinate, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Spice, Natural and Artificial Flavor, Sodium Citrate, Disodium Inosinate, and Disodium Guanylate.

Track the Trans Fat

Which Would YOU Choose?

Crackers # 1

Crackers # 2

Nutrition Facts	
Serving Size 5 CRACKERS	
Servings Per Container 21	
Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
Percent daily value reflects "as packaged" food.	
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil (Adds a Trivial Amount of Trans Fat), High Fructose Corn Syrup, Leavening (Calcium

Nutrition Facts	
Serving Size 6 CRACKERS	
Servings Per Container 10	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	13%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Percent daily value reflects "as packaged" food.	
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Whole Wheat, Soybean Oil, Salt, Monoglycerides.

Track the Trans Fat

Which Would YOU Choose?

Chewy Granola Bar # 1

Nutrition Facts			
Serving Size 1 BAR			
Servings Per Container 10			
Amount Per Serving			
Calories 120		Calories from Fat 35	
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 1.5g			8%
Trans Fat 1g			
Cholesterol 0mg			0%
Sodium 70mg			3%
Total Carbohydrate 21g			7%
Dietary Fiber 1g			4%
Sugars 9g			
Protein 2g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	
Percent daily value reflects "as packaged" food. Product is marked with a Kosher symbol.			
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4		Protein 4

INGREDIENTS: Granola (Rolled Oats, Rolled Whole Wheat, Brown Sugar, Partially Hydrogenated Vegetable Oil [Soybean and/or Cottonseed], Dried Unsweetened Coconut, Nonfat Dry Milk, Honey, Natural Flavor),

Chewy Granola Bar # 2

Nutrition Facts			
Serving Size 1 BAR			
Servings Per Container 5			
Amount Per Serving			
Calories 220		Calories from Fat 100	
% Daily Value*			
Total Fat 12g			18%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 230mg			10%
Total Carbohydrate 23g			8%
Dietary Fiber 3g			12%
Sugars 13g			
Protein 7g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 6%	
Percent daily value reflects "as packaged" food.			
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4		Protein 4

INGREDIENTS: Peanuts, Corn Syrup, Crisped Rice [Rice Flour, Sugar, Malt Extract, Salt, Caramel Color, Mixed Tocopherols (to Help Protect Flavor)], Peanut Butter (Roasted Ground Peanuts), Sugar, Evaporated Cane Juice Invert Syrup, Whole Grain Rolled Oats, Almonds, Cashews, Contains Less than 1.5% of Whey (from Milk), Soy Lecithin, Salt, Honey, Vegetable Oil (Peanut and/or Cottonseed Oil), Resistant Corn Dextrin, Granola (Whole Grain Rolled Oats, Brown Sugar, Whole Grain Rolled Wheat, Coconut, Canola Oil, Wheat Bran), Xanthan Gum, Mixed Tocopherols (to Help Protect Flavor).

Track the Trans Fat

Which Would YOU Choose?

Chicken Nuggets # 1

Nutrition Facts	
Serving Size 4 NUGGETS	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 270mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 10g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 4%
Percent daily value reflects "as packaged" food.	
* Percent daily values are based on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Boneless, Skinless Chicken Breast with Rib Meat, Water, Potassium Lactate, Sugar, Corn Syrup Solids, Modified Food Starch, Salt, Flavorings, Sodium Phosphates, Sodium Diacetate, Carrageenan. Breaded with: Whole Wheat Flour, Water, Wheat Flour, Whole Grain Yellow Corn Meal, Modified Food Starch, Salt, Yeast, Natural Flavors, Whey, Dextrose, Leavening (Sodium and Pyrophosphate, Sodium Bicarbonate), Sugar, Calcium Propionate (to Protect Freshness), Guar Gum, Extractives of Paprika and Annatto, Potassium Sorbate (to Protect Freshness).

Chicken Nuggets # 2

Nutrition Facts	
Serving Size	
4 pieces	<input type="button" value="v"/>
Amount per serving	
4 pieces	
Hide Daily Values	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 1g	
Cholesterol 25mg	8%
Sodium 450mg	19%
Total Carbohydrates 10g	3%
Protein 10g	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: White boneless chicken, water, food starch-modified, salt, seasoning (autolyzed yeast extract, salt, wheat starch, natural flavoring (botanical source), safflower oil, dextrose, citric acid, rosemary), sodium phosphates, seasoning (canola oil, mono- and diglycerides, extractives of rosemary). Battered and breaded with: water, enriched flour (bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), yellow corn flour, food starch-modified, salt, leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate, calcium lactate), spices, wheat starch, whey, corn starch. Prepared in vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with TBHQ and citric acid added to preserve freshness). Dimethylpolysiloxane added as an antifoaming

Track the Trans Fat

Which Would YOU Choose?

Chocolate Milk Drink # 1

Nutrition Facts			
Serving Size 1			
Servings Per Container 8			
Amount Per Serving			
Calories 25		Calories from Fat 0	
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	200mg	8%	
Total Carbohydrate	4g	1%	
Dietary Fiber	1g	1%	
Sugars	2g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	30%	Iron	4%
Percent daily value reflects "as packaged" food.			
* Percent daily values are based on a 2,000 calorie diet.			
Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

INGREDIENTS: Nonfat Dry Milk, Cocoa (Processed with Alkali), Calcium Carbonate, Modified Whey, Salt, Less Than 2% of: Carrageenan, Sucralose (Splenda Brand), Natural and Artificial Flavors, Polysorbate 60, Disodium Phosphate.

Chocolate Milk Drink # 2

Nutrition Facts			
Serving Size 1 ENVELOPE			
Servings Per Container 10			
Amount Per Serving			
Calories 120		Calories from Fat 25	
% Daily Value*			
Total Fat	2.5g	4%	
Saturated Fat	2g	10%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	170mg	7%	
Total Carbohydrate	23g	8%	
Dietary Fiber	1g	4%	
Sugars	17g		
Protein	1g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
Percent daily value reflects "as packaged" food.			
* Percent daily values are based on a 2,000 calorie diet.			
Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

INGREDIENTS: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Partially Hydrogenated Coconut Oil, Nonfat Dry Milk, Less than 2% of: Salt, Dipotassium Phosphate, Carrageenan, Artificial Flavor, Mono- and Diglycerides.

Food & Fun Afterschool 2nd Edition

Parent Communications

Unit 4: Fats in Foods

About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education and school, improved relationships between parents and children, and improved implementation and outcomes for afterschool programs*.

This Parent Communication packet contains Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- 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, like a parent's night

**Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.*

Parent Engagement Activities

Experiment and be creative- come up with your own ideas or modify the activities below to engage parents at your after school program!

- Hand-out the **“Choosing Healthy Fats”** section on page 7 of **Food, Fun & Family** to share with parents how to read a label to look for trans fats!
- **Offer healthy trans fat free snacks at pick-up!** Serve trans fat free whole grain crackers or popcorn at pick-up time for parents to try out with their kids. Display a box of crackers or popcorn with trans fat and show parents how to find trans fat on the nutrition label.

For more information, visit www.foodandfun.org.

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity and YMCA of the USA."

GO FOR HEALTHY FATS!

This month our program will focus on fats found in foods. The **type** of fat you eat is much more important than the **total amount** of fat in your diet!

The key messages for parents are:

- The type of fats in the foods you eat is more important than the total amount.
- Eat "good for you" fats found in fish and plant sources like vegetable oils (such as olive and canola), nuts, and seeds.
- Limit saturated fats found in butter, whole milk, and red meat.
- Avoid trans fats found in fast food, packaged baked goods like cookies and muffins, stick margarine, and any food with "partially hydrogenated vegetable oil" or "shortening" in the ingredients list.
- Limit fast food to no more than once per week when you really need the convenience.

The key messages we'll be teaching kids are:

- You need to eat fat to keep your body healthy, but not all fats are the same. Try to choose fats that are good for your body.
- Fats from fish, nuts, and seeds are healthy for your body.
- Limit fats from animal sources, like butter, whole milk, and red meat.
- Do not eat trans fats found in fast food like French fries and baked goods like cookies.

Tips for choosing and healthy fats:

- UNSATURATED FATS - "The Good"
Eat more of these!
What: Oils found in plants and fish.
Where: Vegetable oils like olive and canola oil, fish, nuts, seeds, peanut and other nut butters.
- SATURATED FATS- "The Bad"
Eat LOW or NON fat dairy and lean meats
What: Fats found mostly in animal foods.
Where: Whole milk, cheese, butter, ice cream, red meat, sour cream, lard, coconut and palm oils.

- TRANS FATS- “The Ugly”

AVOID these!

What: Vegetable oils that are chemically changed to increase the shelf life of processed foods.

Where: Fast foods, packaged snacks (cookies, crackers, etc.), baked goods, and stick margarines.

For more information, check out www.hsph.harvard.edu/nutritionsource/fats.html.

For more on keeping your family healthy, visit www.foodandfun.org.

Email Message

Use this sample message to communicate with parents by email.

Subject: **Healthy Habits Power Tips—Fats in foods**

Dear *(insert program name)* Parents:

This month the *(insert program name)* will be doing several fun activities with your children that teach them about fats in foods.

The key messages for parents are:

- The type of fats in the foods you eat is more important than the total amount.
- Eat “good for you” fats found in fish and plant sources like vegetable oils (such as olive and canola), nuts, and seeds.
- Limit saturated fats found in butter, whole milk, and red meat.
- Avoid trans fats found in fast food, packaged baked goods like cookies and muffins, stick margarine, and any food with “partially hydrogenated vegetable oil” or “shortening” in the ingredients list.
- Limit fast food to no more than once per week when you really need the convenience.

The key messages we’ll be teaching kids are:

- You need to eat fat to keep your body healthy, but not all fats are the same. Try to choose fats that are good for your body.
- Fats from fish, nuts, and seeds are healthy for your body.
- Limit fats from animal sources, like butter, whole milk, and red meat
- Do not eat trans fats found in fast food like French fries and baked goods like cookies.

Use these **Healthy Habits Power Tips** to help you select and prepare foods with healthy fats. Pick one tip that you want to try right away, and go for it!

- **Choose low fat dairy** (1% or skim milk) when you shop and order out. Milk is the biggest source of saturated fat for children, so you can make a big difference with this one change. Children under 2 years old should continue drinking whole milk for proper growth and nutrition.
- **Minimize fast food eating.** Foods served in fast food restaurants are often high in unhealthy saturated and trans fats. Save fast food eating for when you *really* need convenience.
- **Read labels** when you purchase foods to avoid products with *trans* fat. Look for 0g *trans* fats AND read the ingredients to avoid foods with “partially hydrogenated vegetable oils.” Many manufacturers are reducing or eliminating them from their products.

- **Cook with liquid oils** (high in unsaturated fats), not butter (high in saturated fat), stick margarine, shortening, or lard (all high in *trans* fats).

To learn more about choosing foods with healthy fats visit www.hsph.harvard.edu/nutritionsource/fats.html. For more information on the health effects of *trans* fats, and which food products are *trans* fat free, click on www.BanTransFats.com.

For more on keeping your family healthy, visit www.foodandfun.org.

Food & Fun Afterschool 2nd Edition

Parent Communications- Spanish

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit, "Proporcionado por Harvard School of Public Health Prevention Research Center sobre la Nutrición y la Actividad Física y por la YMCA de USA".

¡ELIJA GRASAS SANAS!

Este mes, nuestro programa se centrará en las grasas contenidas en los alimentos. ¡El **tipo** de grasa ingerida es mucho más importante que la **cantidad total** de grasa ingerida!

Los mensajes claves para los padres son:

- El tipo de grasas en los alimentos consumidos es más importante que la cantidad total ingerida.
- Consuma grasas "saludables" que se encuentran en el pescado y las plantas, tales como aceites vegetales (aceite de oliva y canola), frutas secas y semillas.
- Limite el consumo de grasas saturadas que se encuentran en la mantequilla, la leche entera y la carne roja.
- Evite las grasas hidrogenadas en las comidas rápidas, los productos horneados empaquetados como las galletas y los muffins, la margarina en barra y todo otro alimento que contenga "aceite vegetal parcialmente hidrogenado" o "manteca vegetal" en la lista de ingredientes.
- Limite el consumo de comida rápida a no más de una vez por semana, cuando realmente necesite la comodidad.

Los mensajes claves que estaremos enseñando a los niños son:

- Debes consumir grasa para mantener tu cuerpo sano, pero no todas las grasas son iguales. Trata de elegir grasas que sean saludables para el cuerpo.
- Las grasas procedentes de pescado, frutas secas y semillas son saludables para el cuerpo.
- Limita el consumo de grasas que proceden de los animales tales como la mantequilla, la leche entera y la carne roja.
- No comas las grasas hidrogenadas que se encuentran en las comidas rápidas,

como las papas fritas y los productos horneados como las galletas.

Consejos para elegir grasas sanas:

- **GRASAS NO SATURADAS: "Las buenas"**
¡Consuma más de éstas!
Qué: Aceites que se encuentran en las plantas y el pescado.
Dónde: Aceites vegetales tales como aceite de oliva y de canola, pescado, frutas secas, semillas, mantequilla de maní y otras mantequillas de frutas secas.
- **GRASAS SATURADAS: "Las malas"**
Consuma productos lácteos descremados o de bajo contenido de grasa y carnes magras.
Qué: Grasas que se encuentran principalmente en productos animales.
Dónde: Leche entera, queso, mantequilla, helado, carne roja, crema agria, manteca de cerdo, aceite de coco y aceite de palma.
- **GRASAS HIDROGENADAS: "Las feas".**
¡Evítelas!
Qué: Aceites vegetales químicamente modificados para aumentar la vida útil de los alimentos procesados.
Dónde: Comidas rápidas, bocadillos empaquetados (como galletas dulces y saladas), productos horneados y margarina en barra.

Para obtener más información, visite www.hsph.harvard.edu/nutritionsource/fats.html.

Para más información, visite www.foodandfun.org.

Email Message

Use this sample message to communicate with parents by email.

Subject: **Consejos útiles para lograr hábitos saludables: Las grasas en los alimentos**

Estimados Padres de (*insert program name*):

Este mes, el programa (*insert program name*) realizará varias actividades divertidas con sus niños para enseñarles sobre las grasas en los alimentos.

Los mensajes claves para los padres son:

- El tipo de grasas en los alimentos consumidos es más importante que la cantidad total ingerida.
- Consuma grasas "saludables" que se encuentran en el pescado y las plantas, tales como aceites vegetales (aceite de oliva y canola), frutas secas y semillas.
- Limite el consumo de grasas saturadas que se encuentran en la mantequilla, leche entera y carne roja.
- Evite las grasas hidrogenadas en las comidas rápidas, los productos horneados empaquetados como las galletas y los muffins, la margarina en barra y todo otro alimento que contenga "aceite vegetal parcialmente hidrogenado" o "manteca vegetal" en la lista de ingredientes.
- Limite el consumo de comida rápida a no más de una vez por semana, cuando realmente necesite la comodidad.

Los mensajes claves que estaremos enseñando a los niños son:

- Debes consumir grasa para mantener tu cuerpo sano, pero no todas las grasas son iguales. Trata de elegir las grasas que sean saludables para el cuerpo.
- Las grasas procedentes de pescado, frutos secos y semillas son saludables para el cuerpo.
- Limita el consumo de grasas que proceden de los animales tales como la mantequilla, la leche entera y la carne roja.
- No comas las grasas hidrogenadas que se encuentran en las comidas rápidas, como las papas fritas y los productos horneados como las galletas.

Utilice estos **Consejos Útiles Para Lograr Hábitos Saludables** para seleccionar y preparar comidas con grasas sanas. Escoja un consejo que quiera probar de inmediato y... ¡póngalo en práctica!

- **Elija productos lácteos descremados** (leche descremada o 1%) cuando haga las compras o coma afuera. La leche es la principal fuente de grasa saturada para los niños, así que se puede lograr una gran diferencia con sólo hacer este

cambio. Los niños menores de 2 años de edad deben continuar tomando leche entera para el crecimiento y nutrición adecuado.

- **Reduzca las comidas rápidas.** Las comidas que sirven los restaurantes de comida rápida generalmente tienen un alto contenido de grasas saturadas e hidrogenadas malsanas. Limite el consumo de comida rápida a cuando *verdaderamente* necesite la comodidad.
- **Lea las etiquetas** cuando haga las compras para evitar productos con grasas hidrogenadas. Busque alimentos con 0 gramos de grasas hidrogenadas Y lea los ingredientes para evitar alimentos que contengan "aceite vegetal parcialmente hidrogenado." Muchos fabricantes las han reducido o eliminado de sus productos.
- **Cocine con aceites líquidos** (alto contenido de grasas no saturadas) y no con mantequilla (alto contenido de grasa saturada), margarina en barra, manteca vegetal o de cerdo (todas tienen alto contenido de grasas hidrogenadas).

Para obtener más información sobre cómo elegir grasas sanas, visite http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Para más información, visite www.foodandfun.org.



UNIT 5:

Whole Grains

Go For Whole Grains!

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

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This document was created by the Harvard School of Public Health 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 5 Information for Leaders

Behavior Goal

Children will eat more whole grain foods.

Key Messages for Kids

- Whole grains are important because they help you feel full longer and make your body healthy.
- Eat whole grains (like whole wheat bread, whole wheat pasta, whole wheat crackers and brown rice) instead of refined grains (like white bread, muffins, pasta, and white rice) whenever possible.
- Breakfast is a great time to try whole grains. Try whole grain cereals, waffles, bread, or bagels.

Key Information for Program Staff

Many children do not eat enough whole grains. Whole grains contain fiber, vitamin E, and healthy fats. Whole grains help keep your blood sugar under control, arteries clear, and they also make you feel full longer. Refined “white” flour and sugar do not have the nutrients or health benefits of whole grains. When serving grains for snack (like bread, crackers, and cereal), serve whole grains! Read nutrition labels and choose 100% whole grain breads and cereals that have at least 3 grams of fiber per serving. Choose breads and cereals that list a whole grain first, like whole wheat, barley, oats or rye. As you explore all the different types of whole grains, try to incorporate foods that are relevant to the lives of the children you serve. Take time to talk to kids about the grains they eat at home, identify which of these grains are whole grains, and make sure to incorporate them into your snacks and activities in this unit.

Children have several opportunities during the day to consume whole grains. The two easiest meals to do so are breakfast and lunch since there are many cereals and breads made with whole grains. Out-of-school programs can help introduce such whole grain foods like whole wheat crackers (with no trans fats), breakfast cereals (with less than 5g of sugar per servings), mini whole-wheat bagels, and whole wheat pita bread. There are many whole grains options available for the same price as refined options.

Look for products with at least 3 grams of fiber and no more than 5 grams of sugar per serving.

Refer to the “*Whole Grains*” *Tip Sheet* for ideas on how to serve whole grains in your afterschool program. The Tip Sheets are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Arts & Crafts

Mosaic Creations – design pictures using grains



Active Games

Warm Up & Cool Down – do these whenever the children are active!

Red Hen Relay – children race carrying bags of flour



Suggested Books

Everybody Cooks Rice by Norah Dooley tells a multi-cultural tale of how different families cook rice; recipes included.

Bread is for Eating by David and Phillis Gershator explains how bread is created while Mamita sings, "El Pan es Para Comer" ("Bread is for Eating"). Music and lyrics in both Spanish and English are included.

The Little Red Hen, a Golden Book Classic illustrated by J.P. Miller tells the tale of the little red hen who plants, reaps, carries the wheat to the mill, and finally bakes bread while her barn friends sleep.



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

La Milpa- learn to make corn tortillas

Make flour from wheat berries



Snack Time Ideas

Silly Popcorn

Microwave Corn on the Cob

Whole Wheat Banana Pancakes

Whole Wheat Mini-Pizzas

Awesome Granola

Taste test ideas- Oatmeal (January is National Oatmeal Month) and popcorn with different toppings

You can also find these recipes in the Food & Fun 2nd Edition Recipe Packet, available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Connect with Parents!

Key Messages for Parents:

- Whole grain breads and cereals help you feel full longer, and are packed with fiber and other nutrients.
- Refined grains (white bread, muffins, pasta, and white rice) aren't as nutritious as whole grains (whole wheat bread, whole wheat pasta, and brown rice).
- Serve whole grain breads and cereals that have at least 3 grams of fiber per serving and no more than 5 grams of sugar per serving whenever possible.

Parent Communication 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
- Invite parents to participate in a healthy cereal taste test. Look for whole grain cereals with 5 grams or less of sugar and more than 3 grams of fiber. A few examples are Kix®, Cheerios®, Kashi Heart to Heart®, and Wheaties®. Show parents and kids that cereals can be healthy AND taste good!
- Hold a whole wheat pancake breakfast! If you serve kids before school, invite parents to a whole wheat banana pancake breakfast, or have an upside down day with breakfast for dinner! Try out the recipe in the Food & Fun Recipe Packet. Make extra copies of the recipes to give out to parents so they can make them at home!
- Whole grain options are available for the same price as refined grains! Display examples of whole grains foods that can be purchased for the same price as refined grains. Include the price tag in the display! Try whole wheat crackers like Triscuits®, whole wheat bread or pita, and/or whole wheat tortillas.

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun.

- **Newsletter Article:** "Get the Whole Story on Whole Grains". Insert this into your program newsletter.
- **Email Message:** "Healthy Habits Power Tips: Go for Whole Grains". Email this message to parents at the start of this unit.
- **Parent Handout:** "More whole grains, less added sugar for good health". 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.

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

www.actionforhealthykids.org/

The Whole Grain Council is an educational program helping consumers achieve better health by increasing their consumption of quick, easy, and delicious whole grains. Although the Whole Grain Stamp helps consumers spot foods containing at least 8g of whole grains, these products may still contain a lot of sugar! Some materials available in Spanish

<http://wholegrainscouncil.org/>

<http://wholegrainscouncil.org/resources/recursos-en-espa-ol>

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. Available in English and Spanish.

www.kidshealth.org

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

Neat Solutions offers a comprehensive listing of nutrition education resources and books. The “Red Hen Relay” was adapted from a lesson on this web site.

www.NeatSolutions.com

The United States Department of Agriculture (USDA) has an interactive website that provides information about the MyPlate food guidance system with specific information on each food group, which can be tailored for individual needs.

www.choosemyplate.gov/

Web Sites for Kids:

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.

www.bam.gov

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

www.kidshealth.org/kid/index.jsp?tracking=K_Home

www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

The Division of Adolescent and Young Adult Medicine at Children’s Hospital Boston produce the Young Men’s Health and Young Women’s Health websites to provide carefully researched health information to teens. They even have a special grains guide for teens section.

www.youngwomenshealth.org/grains.html

www.youngmenshealthsite.org/grains.html

MyPlate.org has a page of activities and materials for kids ages 6 to 11. It includes The MyPlate Blast Off Game as well as kids’ posters and coloring pages.

www.choosemyplate.gov/children-over-five.html

Activities

MOSAIC CREATIONS



Objective:

Children will become familiar with different types of whole grains by handling them in an arts and crafts project.

Materials:

- Various grains (oats, brown rice, popcorn kernels, whole wheat pasta, couscous, quinoa, amaranth, flaxseed, barley, wheat berries,)
- Various dried beans (black eyed peas, soy beans, chick peas, kidney beans, black bean, pinto, lentils – packaged dry bean soup mix works well)
- Sunflower seeds
- Glue
- Paper plates
- Small bowls or cups
- *Optional:* photo of each child

Instructions:

1. Distribute paper plates and have grains, beans and seeds available in bowls for children to share, or in individual cups. If desired, you can ask children to bring in grains from home, after discussing grains with them in your program.
Tip: Discuss with children how beans are not considered part of the grain group, even though they are grown from plants and are high in fiber. Beans are part of the meats and beans food group, because they are high in protein.
2. If using photos, have each child paste his or her picture in the center of the plate.
3. Instruct the children to make a creation by gluing the various items to the plate.
4. While they handle the grains and other items, ask if anyone can identify the different grains, beans, and seeds.
 - Explain that whole grains have lots of flavor, fiber and nutrients; we should go for whole grains everyday!
5. Hang completed projects on the wall and have a “gallery walk” where children view other projects.

WARM UP, COOL DOWN



Objective:

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.

RED HEN RELAY

Adapted from NeatSolutions.com



Objective:

To be the first team to have all players carry the whole wheat flour back and forth from the mill to “home”, ending with the flour at “home”.

Note: You may need to use a mini-bag of flour for younger children.

Materials:

- 5 pound bags of whole wheat flour – one for each team, and each team must have an odd number of players

Preparation:

- Read *The Little Red Hen* prior to playing the game so that players connect the concept of the red hen with the relay

How to Play:

1. Each team of “red hens” lines up on one side of the room, with the bags of flour on the opposite side of the room.
2. The first players (“hens”) to go must run across the room and pick up the bag of flour at the “mill” and carry it back “home”.
3. The hens carry the flour back and forth so that the second “hen” runs to the mill with the flour while the third hen must go and collect the flour again.
4. The last player to go should return the flour to home, and the team that does this first, wins.

Extension Activities:

- If you have more space, instead of conducting a relay back and forth across a room, teams may run a traditional relay race around a track or field, passing the bag of flour as they go (and trying not to drop it during the hand-off!).
- For outdoor spaces with sand, team members race to a sandy area, fill a cup with sand, and race back to fill a bucket. The first team to fill their bucket wins.

LA MILPA



Learn to Make Corn Tortillas!

Serving size: 1 tortilla

Servings per recipe: 12

Objective:

Children will learn to make corn tortillas from scratch, and to understand the difference between corn and flour tortillas.

Note: If you do not have access to a griddle or stove, try the activity Make Flour instead of making corn tortillas!

Supplies:

Stove or hot plate

Large Bowl

Measuring cups

Spoons

Measuring cups

Ingredients:

2 cups instant “masa harina” (ask your local store for help if you have trouble finding it)

¼ tsp salt

2 Tbs unsalted butter at room temperature

1 ½ cups warm water

(Note: the dough can be prepared earlier and refrigerated)

Instructions:

1. Mix the masa harina and salt into a large bowl.
2. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon.
3. Add the water and mix with your (clean!) hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes. The dough can also be refrigerated and used the next day.
4. Divide the dough into 24 pieces (1 piece per child).
5. Have children roll their dough into a ball with their hands then slowly begin to flatten the dough by clapping it together in their hands. This action is called “palmear.” Make sure the tortillas are round and flat, like a pancake, but not too thin.

6. Place the tortilla onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one to two minutes more, until the tortilla appears to be done.
7. Serve with black beans and salsa for a delicious, healthy snack!

MAKE FLOUR



Objective:

Children will “mill” wheat berries into flour, and understand the difference between whole grain and refined flour.

Materials:

Wheat berries

Small food processor or coffee grinder

White flour

Instructions:

1. Allow the children to touch the wheat berries (pass small amounts around the room) prior to putting in the grinder.
2. Grind some of the wheat berries into a fine flour. What does it feel like now?
3. Compare the fresh ground wheat flour to white flour. Do they notice the difference in color? Explain that whole wheat flour, like they just made, contains all of the grain, nutrients, and fiber, making it a healthier choice than white flour (which is used to make white bread and in many baked goods and processed snacks like crackers)

Recipes and Taste Tests

Recipe Criteria



All recipes included in the Food & Fun 2nd Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of \$0.74 per serving for afterschool programs.

Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

- Level 1. No cooking required
- Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)
- Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!

Silly Popcorn



Level 2: Basic

Serving size: 1 cup

Servings per recipe: 20

Price per serving: 7¢

Preparation time: 2 minutes

Cook Time:

15 minutes for microwave popcorn

7 minutes for stovetop popcorn

Supplies:

Microwave or stovetop for popping corn

Large microwave-safe bowl

Large, deep pot with lid for stovetop (should fit at least 20 cups)

Small bowls or cups for toppings

Ingredients:

5 bags of microwave popcorn (trans fats/partially hydrogenated oil free) OR

1 cup of popcorn kernels

Vegetable oil

Variety of toppings/flavors to choose from: parmesan cheese, chili powder, cinnamon, taco seasoning

Directions:

1. For microwave popcorn, follow direction on package.
2. For stovetop popcorn:
 - Cover bottom of large part with 2 Tbsp oil
 - Put stove on medium. Test the oil heat by throwing a kernel in the pot and covering with the lid. (If oil smokes, the heat is too high.)
 - Add the rest of the popcorn and shake to coat with oil. Cover pot loosely with room for steam to escape.
 - Shake the pot frequently to prevent burning.
 - When popping is 3-5 seconds between pop, remove from heat.
 - Let stand until popping stops.
3. Mix popcorn (about 20 cups when popped) and 3 Tbsp oil (optional) in a bowl.
4. Choose seasonings and sprinkle over popcorn. Mix well.
5. Serve immediately and enjoy!

Corn on the Cob



Level 2: Basic

Serving size: ½ ear of corn

Servings per recipe: 20

Price per serving: 53¢

Preparation Time: 5 minutes

Cooking Time: See “Cooking Timetable”, plus 5 minutes cooling time per batch

Supplies:

- Microwave
- Sharp knife
- Paper towel
- Foil
- Paper bowls or cups for spices

Cooking Timetable:

- 1 ear - 1 1/2 minutes
- 2 ears - 3 to 4 minutes
- 3 ears - 5 to 6 minutes
- 4 ears - 7 to 8 minutes
- 5 ears - 8 to 9 minutes

Ingredients:

- 10 ears of corn on the cob
- Spices: pepper, lemon pepper, chili powder, taco seasoning

Adult Preparation:

- Chop corn ears into halves after cooking

Directions:

1. Place corn on a paper towel and cook in microwavewith husks and silk intact. They will cook in their own natural moisture.
2. Turn ears over and rearrange after 1/2 cooking time.
3. When ears are hot to the touch, remove and wrap in foil.
4. Let stand at least 5 minutes to cool off. Remove husks and silk (which is easier than when cold)
5. Have children top with spices to taste.

Whole Wheat Banana Pancakes



Level 2: Basic

Serving size: 1 pancake (4in diameter)

Servings per recipe: 12

Price per serving: 10¢

**Preparation and cook time: >45 minutes;
best for smaller programs and cooking
classes**

Supplies:

Electric griddle or frying pan and stove

Large and medium sized bowls

Measuring cups and spoons

Mixing spoon and spatula

Dinner plate or platter

Ingredients:

1 cup whole-wheat flour

2 tsp baking powder

1 Tbsp ground cinnamon

2 eggs, slightly beaten

1 cup low fat milk

2 medium, very ripe bananas

Cooking spray or butter to coat the griddle or pan

Optional: Fresh or frozen fruit like berries or melon to serve with pancakes

Directions:

1. In a large bowl, mix flour, baking powder, and cinnamon.
2. In another bowl, mash bananas. Mix in the milk and beaten eggs.
3. Pour banana milk mixture into the flour mixture and mix well.
4. If mixture appears too runny, add a little more flour; if too thick, add a little milk.
5. Coat a large, non-stick frying pan or griddle with non-stick spray or butter. Heat pan over medium heat for 2 minutes.
6. Spoon $\frac{1}{4}$ cup of batter onto the heated pan or griddle for each pancake.
7. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes, or until golden on both sides.
8. Place cooked pancakes on a plate and repeat steps 6 & 7 until all of the batter has been used, using more nonstick spray as needed.
9. *Optional:* Top with fresh or defrosted frozen fruit.

Whole Wheat Mini-Pizzas



Level 2: Basic

Serving size: 1 mini pizza (½ of an English muffin)

Servings per recipe: 24

Price per serving: 49¢

Preparation Time: 10 minutes

Cooking Time: 10 minutes per batch

Supplies:

- Toaster oven or stove
- Aluminum foil
- Nonstick cooking spray
- Tablespoons and forks or knives (to split muffins)
- Small bowls
- Sharp knife

Ingredients:

- 12 100% whole-wheat English muffins, split and toasted
- 2 cups chunky vegetable tomato sauce or plain pizza sauce
- 2 8oz packages of shredded mozzarella cheese
- Assorted vegetables like shredded carrots, sliced mushrooms, peppers, onions, etc. (place in small bowls)

Adult Preparation:

- Slice vegetables and arrange into bowls.

Directions:

1. Preheat oven to 400° F
2. Line baking sheet with foil and spray with non-stick cooking spray
3. Place toasted English muffins on baking sheet.
4. Spread each muffin with about 2 Tbsp of tomato sauce.
5. Let the kids add some of their favorite sliced vegetables – encourage children to try at least one topping.
6. Top with some shredded cheese.
7. Bake for 10 minutes or until cheese is melted.

Awesome Granola

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



Level 2: Basic

Serving size: ½ cup

Servings per recipe: 20

Price per serving: 72¢

Preparation time: 5 minutes

Cook Time: 25-30 minutes in oven;
8 minutes in microwave

Supplies:

- Glass Baking Dish
- Large bowl
- Oven or Microwave
- Cookie sheet or aluminum foil

Ingredients:

- 6 cups oatmeal, uncooked
- 1 cup shredded or flaked coconut
- 2 cups chopped pecans, walnuts or peanuts (Beware of any nut allergies!)
- ½ cup honey
- ½ cup (1 stick) of melted butter
- 1 Tbsp cinnamon
- 1 1/3 cups raisins
- 2 32oz tubs plain or vanilla low-fat yogurt

Directions:

For Conventional Oven:

1. Heat oven to 350° F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in baking dish for 25-30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly.

For Microwave:

1. Combine all ingredients, except raisins, in a large bowl; mix well.
2. Place in glass baking dish. Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking; stir in raisins.
3. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly.

To Serve:

Top ¼ cup of yogurt with Awesome Granola! Store extra granola in a tightly covered container.

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!

Go for Whole Grains! Taste Test Ideas for Whole Grains

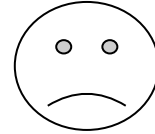
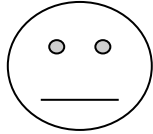


- Morning Munchers- taste different whole grain cereals (i.e.: oats, rice, wheat, corn). Make sure they are low (under 5g) in sugar!
- Lots of Loaves- compare different whole grain breads, or try pieces of various breads, like whole wheat, rye, multigrain, oat, etc.
- Cracker Comparison- try different types of whole grain crackers
- Tortillas- try different types of tortillas, like whole grain versus corn
- Silly popcorn- add toppings such as parmesan cheese, olive oil, garlic salt or cinnamon and sugar to fresh popped popcorn (if using microwave popcorn, check label for trans-fat free)
- Oatmeal- January is National Oatmeal Month so try different flavors of oatmeal, or with different toppings (milk, cinnamon, raisins or raisins, shredded coconut, nuts, etc)

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: _____

Food & Fun Afterschool 2nd Edition

Parent Communications

Unit 5: Whole Grains

About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education and school, improved relationships between parents and children, and improved implementation and outcomes for afterschool programs*.

This Parent Communication packet contains Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- 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, like a parent's night

**Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.*

Parent Engagement Activities

Experiment and be creative- come up with your own ideas or modify the activities below to engage parents at your after school program!

- **Healthy cereal taste test.** Invite parents to participate in a healthy cereal taste test. Look for whole grain cereals with 5 grams or less of sugar and more than 3 grams of fiber. A few examples are Kix™, Cheerios™, Kashi Heart to Heart™, and Wheaties™. Show parents and kids that cereals can be healthy AND taste good!
- **Hold a whole wheat pancake breakfast!** If you serve kids before school, invite parents to a whole wheat pancake breakfast. Alternatively, have an upside down day with breakfast for dinner!) Try out the recipe in the Food & Fun Recipe Packet. Make extra copies of the recipes to give out to parents so they can make

them at home!

- **Whole grain options are available for the same price as refined grains!** Display a few examples of whole grains foods that can be purchased for the same price as refined grain options. Include the price tag in the display! For example, whole wheat crackers like Triscuits™, whole wheat bread or pita, and/or whole wheat tortillas. Shop around and see what other whole grain options you can find at a low price!

For more information, visit www.foodandfun.org.

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity and YMCA of the USA."

GET THE WHOLE STORY ON WHOLE GRAINS

What are whole grains? Examples are whole wheat bread, whole wheat pasta, whole oats, brown rice, cornmeal, and cracked (bulgur) wheat.

This month your child will explore the world of whole grains through arts and crafts, taste testing, and other activities.

The key messages for parents are:

- Whole grain breads and cereals help you feel full longer, and are packed with fiber and other nutrients.
- Refined grains (white bread, muffins, pasta, and white rice) aren't as nutritious as whole grains (whole wheat bread, whole wheat pasta, and brown rice).
- Serve whole grain breads and cereals that have at least 3 grams of fiber per serving and no more than 5 grams of sugar per serving whenever possible.

The key messages for kids are:

- Whole grains are important because they help you feel full longer and make your body healthy.
- Eat whole grains (like whole wheat bread, whole wheat pasta, whole wheat crackers and brown rice) instead of refined grains (like white bread, muffins, pasta, and white rice) whenever possible.
- Breakfast is a great time to try whole grains. Try whole grain cereals, waffles, bread, or bagels.

Whole grains contain fiber, vitamin E, and healthy fats. Whole grains help keep your blood sugar under control, arteries clear, and they also make you feel full longer. Eating a diet rich in whole grains can lower your risk for heart disease and diabetes. While these diseases are mostly seen in adults, they are becoming more common in children too. Refined grains (like white bread, white rice, and pasta) do not have the nutrients or health benefits of whole grains. Eat whole grain products instead of refined ones whenever possible!

When shopping for grains for your family, purchase foods made from whole grains. There are many whole grain options available for the same price as refined options, like whole wheat bread, whole wheat pitas, whole grain crackers, whole grain cereals, and whole wheat tortillas. Select whole grain foods by looking for key words on the food labels and ingredient list. Here's how you do it:

- **Read the nutrition label.** Choose 100% whole grain or whole wheat breads and cereals that have at least 3 grams of fiber per serving and no more than 5 grams of sugar per serving.
- **Read the ingredient list.** Choose breads and cereals that list a whole grain first. Examples are whole wheat, barley, oats, rye, brown rice, whole cornmeal, and millet.
- **Watch out for misleading terms.** Foods that are “multi-grain,” “100% wheat,” “made with whole grains,” and “seven grain,” often are *not* made with mostly whole grains. Check the ingredient list to make sure that a whole grain is listed first!
- **Watch out for added sugar.** There is a lot of sugar hiding in breakfast cereals, flavored yogurt, cookies, breakfast bars and other packaged foods. Choose foods and drinks without sugar as one of the first 3 ingredients. Remember sugar comes in different forms: corn syrup, dextrose, fructose... they are all just sugar!

[Side bar]

Examples of whole grain breakfast cereals that are higher in fiber and low sugar.

Cereal	Fiber (grams per serving)	Sugar (grams per serving)
Wheat Chex™	5 g fiber	5 g sugar
Cheerios™	3 g fiber	1 g sugar
Total™	3 g fiber	5 g sugar
Wheaties™	3 g fiber	4 g sugar

Email Message

Use this sample message to communicate with parents by email.

Subject: **Healthy Habits Power Tips—Go for Whole Grains**

Dear *(insert program)* Parents:

This month your children will explore the world of whole grains through arts and crafts, taste testing, and other activities.

The key messages for parents are:

- Whole grain breads and cereals are filling and are packed with fiber and other nutrients.
- Refined grains (white bread, muffins, pasta, and white rice) aren't as nutritious as whole grains (whole wheat bread, whole wheat pasta, and brown rice).
- Serve whole grain breads and cereals that have at least 3 grams of fiber per serving and no more than 5 grams of sugar per serving whenever possible.

The key messages for kids are:

- Whole grains are important because they help fill you up and make your body healthy.
- Eat whole grains (like whole wheat bread, whole wheat pasta, whole wheat crackers and brown rice) instead of refined grains (like white bread, muffins, pasta, and white rice) whenever possible.
- Breakfast is a great time to try whole grains. Try whole grain cereals, waffles, bread, or bagels.

Whole grain breads and cereals are packed with fiber, vitamins, minerals and flavor. They keep you feeling full longer, and can lower your risk for heart disease and diabetes.

You can help your family choose and enjoy whole grains by following these **Healthy Habits Power Tips**:

- **Read the nutrition label.** Choose 100% whole grain or whole wheat breads and cereals that have at least 3 grams of fiber per serving and no more than 5 grams of sugar per serving.
- **Read the ingredient list.** Choose breads and cereals that list a whole grain first. Examples are whole wheat, oats, brown rice, rye, barley, whole cornmeal, and millet.
- **Watch out for misleading terms.** Foods that are “multi-grain,” “100% wheat,” “made with whole grains,” and “seven grain,” often are *not* made with mostly whole grains. Check the ingredient list to make sure that a whole grain is listed first!

- **Watch out for hidden added sugar.** There is lots of sugar hiding in “healthy” packaged foods like breakfast cereals, flavored yogurt, and breakfast bars. Choose foods and drinks without sugar as one of the first 3 ingredients. Sugar comes in different forms: corn syrup, dextrose, fructose... they are all just sugar!
- **Be a good role model.** Serve whole grains with meals and snacks.

For more information visit the Harvard School of Public Health:

www.hsph.harvard.edu/nutritionsource/what-should-you-eat/carbohydrates/ or United States Department of Agriculture: <http://www.mypyramid.gov/pyramid/grains.html>

For more on keeping your family healthy, visit www.foodandfun.org.

Food & Fun Afterschool 2nd Edition

Parent Communications- Spanish

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit, "Proporcionado por Harvard School of Public Health Prevention Research Center sobre la Nutrición y la Actividad Física y la YMCA de USA."

LA HISTORIA INTEGRAL DE LOS GRANOS INTEGRALES

¿Qué son granos integrales? Algunos ejemplos son el pan de trigo integral, pastas de trigo integral, avena integral, arroz integral, harina de maíz y trigo molido (bornero).

Este mes su hijo explorará el mundo de los granos integrales a través de las artes y artesanías, degustaciones y otras actividades.

Los mensajes claves para los padres son:

- El pan integral y los cereales integrales ayudan a sentirse satisfecho por más tiempo y están repletos de fibra y otros nutrientes.
- Los granos refinados (pan blanco, bizcochos, pastas y arroz blanco) no son tan nutritivos como los cereales integrales (pan integral, pasta de trigo integral y arroz integral).
- Siempre que sea posible, sirva panes y cereales de grano integral que tengan por lo menos 3 gramos de fibra y no más de 5 gramos de azúcar por porción.

Los mensajes claves para los niños son:

- Los granos integrales son importantes porque te ayudan a sentirte satisfecho por más tiempo y son saludables para tu cuerpo.
- Siempre que sea posible, come granos integrales (pan integral, pasta de trigo integral, galletas de trigo integral y arroz integral) en lugar de granos refinados (pan blanco, bizcochos, pastas y arroz blanco).
- El desayuno es la oportunidad ideal para probar los granos integrales. Prueba cereales, gofres, pan o panecillos de grano integral.

Los granos integrales contienen fibra, vitamina E y grasas saludables. Los granos integrales ayudan a mantener el nivel de azúcar en la sangre bajo control, las arterias limpias y, además, nos hacen sentir satisfechos por más tiempo. Comer una dieta rica en granos integrales puede reducir el riesgo de enfermedades cardíacas y diabetes.

Aunque estas enfermedades se manifiestan sobre todo en los adultos, se están volviendo más comunes en los niños también. Los granos refinados (pan blanco, el arroz blanco y las pastas) no tienen los nutrientes o los beneficios para la salud de los granos integrales. ¡Cuando sea posible, coma productos a base de granos integrales en vez de refinados!

Al comprar granos para su familia, compre alimentos elaborados con granos integrales. Hay muchas opciones de granos integrales disponibles por el mismo precio que las opciones de granos refinados, como pan de trigo integral, pitas de trigo integral, galletas integrales, cereales integrales y tortillas de trigo integral. Para seleccionar alimentos de granos integrales, busque palabras claves en las etiquetas de los alimentos y en las listas de ingredientes. Por ejemplo:

- **Lea la etiqueta de datos nutricionales.** Elija panes y cereales de grano integral 100% tengan por lo menos 3 gramos de fibra y no más de 5 gramos de azúcar por porción.
- **Lea la lista de ingredientes.** Elija panes y cereales que tienen un grano integral al principio de la lista de ingredientes. Por ejemplo, el trigo, la cebada, la avena, el centeno, el arroz, la harina de maíz y el mijo integrales.
- **Tenga cuidado con los términos engañosos.** El alimento que es "multigrano", "trigo 100%", "hecho con granos integrales" y "siete granos" a menudo *no* están compuestos principalmente de granos integrales. ¡Lea la lista de ingredientes para asegurar que un grano integral encabeza la lista!
- **Preste atención al azúcar agregado.** Hay un montón de azúcar oculto en los cereales del desayuno, el yogur saborizado, las galletas, las barras de cereal y otros alimentos empacados. Escoja alimentos y bebidas que no contengan azúcar como uno de sus primeros 3 ingredientes. Recuerde que el azúcar viene en diferentes formas: jarabe de maíz, dextrosa, fructosa... ¡todos son sólo azúcar!

[Side Bar]

Ejemplos de cereales de granos integrales para el desayuno con alto contenido de fibra y bajo contenido de azúcar.

Cereal	Fibra (gramos por porción)	Azúcar (gramos por porción)
Wheat Chex™	5 g fibra	5 g azúcar
Cheerios™	3 g fibra	1 g azúcar
Total™	3 g fibra	5 g azúcar
Wheaties™	3 g fibra	4 g azúcar

Email Message

Use this sample message to communicate with parents by email.

Subject: **Consejos Importantes sobre Hábitos Saludables: Elija granos integrales**

Estimados Padres (*insert program name*):

Este mes, sus hijos explorarán el mundo de los granos integrales a través de las artes y artesanías, degustaciones y otras actividades.

Los mensajes claves para los padres son:

- Los panes y cereales de granos integrales satisfacen y contienen gran cantidad de fibra y otros nutrientes.
- Los granos refinados (pan blanco, bizcochos, pastas y arroz blanco) no son tan nutritivos como los cereales integrales (pan integral, pasta de trigo integral y arroz integral).
- Siempre que sea posible, sirva pan y cereales de grano integral que tengan por lo menos 3 gramos de fibra y no más de 5 gramos de azúcar por porción.

Los mensajes claves para los niños son:

- Los granos integrales son importantes porque te ayudan a sentirte satisfecho por más tiempo y son saludables para tu cuerpo.
- Siempre que sea posible, come granos integrales (pan integral, pasta de trigo integral, galletas de trigo integral y arroz integral) en lugar de granos refinados (pan blanco, bizcochos, pastas y arroz blanco).
- El desayuno es la oportunidad ideal para probar los granos integrales. Prueba cereales, gofres, pan o panecillos de grano integral.

Los panes y cereales están repletos de fibra, vitaminas, minerales y sabores. Nos hacen sentir satisfechos por más tiempo y pueden disminuir el riesgo de enfermedades cardíacas y diabetes.

Ayude a su familia a disfrutar de los granos integrales siguiendo estos **Consejos Importantes Sobre Hábitos Saludables:**

- **Lea la etiqueta de datos nutricionales.** Elija panes y cereales de grano integral 100% que tengan por lo menos 3 gramos de fibra y no más de 5 gramos de azúcar por porción.
- **Lea la lista de ingredientes.** Elija panes y cereales que tienen un grano integral al principio de la lista de ingredientes. Por ejemplo, el trigo, la cebada, la avena, el centeno, el arroz, la harina de maíz y el mijo integrales.
- **Tenga cuidado con los términos engañosos.** El alimento que es "multigrano", "trigo 100%", "hecho con granos integrales" y "siete granos" a menudo *no* están

compuestos principalmente de granos integrales. ¡Lea la lista de ingredientes para asegurar que un grano integral encabeza la lista!

- **Preste atención al azúcar agregado.** Hay un montón de azúcar oculto en alimentos empacados “saludables” como cereales para el desayuno, yogur saborizado y barras de cereal. Escoja alimentos y bebidas que no contengan azúcar como uno de sus primeros 3 ingredientes. El azúcar viene en diferentes formas: jarabe de maíz, dextrosa, fructosa... ¡todos son sólo azúcar!
- **Sea un buen modelo de conducta.** Sirva granos integrales en las comidas y meriendas.

Visite los siguientes enlaces para obtener información sobre los granos integrales:

<http://wholegrainscouncil.org/resources/recursos-en-espa-ol>

<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/carbohydrates/>

Para más información, visite www.foodandfun.org.



UNIT 6:
Healthy Snacks
Super Snacks!

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

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This document was created by the Harvard School of Public Health 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 6 Information for Leaders

Behavior Goal

Children will choose healthy snack foods.

Key Messages for Kids

- Our bodies need healthy snacks to stay energized between meals.
- Choose healthy snack foods like fruits, vegetables, whole grains, low-fat dairy foods, and lean meats or proteins.
- Snacks that have a lot of sugar, unhealthy fat, and salt like candy, cookies, and chips are “slow” snacks.

Key Information for Program Staff

Many children enjoy treats at snack time, but they need the nutrition and energy that comes from a healthy snack. Snacks often provide children with up to 25% of their daily calorie needs, so serving healthy and tasty foods and drinks are important! Help children understand that snacks create a bridge between meals – it gives them the energy they need to concentrate on schoolwork and to play.

Snacks should be made from the foods children would enjoy at a meal, and snacks should not always be seen as a treat. Avoid serving snacks that are high in sugar or contain trans fat. When children eat sugary snacks, they may get short term relief from hunger and a quick energy boost, but those good feelings don't last. Similarly, it is unhealthy to choose foods like cookies or brownies because these often contain harmful trans fats. Trans fats are oils that have been chemically treated to make them harder, and more shelf stable so they last longer. Trans fats are harmful to health, so it's important to read food labels to choose products that list 0 grams trans fat, and do not list “partially hydrogenated oil” in the ingredients. Also, look at the nutrition label on canned, boxed, and frozen foods to ensure that sodium (salt) levels are low. Try to serve items with less than 300 mg/serving. Look for hidden salt in prepared snacks such as macaroni and cheese, chili, soup or canned pasta like SpaghettiOs®, and compare different brands and types of bread and deli meat.

Since children often have little control over the types of foods served to them, it is important to praise children when they do make healthy choices. The best way to influence children is to provide them with healthy, tasty snack choices. Show them that eating fruits, vegetables, whole grains, and low-fat dairy foods at snack time is fun by getting creative with recipes and enlisting kids to help with selecting and preparing snacks! Serve a variety of healthy snacks from different food groups during program time. Striving for variety also means you should also try to incorporate foods that are relevant to the lives of the children you serve. Take time to talk to kids about the healthy foods they eat at home and make sure to incorporate them into your snacks and activities in this unit. Involve children in preparing and serving snacks. As always, help children see how tasty and fun healthy snacks are by eating healthy snacks yourself! You all will benefit!

To do the activities in this unit, it is important that children understand the difference between GO foods and SLOW foods. Explain to children at the beginning of this unit and at the start of each activity that GO foods are whole grains, fruits, vegetables, low-fat milk or dairy foods, lean meats, and nuts or seeds. SLOW foods contain few vitamins, minerals and fiber but do contain a lot of sugar, salt and/or unhealthy saturated or trans fats.

Refer to the “*Snacking Right!*” *Tip Sheet* for ideas on serving healthy snacks at your afterschool program. For some super, inexpensive snack ideas to serve at your after school program, check out *the “Snack Sense”* menu planning tool. Tip Sheets and Snack Sense are available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Arts & Crafts

Super Snack Book – create covers for a book of snacks to send home

Silly Snacks – color, make and taste test



Active Games

Warm Up & Cool Down – do these whenever children are active!

Too Much “Sometimes” Food Tag – an adaptation on freeze tag that gets children moving and thinking about the foods they put in their bodies

Healthy House – an adaptation on “Messy Backyard” that aims to fill the yard with “healthy food”



Book

The Bernstein Bears and Too Much Junk Food by Stan and Jan Bernstein. Mama bear banishes the “junk” and gives the bears super snacks and meals. These healthy habits give the bears more energy to play without getting tired.



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

Commercial Mania – *older children analyze the commercials they see during a typical show*



Snack Time

Butterfly Bite

Peachy Peanut Butter Pita Pockets

Burrito Bites

Taste test ideas- silly snacks, fruits and vegetables, low fat dairy (cheese, yogurt, or milk smoothies), and whole grain crackers

You can also find these recipes in the Food & Fun 2nd Edition Recipe Packet, available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Connect with Parents!

Key Messages for Parents:

- Children need healthy snacks between meals to give them energy and nutrients.
- A healthy snack includes healthy foods like fruits, vegetables, whole grains, low-fat milk/dairy, and protein (eggs, lean meats, nuts, beans).
- Limit snacks that have trans fats, a lot of sugar, and salt like soda, candy, cookies, and chips.
- Be a healthy role model for your child by eating healthy snacks.

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
- Make a recipe book for snacks. Ask kids to bring in a healthy super snack recipe. Encourage them to ask their parents for ideas of healthy snacks they ate when growing up. Put all of the snack recipes into a book for families. You can even make some of the recipes for an after school snack at your program!
- Make extra snacks for parents to try when they pick up their child at after school.

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun.

1. **Newsletter Article:** “Snacking the Healthy Way!”. Insert this into your program newsletter.
2. **Email message:** “Healthy Habits Power Tips—Super Snacks”. Email this message to parents at the start of this unit.
3. **Parent Handout:** “Snacks: A Bridge Between Meals”. 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.

Parent Communications and Handouts are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

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. Available in English and Spanish.

www.kidshealth.org

www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Meals Matter is a website that provides many healthy snack ideas.

www.mealsmatter.org/

Nutrition Explorations, sponsored by the National Dairy Council, offers activity and snack ideas for educators and parents.

www.nutritionexplorations.org/

The Center for Science in the Public Interest (CSPI) had published several reports and tips for parents regarding the negative effects that food marketing can have on children.

cspinet.org/new/200311101.html

They also offer tips and policy resources for reducing soda and junk food in schools.

www.cspinet.org/nutritionpolicy/index.html

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Planning healthy celebrations can be challenging. Foodplay offers some great suggestions for tasty and nutritious celebrations throughout the year:

www.foodplay.com/downloads/FreeMaterials/Teachers/celebration_guide.pdf

Web Sites for Kids:

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.

www.bam.gov

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

www.kidshealth.org/kid/index.jsp?tracking=K_Home

www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

The Center for Science in the Public Interest produces “Smart Mouth”, an informative site created for older children and teens to find out neat facts about food and the food industry, including a meter scale that allows children or adults to see how many calories and fat they have in various meal combinations.

www.cspinet.org/smartmouth/index1.html

The International Food Information Council (IFIC) Foundation developed the kidnetic web site to engage children and encourage healthy habits. This site has a section full of fun recipes to try at meal times or for a midday snack.

www.kidnetic.com/recipes/

Activities

SUPER SNACK BOOK



Objective:

Children will create a “recipe booklet” of super snacks to bring home.

Materials:

- Large construction paper
- Markers, crayons
- Recipes for children – print the recipes from the Food & Fun After School 2nd Edition Recipe and Taste Test Packet and copy to make books
- Blank paper
- Stapler

Instructions:

1. Explain to children that super snacks are made from “GO foods” like whole grains, fruits, vegetables, low-fat milk or dairy foods, lean meats, and nuts or seeds, while SLOW snacks contain few vitamins, minerals and fiber but do contain a lot of sugar and/or unhealthy saturated or trans fats.
2. Ask children to name some of their favorite snacks – are they “super” snacks or “slow” snacks?
3. Remind children that we want to choose super snacks because they give us energy and nutrients to play, learn, and grow.
4. Tell the group that they will be making a book of super snacks to bring home.
5. Instruct them to select a color, fold the construction paper in half and decorate the front cover.
6. As time allows, invite children to decorate the recipe pages (younger children may need help reading the food lists; give them simple instructions such as “draw your favorite fruit here”.)
7. Have children write their own list of favorite super snacks on a blank page, or create a class list and copy to put in the book.
8. Send the recipe books home to give parents ideas of snacks to serve at home.

Extension Activities:

- Hold a recipe exchange! Ask parents for ideas or have children switch snack books each night to collect recipes from different families. Encourage families to share recipes from their cultural/ethnic heritage!
- To get a sense of how much impact this activity is having, the day after creating the snack books, have children who completed the books choose the snacks for the week. Record the snack choices and compare to previous days. Is there a difference?

SILLY SNACKS



Objective:

Children will draw silly snack ideas which can later be created (at the leader's discretion)

Materials:

- Silly snack worksheet – copy for each child
- Crayons, markers, colored pencils
- *Optional:* provide snack foods so that children can make and taste their creations

Instructions:

1. Distribute the Silly Snack worksheet and explain that they are to create the silliest super snack around! Tell kids that a super snack makes a bridge between two meals, so it should have a fruit and/or vegetable AND at least 1 other food from another healthy food group, (grains, low-fat milk or dairy foods, or protein foods like nuts, seeds, lean meat, eggs or legumes).
2. Children should identify the foods in their snacks, draw a picture of how it is made, and name the snack.
3. Offer some silly ideas for their snacks (or have small groups work together to create a snack for each category). Examples:
 - Out-in-space snack
 - Midnight snack
 - Volcano snack
 - Ocean snack
4. Gather in a circle so that each child can tell the others about his/her silly snack.
5. *Optional:* vote for the silliest; most likely to eat; or least likely to eat snacks.

Extension Activities:

- Compile all the individual pages and create a Silly Snack Recipe Book!
- Make it and taste it! As a group select a few silly snacks to try then gather the ingredients so that children may make them and taste them the following day.

Note: You may want to select the snacks with common or user-friendly ingredients!

WARM UP, COOL DOWN



Objective:

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.

TOO MUCH “SLOW” FOOD TAG

Adapted from the National Dairy Council’s Nutrition Explorations program



Objective:

To freeze players by tagging them with “slow” foods while other players try to unfreeze them with “go” foods.

Materials:

- 4-6 sacks: paper grocery bags or small mesh or cloth duffle bags
- Playground balls
- Balloons

Set-Up:

- Fill 2 or 3 sacks with playground balls
- Fill 2 or 3 sacks with blown-up balloons (could substitute light, Nerf™ balls)
- If needed, use cones to define boundaries of play

How to Play:

1. This game is played in a scatter formation like freeze-tag.
2. Select two-three players to be “SLOW” snack foods. Give each of them a sack of playground balls. Tell them the balls represent “slow” or “no” foods like sweets, soda, fruit punch, potato chips, fried food, etc.
3. Select two-three more players to be GO snack foods. Give each of these players a sack of balloons. Tell them the balloons represent super snacks like low-fat milk, apples, peanut butter, whole-wheat crackers, reduced-fat cheese, carrots and other healthy food group foods.
4. The SLOW snacks must carry their sacks (without dropping any balls) and try to tag the other players, who may run in any direction within the given boundaries. Anyone they tag is frozen because he/she is full of SLOW foods.
5. The GO snacks must carry their sack of balloons and unfreeze anyone who is stuck from “eating” the slow foods. By tagging a frozen player and filling them with GO snacks, they allow that player to run again.
6. Play a few minutes then switch players so that all children have the chance to carry the different sacks.

HEALTHY HOUSE



Objective:

To toss all of the “unhealthy foods” (balls) into the other team’s “house” while keeping the “healthy foods”.

Materials:

- Soft balls, small bean bags, or balloons of different colors
 - Choose the item or items that are readily available in your program
 - Since the balls/bags/balloons will be tossed about, it is fun to mix them up since they will all move differently!
- Masking tape or cones to set middle line
 - This game requires large space, such as a gym, cafeteria or field

How to Play:

1. Divide the group into two teams and arrange the teams on opposite sides of the gym or field. Create a middle line with the masking tape or by placing cones along a middle line.
2. Scatter the balls, bean bags, and balloons in front of the teams.
3. On “Go!” the players will rush to toss their balls, bags, and balloons into the other team’s playing area (“house”). On “Stop!” the players will see which team has the fewest bags or balls.
4. Continue play, but introduce strategy by announcing that a certain color represents a “slow” food – the teams must try to get rid of those “foods” by tossing them away.
5. Introduce a second level of strategy by announcing that one color is a “slow” food and a different color is a “super” food. Now teams must try to collect as many “go” foods while getting rid of the “slow” foods!

Extension Activities:

- Introduce a third level of strategy by having children call out the name of the “slow” snack before they can get rid of it and the “super” snack before they can keep it. The snack must meet the criteria or else the player may not get rid of or keep the ball.

COMMERCIAL MANIA

For Upper Elementary Children



Objective:

Children will think about the commercials they see on TV, then categorize them and identify what they see the most.

Materials and Preparation:

- Pieces of paper cut in half
- Pencils or markers
- Tape
- Colorful paper with the following words written on individual pages: Healthy Drinks, Sugary Drinks, GO foods, SLOW foods, Fast Food or Pizza Restaurants, Toys or Video Games, and Sports Equipment

Instructions:

1. Give each child 2-3 small pieces of paper. Instruct the children to list 1-3 of their favorite TV commercials, writing down one commercial per page.
2. While they are writing, tape the commercial categories on the board or wall. Show the children the categories and see if they can name at least one product advertised in each category.
3. Tell children that GO foods are whole grains, fruits, vegetables, low-fat milk or dairy foods, lean meats, and nuts or seeds (contain healthy fats). SLOW foods contain few vitamins, minerals and fiber but do contain a lot of sugar and/or unhealthy saturated or trans fats.
4. Invite the children to tape their favorite ads under the appropriate category.
 - How many ads for snack foods, sugary beverages, fast food restaurants, or toys or video games did they list?
 - Did anyone name a healthy food or drink?
 - Can anyone recall seeing advertisements for healthy drinks such as milk, water, or 100% fruit juice?
 - Can anyone recall seeing advertisements for healthy foods such as fruit or whole grain cereal?
 - How many children listed toys or video games?
 - How many children listed ads for sporting equipment?
 - Were there other products that do not fall under the listed categories? Would the children describe these other products as things that are healthy for their bodies or not?
5. Ask, "What do you think about these results?" Explain that SLOW food commercials want you to buy their products by showing images of happy, active kids, but if you really ate all of the foods and sugar drinks that are advertised then you would not be very healthy and it would become hard to get moving.

6. Remind the group that it's best to fuel up with "super snacks".

Extension Activity:

- Have children work individually or in teams to create "ads" for a super snack. Encourage teams to be creative and use ingredients they may have never tried before or from different cultures. Another option is to assign each group to a type of food: latin food, asian food, etc. The ad can be 'acted' out or in poster form.

Optional Home Extension Activity:

Materials:

- Commercial Mania worksheet (page 27) and parent letter (English page 28; Spanish page 29) – copy for each child

Instructions:

1. After doing the regular activity with the upper elementary group, distribute the Commercial Mania worksheet and parent letter and tell the class that they are going to assess the ads they see during a 30-minute television show.
 - Suggest that they do this over a weekend – do not encourage children to watch TV for the sake of this activity!
2. The following week, review the results:
 - Add up the number of commercials circled (those for healthy drinks, go foods and sports equipment)
 - Add up the number of commercials *not* circled (those for sweet drinks, slow foods, fast food restaurants, and toys or videos)
3. Discuss the results. Ask what the children think about the ads they saw.
4. *Optional:* Calculate the percentage of unhealthy to healthy products viewed (divide the number of circled ads by the total number of ads to get the "healthy" product total, and divide the number of ads *not* circled by the total number of ads to get the "unhealthy" product total).
5. Again, remind the children that most commercials advertise products that are not healthy for growing bodies. They show images of happy, active youth to entice you to buy their products, but the truth is that if you really eat all of the foods that are advertised and drink the sugary drinks then you would not be very healthy and it would become hard to get moving.

Recipes and Taste Tests

Recipe Criteria



All recipes included in the Food & Fun 2nd Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of \$0.74 per serving for afterschool programs.

Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

- Level 1. No cooking required
- Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)
- Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!

Butterfly Bites

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



Level 1: No cooking required
Serving size: 2 butterflies
Servings per recipe: approx 24

Price per serving: 35¢
Preparation Time: 7 minutes

Supplies:

Knives for cutting and spreading

Ingredients:

1 16oz package of celery hearts

1 10oz bag of large twist pretzels

1 16oz jar of creamy peanut butter (trans fat free!). Beware of any peanut allergies! You can use 2 12oz tubs of cream cheese as a substitute.

1½ cups of raisins

Adult preparation:

Cut celery in half cross wise.

Directions:

1. Fill center of each celery stick with about 1½ Tbsp of peanut butter (or cream cheese). This is the body of the butterfly
2. Add two pretzels to form the butterfly's wings.
3. Use extra pretzel pieces for antenna and raisins for decoration.

Fruity Peanut Butter Pitas

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



Level 1: No cooking required

Price per serving: 30¢

Serving size: ½ pita pocket

Preparation Time: 10 minutes

Servings per recipe: 20

Supplies:

Sharp knife for cutting

Butter knife for spreading

Microwave (optional)

Ingredients:

10 medium, whole wheat pita pockets

1 ¼ cups chunky peanut butter (trans fat free!). Beware of any peanut allergies! You can use other nut butters (like almond, cashew or soy nut butter) or a little honey, as a substitute.

2 large apples cored and thinly sliced

3 bananas, thinly sliced

2 fresh peaches, thinly sliced (optional)

Adult Preparation:

Slice fruit (peaches, apples and bananas).

Directions:

1. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
2. Fill with a combination of apple, banana, and/or peach slices.
3. Serve at room temperature.

Modification:

- Break pitas in half again (so they are in quarters) so kids can try different fruity combinations!
- If peaches aren't in season or you can't find them at your grocery store, substitute with extra apples and bananas!
- Warm pitas in the microwave for about 10 seconds to make them more flexible.

Burrito Bites

Adapted from: CaféZOOM <http://pbskids.org/zoom/activities/cafe>



Level 1: No cooking required

Serving size: 3 burrito bites

Servings per recipe: 20

Price per serving: 68¢

Preparation Time: 20 minutes

Supplies:

Plate

Sharp knife

Spoons for putting on toppings

Ingredients:

- 20 6-in corn tortillas
- 2 16oz cans of refried beans
- 1 large head of romaine lettuce
- 5 cups low fat shredded cheese
- 2 24oz bottles of salsa

Adult Preparation:

- Chop and shred lettuce.
- Slice burritos into three bite sized pieces before serving.

Directions:

1. Lay out a tortilla.
2. Take a spoonful of refried beans and spread on the tortilla. Spread the beans close to edges of the tortilla, so that when you roll your tortilla it stays together.
3. Sprinkle shredded lettuce over the refried beans.
4. Spoon on 2 Tbs of salsa.
5. Last, sprinkle on some cheese.
6. Now, roll up tortilla tightly and slice into 3 pieces.
7. Put the slices on a plate and enjoy!

Modification:

- Heat in microwave for 30 seconds for a warm tasty treat.

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!

Super Snacks! Taste Test Ideas for Super Snacks:

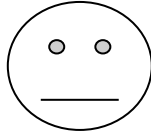


- Super Snacks – introduce healthy snacks by tasting whole grain crackers, and fruits and vegetables! Lay out different spreads, veggies, grains and toppings. Encourage kids to try out different super snack combinations and vote for their favorites. Serve the most popular super snacks to the group!
- Refer to the **Food & Fun 2nd Edition Recipe and Taste Test Packet** and try any of the healthy taste tests listed for fruits and vegetables, whole grains, or dairy. This can be found in this curriculum or online on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

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: _____

Worksheet List:

Silly Snacks

Page 26

Commercial Mania

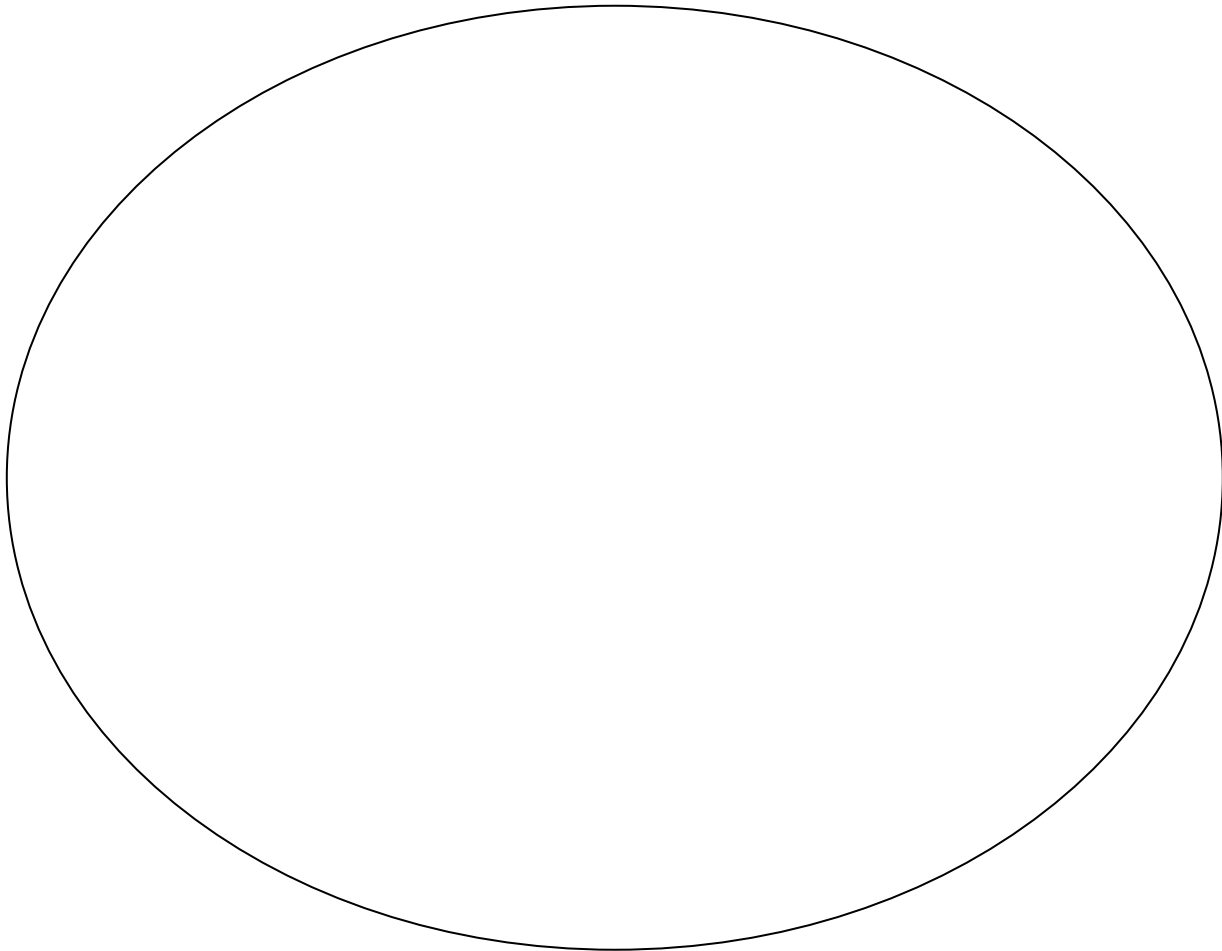
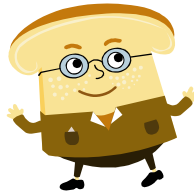
Page 27-29

- Worksheet
- Parent Information Sheet English
- Parent Information Sheet Spanish

Silly Snacks!

Create a snack that has a fruit and/or vegetable and at least 1 other food from the healthy food groups.

Draw the picture on the plate and name your snack.



Name your Snack _____

What is it made with? _____

Commercial Mania!



The next time you watch TV, track the number of commercials you see for the following products during a 30-minute show. Circle the number of ads for healthy drinks, Go foods and sports equipment

Type of Ad	Check for Each Ad	Total Number
EXAMPLE: Soda	✓✓✓	3
Sweet Drinks: Soda, Fruit Punch, Sports drinks		
Healthy Drinks: Milk, Water or 100% Fruit or Vegetable Juice		
Slow Foods: Sweets like candy, cookies, pudding, snack foods like chips, nachos, and sugary cereals		
Super Foods: Fruits, vegetables, whole grain crackers or cereal, yogurt, cheese		
Fast Food or Pizza Restaurant		
Toys: Action toys, Video games or movies		
Sports equipment		

Commercial Mania!

Dear Parent,

Your child has been asked to complete the following “Commercial Mania” worksheet during a time when he or she normally is allowed to watch T.V. (for instance, on a Saturday morning). We will talk about this activity next week in the after school program. It is part of a lesson that teaches children how to choose healthy snacks. Counting TV commercials will help children understand that most foods and drinks advertised on TV are low in nutrition and high in sugar and/or unhealthy fat. They will also see ads for videos or other games that keep children from being active.

If your child does not watch TV, please do not turn the TV on for the sake of this lesson! As a reminder, the American Academy of Pediatrics strongly urges parents to limit the time children spend watching TV or videos (2 hours at the most!) and to monitor the type of programs viewed.

If you have any questions about this, or other Food & Fun After School activities, please ask!

Thank you,

[Insert your name and phone number]

[Insert your Program’s name]

Commercial Mania!

Estimados Padres:

Se le ha pedido a su hijo/a que complete la siguiente hoja de trabajo, "Manía Comercial", en el horario en que normalmente se le permite ver televisión (por ejemplo, un sábado en la mañana). La semana entrante hablaremos sobre esta actividad en el programa después de clases. Es parte de una clase que enseña a los niños cómo seleccionar meriendas saludables. El contar comerciales en la televisión ayudará a los niños a comprender que la mayoría de las comidas y bebidas anunciadas son bajas en nutrición y altas en azúcar y/o grasas no saludables. También verán comerciales para videos u otros juegos que son inactivos.

Si su hijo/a no ve televisión, ¡ por favor, no la encienda a causa de esta lección! A manera de recordatorio le informamos que la Academia Americana de Pediatría recomienda a los padres que limiten al tiempo que los niños pasan viendo televisión o videos (a 2 horas como máximo) y a supervisar el tipo de programas vistos.

Si tiene alguna pregunta sobre esta u otra de las actividades de Food & Fun, no dude en preguntarme.

[Insert your name and phone number]

[Insert your Program's name]

Food & Fun Afterschool 2nd Edition

Parent Communications

Unit 6: Super Snacks

About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education and school, improved relationships between parents and children, and improved implementation and outcomes for afterschool programs*.

This Parent Communication packet contains Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- 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, like a parent's night

**Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.*

Parent Engagement Activities

Experiment and be creative- come up with your own ideas or modify the activities below to engage parents at your after school program!

- **Make a recipe book for snacks.** Ask kids to bring in a healthy super snack recipe. Encourage them to ask their parents for ideas of healthy snacks they ate when growing up. Put all of the snack recipes into a book for families. You can even make some of the recipes for an after school snack at your program!
- **Make extra snacks for parents.** Make extra snacks for parents to try when they pick up their child at after school.

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity and YMCA of the USA."

SNACKING THE HEALTHY WAY!

For children, snack time is not only enjoyable, but necessary. It is important for kids eat snacks during the day so they don't get hungry or low on energy. It is also important to make sure that snack foods are not just fun and tasty, but nutritious too! This can be tricky when children ask for foods that are tasty to eat, but low on nutrition.

This month your child will learn about healthy snacks.

The key messages for parents are:

- Children need healthy snacks between meals to give them energy and nutrients.
- A healthy snack includes healthy foods like fruits, vegetables, whole grains, low-fat milk/dairy, and protein (eggs, lean meats, nuts, beans).
- Limit snacks that have trans fats, a lot of sugar, and salt like soda, candy, cookies, and chips.
- Be a healthy role model for your child by eating healthy snacks.

The key messages for kids are:

- Our bodies need healthy snacks to stay energized between meals.
- Choose healthy snack foods like fruits, vegetables, whole grains, low-fat dairy foods, and lean meats or proteins.
- Snacks that have a lot of sugar, unhealthy fat, and salt like candy, cookies, and chips are "slow" snacks.

What makes a healthy snack? Instead of the chips, soda, and cookies that food companies advertise as snack foods, serve fruits, vegetables, whole grains, and protein. Here are some ideas for putting together a healthy snack!

- **Include a fruit or vegetable.** Serve a fruit or vegetable AND a protein or whole grain at every snack. For example: apples and peanut butter, or whole wheat crackers and cheese.
- **Limit sugar.** Read food labels and choose foods and drinks without sugar as one of the first three ingredients. Sugar comes in different forms: corn syrup, glucose, sucrose, and fructose are a few examples. They are

all just sugar!

- **Avoid foods with *trans* fat.** Trans fat are often in packaged foods (like cookies, cakes, muffins, and crackers), and fast foods. Only serve foods with 0g of trans fat on the nutrition label. Read the ingredient list and don't buy foods with "partially hydrogenated oils".
- **Serve water as a drink.** Water is the best drink to serve with a snack- it is calorie-free and low-cost from your nearest tap! Encourage them to try it with lemon slices, cucumber slices or other natural flavors!

[Side Bar]

Try these super snack ideas!

- Celery, peanut butter, and raisins
- Cucumber slices and cheese
- Applesauce and whole wheat crackers
- Hard boiled eggs and whole wheat bread
- Guacamole and corn tortillas
- Baby carrots and hummus

For more on keeping your family healthy, visit www.foodandfun.org.

Email Message

Use this sample message to communicate with parents by email.

Subject line: **Healthy Habits Power Tips—Super Snacks**

Dear (*insert program name*) Parents,

This month the (*insert program name*) will focus on super snacks.

The key messages for parents are:

- Children need healthy snacks between meals to give them energy and nutrients.
- A healthy snack includes healthy foods like fruits, vegetables, whole grains, low-fat milk/dairy, and protein (eggs, lean meats, nuts, beans).
- Limit snacks that have trans fats, a lot of sugar, and salt like soda, candy, cookies, and chips.
- Be a healthy role model for your child by eating healthy snacks.

The key messages for kids are:

- Our bodies need healthy snacks to stay energized between meals.
- Choose healthy snack foods like fruits, vegetables, whole grains, low-fat dairy foods, and lean meats or proteins.
- Snacks that have a lot of sugar, unhealthy fat, and salt like candy, cookies, and chips are “sometimes” snacks.

Children need energy between meals so snacking is important! It is also important to make sure that snack foods are not just fun and tasty, but nutritious too! This month your child will learn what makes a healthy snack.

You can and should limit serving snack foods and drinks with little nutrition like soda, candy, cookies, and chips. It's easier to do if you don't keep those foods in the house! To boost the nutrition in your children's snacks, follow these **Healthy Habits Power Tips**:

- **Include a fruit or vegetable.** Serve a fruit or vegetable AND a protein or whole grain at every snack. For example: apples and peanut butter, or whole wheat crackers and cheese.
- **Limit sugar.** Read food labels and choose foods and drinks without sugar as one of the first three ingredients. Sugar comes in different forms: corn syrup, glucose, sucrose and fructose are a few examples. They are all just sugar!
- **Avoid foods with *trans* fat.** Trans fat are often in packaged foods (like

cookies, cakes, muffins, and crackers), and fast foods. Only serve foods with 0g of trans fat on the nutrition label. Read the ingredient list and don't buy foods with "partially hydrogenated oils".

- **Serve water as a drink.** Water is the best drink to serve with a snack- it is calorie-free and and low-cost from your nearest tap! Encourage them to try it with lemon slices, cucumber slices or other natural flavors!

For more on keeping your family healthy, visit www.foodandfun.org.

Food & Fun Afterschool 2nd Edition

Parent Communications- Spanish

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit, "Proporcionado por Harvard School of Public Health Prevention Research Center sobre la Nutrición y la Actividad Física y la YMCA de USA."

¡HAGA MERIENDAS SALUDABLES!

Para los niños, la hora de la merienda no es sólo placentera, sino necesaria. Es importante que los niños coman bocadillos durante el día para que no sientan hambre o se les reduzca la energía. También es importante asegurar que los bocadillos sean no sólo ricos y divertidos, ¡pero también nutritivos! Esto puede ser complicado cuando los niños piden comidas ricas pero con bajo contenido nutritivo.

Este mes, su hijo/a aprenderá sobre las meriendas sanas.

Los mensajes claves para los padres son:

- Los niños deben consumir meriendas saludables entre comidas para obtener energía y nutrientes.
- Una merienda saludable incluye comidas sanas como frutas, verduras, granos integrales, leche y productos lácteos descremados y proteínas (huevos, carnes magras, frutas secas, frijoles).
- Limite los bocadillos que contengan grasas hidrogenadas, mucha azúcar y sal, como las gaseosas, los dulces, las galletas y las papitas fritas.
- Sea un buen ejemplo de conducta saludable para su hijo al comer meriendas sanas.

Los mensajes claves para los niños son:

- El cuerpo necesita meriendas saludables para mantener la energía entre comidas.
- Elige comidas sanas tales como frutas, verduras, granos integrales, alimentos lácteos descremados y carnes o proteínas magras.
- Los bocadillos con mucho azúcar, grasas malsanas y sal como los dulces, las galletas y las papitas fritas son meriendas "lentas".

¿Qué es una merienda saludable? En lugar de servir papas fritas, gaseosas y galletas que las empresas de alimentos anuncian como bocadillos, sirva frutas, verduras, granos integrales y proteínas. A continuación, ¡ideas para preparar una merienda saludable!

- **Incluya una fruta o verdura.** Sirva una fruta o verdura Y una proteína o granos integrales en cada merienda. Por ejemplo: manzanas y mantequilla de maní o galletas de trigo integral y queso.
- **Limite el azúcar.** Lea las etiquetas de los ingredientes y elija alimentos y bebidas en los que el azúcar no sea uno de los primeros tres ingredientes. El azúcar está presente en distintas formas. Algunos ejemplos son: jarabe de maíz, glucosa, sacarosa y fructosa. ¡Todos son simplemente azúcar!
- **Evite alimentos con grasas hidrogenadas.** Las grasas hidrogenadas se encuentran generalmente en los alimentos empaquetados (tales como galletas dulces y saladas, tortas, y muffins) y comidas rápidas. Sirva sólo alimentos con 0 gramos de grasas hidrogenadas en la etiqueta de datos nutricionales. Lea la lista de ingredientes y no compre alimentos con "grasas parcialmente hidrogenadas".
- **Sirva agua como bebida.** El agua es la mejor bebida para servir con la merienda. No tiene calorías y puede obtenerse del grifo más cercano, ¡a bajo precio! Aliente a los niños a que beban agua con rodajas de limón, rodajas de pepino, ¡u otros sabores naturales!

[Side Bar]

¡Pruebe estas ideas fáciles!:

- Apio, mantequilla de maní y pasas
- Rodajas de pepino y queso
- Puré de manzana con galletas de trigo integral
- Huevos duros con pan de trigo integral
- Guacamole con tortillas de maíz
- Zanahorias tiernas y paté de garbanzo

Email Message

Use this sample message to communicate with parents by email.

Subject: **Consejos útiles para lograr hábitos saludables: Súper Meriendas**

Estimados Padres de (*insert program name*):

Este mes, el programa (*your program name*) se concentrará en meriendas sanas.

Los mensajes claves para los padres son:

- Los niños deben meriendas saludables entre comidas para obtener energía y nutrientes.
- Una merienda saludable incluye comidas sanas tales como frutas, verduras, granos integrales, leche y productos lácteos descremados y proteínas (huevos, carnes magras, frutas secas, frijoles).
- Limite las comidas que contengan grasas hidrogenadas, mucha azúcar y sal, tales como las gaseosas, los dulces, las galletas y las papitas fritas.
- Sea un buen modelo de conducta saludable para su hijo/a al comer meriendas sanas.

Los mensajes claves para los niños son:

- El cuerpo necesita meriendas saludables para mantener la energía entre comidas.
- Elige comidas sanas tales como frutas, verduras, granos integrales, alimentos lácteos descremados y carnes o proteínas magras.
- Las comidas con mucha azúcar, grasa malsana y sal, tales como los dulces, las galletas y las papitas fritas son solo para comer "a veces".

Los niños necesitan energía entre comidas así es que, ¡las meriendas son importantes! También es importante asegurarse de que sean no sólo ricos y divertidos, ¡pero a la vez nutritivos! Este mes su niño aprenderá qué hace una merienda sana.

Usted puede y debe limitar servir bocadillos y bebidas poco nutritivos como las gaseosas, los dulces, las galletas y las papitas fritas. ¡Es más fácil de cumplir si no mantiene esas comidas en su casa!

Para aumentar el contenido nutritivo de las meriendas de sus niños, siga estos

Consejos útiles para lograr hábitos saludables:

- **Incluya una fruta o verdura.** Sirva una fruta o verdura Y una proteína o granos integrales en cada merienda. Por ejemplo: manzanas y mantequilla de maní o galletas de trigo integral y queso.

- **Limite el azúcar.** Lea las etiquetas de los ingredientes y elija alimentos y bebidas en los que el azúcar no sea uno de los primeros tres ingredientes. El azúcar está presente en distintas formas. Algunos ejemplos son: jarabe de maíz, glucosa, sacarosa y fructosa. ¡Todos son simplemente azúcar!
- **Evite alimentos con grasas hidrogenadas.** Las grasas hidrogenadas se encuentran generalmente en los alimentos empaquetados (tales como galletas dulces y saladas, tortas y muffins) y comidas rápidas. Sirva sólo alimentos con 0 gramos de grasas hidrogenadas en la etiqueta de datos nutricionales. Lea la lista de ingredientes y no compre alimentos que contengan "grasas parcialmente hidrogenadas".
- **Sirva agua como bebida.** El agua es la mejor bebida para servir con la merienda. No tiene calorías y puede obtenerse del grifo más cercano, ¡a bajo precio! Aliente a los niños a que beban agua con rodajas de limón, rodajas de pepino, ¡u otros sabores naturales!

Para más información, visite www.foodandfun.org.



UNIT 7:
Fruits and Vegetables
Mix it Up!

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

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This document was created by the Harvard School of Public Health 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website:

www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 7 Information for Leaders

Behavior Goal:

Children will eat a variety of fruits and vegetables.

Key Messages for Kids

- Go for five or more! 5 servings of fruits and vegetables (combined) each day.
- Try to eat a fruit or vegetable at every meal and snack.
- Fruits and vegetables come in lots of colors. Try to eat as many different colors as you can.

Key Information for Program Staff

Fruits and vegetables are important foods to include in a healthy diet, but many children (and adults!) eat much less than the recommended 5 or more servings each day. Fruits and vegetables are packed with lots of vitamins and nutrients, including vitamins A, B (folate) and C, and minerals such as potassium and even calcium. Fruits and vegetables are also a great source of fiber, which helps you feel full.

Fruits and vegetables come in many different colors, and each color brings with it nutrients that other colors may not offer. For instance, deep orange and yellow produce such as cantaloupe, carrots, and sweet potatoes are packed with vitamin A, while citrus fruits like oranges and cruciferous vegetables like broccoli contain vitamin C. Broccoli and dark leafy greens like kale provide calcium. Bananas are great sources of potassium.

Encourage children to eat a variety of different fruits and vegetables so they get all the vitamins and nutrients they need to be healthy. Tell children it is fun to try new fruits and vegetables, and they taste great! Striving for variety also means you should also try to incorporate fruits and vegetables that are relevant to the lives of the children you serve. Take time to talk to kids about the kinds of fruits and vegetables they eat at home and make sure to incorporate them into your snacks and activities in this unit.

Refer to the *“Fruits & Veggies!” Tip Sheet* for ideas on how to serve fruits and vegetables for snack at your afterschool program. The Tip Sheets are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

What’s a Serving?

- ¼ cup of dried fruit, like raisins
- ½ cup of cooked or raw vegetables, like baby carrots or cooked green beans
- ½ cup of canned or cut-up fruit, like applesauce or canned pineapple
- 1 medium piece of fresh fruit (an apple the size of a tennis ball, or 1 medium banana)
- 1 cup of leafy greens like spinach and lettuce (dark greens pack more nutrients than pale iceberg lettuce)

Activity Options for Children



Arts & Crafts

Build a rainbow by creating a fruit and vegetable mural



Active Games

Warm Up & Cool Down – do these whenever the children are active!

Color Relay – race to collect fruits and vegetables and sort by different categories

Fruity Freeze tag – play freeze tag game where players get rescued by calling out fruits or vegetables that match the leader’s description



Books

Eating the Alphabet by Lois Ehlert takes children through the ABC’s of fruits and vegetables

Stone Soup by Marcia Brown provides a humorous example of how a community comes together to prepare a delicious soup. Read prior to making a colorful vegetable soup.



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

Parts of the Plant

Bingo – play with boards made by children



Snack Time

Cucumber Yogurt Dip

Tasty Bug

Veggie Quesadillas

Berry Blast Fruit Shake

Taste test ideas- taste by color (green vegetables, orange fruit) or by type (all berries or apples or beans), or parts of the vegetable plant

You can also find these recipes in the Food & Fun 2nd Edition Recipe Packet, available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Connect with Parents!

Key Messages for Parents

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Serve a variety of fruits and vegetables in different colors.
- Be a healthy role model for your child by eating fruits and vegetables.

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
- Plan a potluck! Invite parents to participate in a fruit and veggie potluck. Ask parents to bring their favorite fruit or veggie dish to share with other parents and children. Ask them to bring copies of the recipe for other parents so they can make the dish at home.
- Offer fruits and veggies at pick-up. Put a bowl of fruits or veggies by the sign-out book for parents to grab when they pick up their kids from afterschool.

Refer to the Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun:

- **Newsletter Article:** “Fruits and vegetables for better health”. Insert this into your program newsletter.
- **Email Message:** “Healthy Habits Power Tips: Get your 5 servings of fruits and veggies!”. Email this message to parents at the start of this unit.
- **Parent Handout:** “Fruits and vegetables: Eat 5 or more servings for your health”. 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.

Parent Communications and Handouts are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

www.actionforhealthykids.org/

The Produce for Better Health Foundation provides tips for eating a variety of colorful fruits and vegetables, nutritional information, as well as ideas about planning, shopping and cooking meals and snacks packed with fruits and vegetables.

www.fruitsandveggiesmorematters.org/

Dole produces a website that has a section for educators with lesson plans and activities about fruits and vegetables:

www.dole.com/SuperKids/Educators/tabid/744/Default.aspx

The Centers for Disease Control (CDC) has a website dedicated to information about fruits and vegetables. It includes recipes, budgeting tips, and guides to healthy meals.

www.fruitsandveggiesmatter.gov/

The United States Department of Agriculture (USDA) has an interactive website that provides information about the MyPlate food guidance system with specific information on each food group, which can be tailored for individual needs.

www.choosemyplate.gov/

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. Available in English and Spanish.

www.kidshealth.org

www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Web Sites for Kids:

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.

www.bam.gov

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

www.kidshealth.org/kid/index.jsp?tracking=K_Home

www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

The Produce for Better Health Foundation has a fun interactive website designed just for kids! It includes recipes, games, activities and more!

www.foodchamps.org/

Self-Assessment Tools:

The Produce for Better Health Foundation provides educators with several options that can be used to help children monitor their fruit and vegetable intake. Use these materials to help promote 5-a-day in your program.

www.pbhfoundation.org/educators/teachers/activities/tracking.php

Activities

BUILD A RAINBOW



Objective:

Children discover a “rainbow” of fruits and vegetables to eat.

Preparation and Materials:

- Construction paper (optional)
- Magazines and grocery circulars from a variety of types of stores
- Paint, crayons and/or markers
- Mural paper (butcher roll or poster board paper)
- Scissors and paste or glue sticks

Instructions:

1. Draw an outline of a rainbow on the mural paper (include red, orange, yellow, green, blue, purple). *Note:* This activity can be used with all ages, and children may work on the mural over several days.
2. Tell the children that they will build a rainbow with fruits and vegetables.
3. Invite children to look through magazines and grocery circulars for pictures of fruits and vegetables – encourage them to look for foods of different colors.
4. Allow the children to color or paint the rainbow background before pasting or drawing pictures on the rainbow.
5. *Options for adding fruit and vegetable colors:* Children may use the cut-out pictures to paste on the rainbow, or they may use crayons or markers to draw the pictures. They may also trace/draw foods on the construction paper to cut out.

Extension Activities:

- Use the rainbow to start a discussion. Ask children if they had any fruit or vegetables today—what did they have? What colors did they eat? How can they add more color?
- Make a “seasonal” mural by making a fruit/veggie rainbow with fruits/veggies that are available locally in winter, spring, summer and fall.
- Use the discussion as a “language lesson”—name pictures in languages the children in your program speak at home; discuss what foods the pictures are found in/contain; share stories/family traditions about foods.
- Create a rainbow to show the diversity of your program that includes pictures of different cultures and flags along with food.

WARM UP, COOL DOWN



Objective:

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.

COLOR RELAY GAMES



Objective:

Teams race to collect fruit and vegetables and sort them by color

Preparation and Materials:

- Collect, empty, and clean a variety of boxes or cans of fruit/vegetables or juice. You could also use fruit and vegetable picture/word labels to paste on small boxes (like empty milk cartons). Alternatively, you may use flashcards of fruits and vegetables if you have them, or have kids make flashcards with common fruits/veggies they eat at home.
- Label 5 boxes or paper bags by color (yellow/orange, green, blue/purple, white, red) for the sorting categories, or make colorful labels using construction paper to place on the floor.

Instructions:

1. Arrange group in 2 or more teams, and have each team line up on opposite sides of a gym/field/large open space. Smaller teams of 4-6 are better for getting everyone's participation.
2. Place fruit/vegetable containers in the middle of the space between the teams.
3. On "Go!" each team member takes a turn running to grab a fruit/vegetable container and returning to their team to sort the items by color. All team members should run in place, stretch, or do jumping jacks when waiting for their turn.
4. The team with the most items, correctly sorted, wins.

Note: this can be tricky because some foods have a skin that is different from the flesh. The color is based on the part we eat (so a banana looks yellow, but the flesh is white; or a kiwi looks brown, but it is green on the inside).

Extension Activities:

- Sort by part of the plant, or whether an item has "seeds" or "no seeds"
- Older students may be introduced to key nutrients and sort by "lots of vitamin C" or "little vitamin C"
- Search for an item that meets the description called out by the leader. For instance, the leader calls out "orange fruit," and the team members in line to go run out and find an orange fruit to return to their teams. The next person in line searches for a different item, such as "green vegetable".
 - Options include: part of plant, color, how the food is typically served (morning juice, lunch bag fruit, dried fruit snack, mashed vegetable, etc.). *Note:* Several fruits or vegetables will meet the description, so be sure to have enough items for the children to collect.

- This can also be played as a quiet brainstorming game; the small team or individual who lists the most items in each category wins (offer fruit stickers, or the opportunity to choose the fruit or vegetable for snack).
- Make flashcards with the translation of fruits and veggies into another language that the group learns together.

FRUITY FREEZE TAG



Objective:

One or two “its” try to freeze players by tagging them, while other players call out fruits and vegetables to unfreeze the player.

Preparation and Materials:

- None

Instructions:

1. Identify the boundaries in the gym or field and inform the players that they may run in any direction, but must stay within the boundaries.
2. Select 1 or 2 “its” (use random methods to select the “it”, such as a birthday that month, or born on a certain number, or wearing a particular color).
3. On “Go” the “its” will chase the players and try to tag them (below the shoulders, avoid shoving). When a player is tagged, he/she stands frozen until he/she is rescued.
4. Options for rescue:
 - The leader calls out a color and the frozen player(s) must call out the name a fruit or vegetable to match the color. With this option, the leader may continue to call out colors and any tagged player can name a fruit or vegetable of that color until the leader calls out a new color.
 - Another player who serves as the “rescuer” calls out a color while crawling under the frozen player’s legs; the frozen player must name a fruit or vegetable to match the color.

Extension Activities:

- Have the leader call out the names of fruit and veggie dishes from another country and children must name the region/culture. For example, “platanos” would be Latin America.

PARTS OF THE PLANT



Objective:

Children identify the plant parts for common fruits and vegetables.

Preparation and Materials:

- A variety of vegetables for taste testing each part of the plant

Instructions:

1. Discover the Parts of a Plant
2. Explain that we eat different parts of the plant. See examples in box below.
3. Ask the children to name some vegetables and identify the plant part.
4. Taste vegetables that represent each part of the plant (refer to the recipe and taste test section for information and a worksheet).

Examples of Parts of a Plant

- Root: carrot, onion, potato, turnip, yam, beets
- Stem: asparagus, rhubarb, celery, fennel
- Leaf: spinach, chard, cabbage, lettuce, collards
- Flower: broccoli, cauliflower, artichoke
- Fruit (of the vegetable plant): squash, tomato, cucumber
- Seed: beans, corn, peas, soy beans

Extension Activity:

For older children:

1. Write names of vegetables on small pieces of paper and tape a different one on the back or forehead of each child.
2. Instruct children to ask “Yes – No” questions to help them guess what they are.
3. Each child may only ask another child 1 identifying question (examples: “Am I a root?” “Am I brown?” “Do I need to be baked?”)
4. The first child to guess what vegetable he/she is, wins.

BINGO



Preparation and Materials:

- Create bingo boards using the Worksheet. Give each child a blank BINGO board to decorate with pictures of fruits and vegetables (they may draw or cut pictures from magazines or grocery circulars). Photocopy these cards and cut out the pictures to use as call cards (or create a list).
- Coins or markers

Instructions:

1. Play BINGO according to the usual directions:
 - Draw the cards one by one and call out the fruit or vegetable to the group.
 - Have each child search their board for the item called out and place a marker over the fruit or vegetable if it appears on their card.
 - The first person to get 5 in a straight line (horizontally, vertically, or diagonally) yells out “BINGO!” to win.
2. Play with creative rules for winning:
 - First to get any 5 on board
 - First to cover entire board

First to get cover all green or red fruits and vegetables

Extension Activities:

- Play with creative ways of calling out cards (*Note*: several fruits or vegetables may fit the description):
 - Describe color (“I’m a deep green vegetable”)
 - Describe part of the plant (“I’m a root vegetable”)
 - Describe a cultural dish (“For Hannukah, many people eat me like a pancake”)
- Try fruit and vegetable BINGO as a family fun night game! Have kids take the BINGO boards home with them to play as a family.

Recipes and Taste Tests



Recipe Criteria

All recipes included in the Food & Fun 2nd Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of \$0.74 per serving for afterschool programs.

Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

- Level 1. No cooking required
- Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)
- Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!

Cucumber Yogurt Dip

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



Level 1: No cooking required

Price per serving: 74¢

Serving size: ½ cup dip

Preparation Time: 20 minutes

Servings per recipe: 24

Supplies:

Sharp knife
Grater
Measuring cups and spoons
Medium-sized bowl
Refrigerator (*optional*)

Ingredients:

Dip:

2 32oz tubs of plain low-fat yogurt
4 large grated cucumbers
1 16oz tub of low-fat sour cream
4 Tbsp lemon juice

Dippers:

3 cups cherry tomatoes
3 cups broccoli florets
3 cups baby carrots

Adult Preparation:

Grate cucumbers and cut broccoli into small bite-size pieces

Directions:

1. Mix yogurt, grated cucumber, sour cream, and lemon juice, in a serving bowl.
Optional: Refrigerate for at least 15 minutes.
2. Arrange tomatoes, broccoli, carrots and any other favorite vegetables on a colorful platter. Serve with cucumber dip.

Modification:

Try a variety of Dippers like celery, sliced peppers, or whole wheat pita wedges!

Tasty Bug

Adapted from: CaféZOOM <http://pbskids.org/zoom/activities/cafe>



Level 1: No cooking required

Price per serving: 50¢

Serving size: 1 “bug”

Preparation Time: 7 minutes

Servings per recipe: 20

Supplies:

- Toothpicks
- Knife for cutting and spreading

Ingredients:

- 10 apples
- 1 large head of romaine lettuce
- 1 cup raisins
- 1 cup grapes
- 1 16oz jar of peanut butter (trans fat free!) Beware of any peanut allergies! You can use cream cheese as a substitute.

Adult Preparation:

- Core the apples and cut it in half.

Instructions:

1. Put half of the apple on a piece of lettuce, skin side up -- that's the bug's body.
2. Using half a toothpick, have kids put a grape on one end and stick it in the front of the apple -- that's the bug's head.
3. Using 1 Tbsp peanut butter as “glue”, stick on raisins for spots and eyes. Let kids have fun doing this any way they want!
4. Have kids break a toothpick in half for the antennae and stick them on either side of the head!

Vegetable Quesadillas



Level 2: Basic Kitchen

Serving size: 1 quesadilla

Servings per recipe: 6

Price per serving: 74¢

**Preparation and cook time: >45 minutes-
best for smaller programs or cooking
clubs**

Supplies:

- Grater
- 2 large bowls for veggies
- Medium skillet and hot plate or stove
- Dinner plate
- Spatula

Ingredients:

- Cooking spray
- 1 Tbsp olive oil for sautéing
- 12 whole-wheat 6" tortillas
- 3 cups shredded low fat cheese, like cheddar or monetary jack
- 1 zucchini, grated
- 1 carrots, grated
- Salt & pepper to taste (*optional*)
- 1 12oz jar salsa
- Pinch of chili powder or dash of hot sauce (*optional*)

Adult Preparation:

- Chop off zucchini and carrot ends

Directions:

1. Grate vegetables, place in bowls (*Optional: Add seasonings: salt & pepper, chili powder or hot sauce*). *TIP:* Placing vegetables in individual bowls will allow children to select which vegetables they add to their quesadillas.
2. Add about ½ Tbsp of oil to the skillet.
3. Sauté carrots until soft, then transfer back to bowl. Set aside.
4. Repeat steps 2 and 3 for zucchini
5. Wipe or rinse skillet and spray with cooking spray.

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6. Place 1 tortilla in skillet.
7. On half of one tortilla place about $\frac{1}{4}$ cup of cheese and 2-3 Tbsp of vegetables, sprinkle with a little more cheese.
8. Fold tortilla in half and press firmly with a spatula
9. Flip and cook over medium heat for about 2 minutes on each side until cheese is melted
10. Repeat spraying skillet each time with cooking spray and repeat with remaining tortillas.
11. Serve with tomato salsa (about 2 Tbsp per quesadilla).

Berry Blast Fruit Shake



Level 2: Basic

Serving size: ½ cup

Servings per recipe: 20

Price per serving: 45¢

Preparation Time: 20 minute

Supplies:

Blender

Measuring cups and spoons

Ingredients:

2 12oz packages of frozen berries (like strawberries, blueberries, and/or mixed berries)

2 12oz packages of other frozen mixed fruit (like cantaloupe, honeydew, grapes, peaches or bananas)

½ gallon of low-fat milk

4½ Tbsp vanilla extract (*optional*)

Directions:

1. In a blender, combine the 2 cups frozen berries, 1 cup frozen mixed fruit, 1½ cups low-fat milk, and 2 tsp vanilla extract.
2. Puree until thick and smooth. If the mixture is too thick, thin out with a more milk.
3. Pour into glasses and serve.
4. Repeat steps above until all ingredients are used (about 5 batches).

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!

Mix It Up! Taste Test Ideas for Fruits and Vegetables

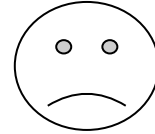
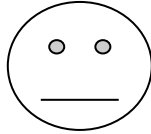


- Go Seasonal – serve fruits and veggies that are “in season and available locally.”
- Be Adventurous – try fruits like kiwi, pomegranates or star fruit. Have children from different cultural backgrounds suggest fruits that they commonly eat at home (platanos, guava, etc.)
- Taste by Color – try different green vegetables (broccoli, green beans, kale) or orange fruit (peaches, nectarines) or a fruit and vegetable of the same color (red pepper and red cherry)
- Eat the Alphabet – try fruits and vegetables of the same letter (refer to the book *Eating the Alphabet* by Lois Ehlert for an alphabet of ideas). Examples may include: apricots and apples, or melons and mangos.
- Taste by Part of the Plant – use the “What Part of the Plant are You Eating?” worksheet for a guided testing plan and/or use the examples below:
 - Root: carrot, onion, potato, turnip, yam, beets
 - Stem: asparagus, rhubarb, celery, fennel
 - Leaf: spinach, chard, cabbage, lettuce, collards
 - Flower: broccoli, cauliflower, artichoke
 - Fruit (of the vegetable plant): squash, tomato, cucumber
 - Seed: beans, corn, peas, soy beans
- Taste by Variety – compare different apples, pears, peppers, berries, etc., or compare the same food prepared different ways (for instance, raw apples versus applesauce, which is cooked; or raw versus steamed broccoli). Have kids bring in vegetable recipes that are part of their (or their parent’s) culture.

Taste Test Rating Sheet

Today I tried: _____

I liked this:



A lot!

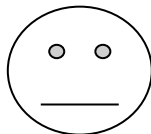
Somewhat

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: _____

Worksheet List

What Part of the Plant Are You Eating?

Pages 26-27

My Bingo Board

Page 28

What Part of the Plant Are You Eating?

Directions: Put one check mark next to your choice for each food listed.

1) Carrot

___ Root

___ Leaf

___ Seed

4) Spinach

___ Stem

___ Leaf

___ Flower

2) Celery Stick

___ Leaf

___ Stem

___ Fruit

5) Corn

___ Root

___ Fruit

___ Seed

3) Apple

___ Fruit

___ Stem

___ Root

6) Broccoli

___ Leaf

___ Flower

___ Stem

What Part of the Plant Are You Eating?

ANSWER SHEET

Directions: Put one check mark next to your choice for each food listed.

1) Carrot

Root

Leaf

Seed

4) Spinach

Stem

Leaf

Flower

2) Celery Stick

Leaf

Stem

Fruit

5) Corn

Root

Fruit

Seed

3) Apple

Fruit

Stem

Root


6) Broccoli

Leaf

Flower

Stem

My Bingo Board

B	I	N	G	O
				

Food & Fun Afterschool 2nd Edition

Parent Communications

Unit 7: Fruits and Veggies

About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education and school, improved relationships between parents and children, and improved implementation and outcomes for afterschool programs*.

This Parent Communication packet contains Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- 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, like a parent's night

**Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.*

Parent Engagement Activities

Experiment and be creative- come up with your own ideas or modify the activities below to engage parents at your after school program!

- **Plan a potluck!** Invite parents to participate in a fruit and veggie potluck. Ask parents to bring their favorite fruit or veggie dish to share with other parents and children. Ask them to bring copies of the recipe for other parents so they can make the dish at home.
- **Offer fruits and veggies at pick-up.** Put a bowl of fruits or veggies by the sign-out book for parents to grab when they pick up their kids from afterschool.

For more information, visit www.foodandfun.org.

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity and YMCA of the USA."

FRUITS AND VEGETABLES FOR BETTER HEALTH

An old saying is "An apple a day keeps the doctor away." However, most children (and adults!) in the U.S. are not eating the recommended 5 servings of fruits and vegetables each day. Serve a fruit or vegetable at every meal and snack so kids get their 5 fruits and veggies every day!

This month your child will explore a rainbow of fruits and vegetables in the (*insert program name*) after school program.

The key messages for parents are:

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Serve a variety of fruits and vegetables in different colors.
- Be a healthy role model for your child by eating fruits and vegetables.

The key messages for kids are:

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Try to eat a fruit or a vegetable with every meal and snack.
- Fruits and vegetables come in lots of colors. Try to eat as many different colors as you can.

Our goal is to help children enjoy fruits and vegetables through taste testing and other fun food-related activities.

Fruits and vegetables are important because they provide vitamins, minerals and fiber. A diet high in fruits and vegetables can help kids grow and fight illness. It also protects against heart disease, stroke, high blood pressure and some cancers. The fiber and water in fruits and vegetables help you feel full.

How can you get more fruits and vegetables into your family's diet? The key is to make the foods available, and to model healthy habits yourself.

Tips for success:

- **Serve fruits and vegetables with every meal and snack.** Even if your kids don't always eat them, make them an option every time. Don't forget to send them to school for snacks and lunches!
- **Involve your kids.** Get your kids to help in cooking and planning meals. They are more likely to try new foods if they help out!

- **Role model.** Serve and eat a variety of fruits and vegetables at every meal and snack. Kids learn good habits from their parents!
- **Start early.** Introduce fruits and vegetables to children early in life. Continue serving them often.
- **Be prepared.** Have a supply of cut up, prepared fruits and vegetables in the refrigerator for snack. Store them in clear containers at eye level.
- **Trade up.** Ask for a salad instead of fries when eating out.
- **Don't overdo the juice.** Serving 100% fruit juice doesn't substitute for whole fruit. Limit 100% juice to 4 ounces per day.

Remember, as a parent, you are the most important person for deciding what to serve at each meal. Set a good example by eating and serving fruits and vegetables every day. For more information and great recipe and snack ideas, check <http://www.fruitsandveggiesmorematters.org/>.

For more on keeping your family healthy, visit www.foodandfun.org.

[Side Bar]

Fruits and veggies make tasty and easy snacks!

- Baby carrots and hummus
- Celery sticks with peanut butter and raisins
- Whole grain crackers with tomato slices and cheese
- Corn tortillas with beans, cheese, and salsa
- Dried fruits like raisins, pineapple, and apricots with nuts and sunflower seeds

Email Message

Use this sample message to communicate with parents by email.

Subject: **Healthy Habits Power Tips— Get your 5 servings of fruits and veggies!**

Dear *(insert program name)* Parents,

This month your child will explore a rainbow of fruits and vegetables in the *(insert program name)* after school program.

The key messages for parents are:

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Serve a variety of fruits and vegetables in different colors.
- Be a healthy role model for your child by eating fruits and vegetables.

The key messages for kids are:

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Try to eat a fruit or a vegetable with every meal and snack.
- Fruits and vegetables come in lots of colors. Try to eat as many different colors as you can.

Our goal is to help children enjoy new fruits and vegetables through taste testing and other fun food-related activities.

You can support this goal by reinforcing the key messages at home, and by following these **Healthy Habits Power Tips**:

- **Serve fruits and vegetables with every meal and snack.** Even if your kids don't always eat them, make them an option every time. Don't forget to send them to school for snacks and lunches!
- **Involve your kids.** Get your kids to help in cooking and planning meals. They are more likely to try new foods if they help out!
- **Role model.** Serve and eat a variety of fruits and vegetables at every meal and snack. Kids learn good habits from their parents!
- **Start early.** Introduce fruits and vegetables to children early in life. Continue serving them often.
- **Try canned and frozen and canned fruit and veggies.** They are low in price and easy to prepare. Choose fruit canned in 100% juice and canned vegetables low in salt.
- **Trade up.** Ask for a salad instead of fries when eating out.
- **Don't overdo the juice.** Serving 100% fruit juice doesn't substitute for whole fruit. Limit 100% juice to 4 ounces per day.

Want to learn more? For information on the health benefits of fruits and vegetables, go to <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>. Click on <http://www.fruitsandveggiesmorematters.org/> for fruit and vegetable recipes, games for kids, and health information.

For more on keeping your family healthy, visit www.foodandfun.org.

Food & Fun Afterschool 2nd Edition

Parent Communications- Spanish

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit, "Proporcionado por Harvard School of Public Health Prevention Research Center sobre la Nutrición y la Actividad Física y la YMCA de USA."

FRUTAS Y VERDURAS PARA UNA MEJOR SALUD.

Hay un refrán que dice, "A diario una manzana, es cosa sana". Sin embargo, la mayoría de los niños (y los adultos) en los EEUU no comen las 5 porciones diarias recomendadas de frutas y verduras. Sirva una fruta o verdura con cada comida y merienda para que los niños consuman sus 5 frutas y verduras diarias.

Este mes su hijo/a explorará un arco iris de frutas y verduras en el programa después de clases (insert program name).

Los mensajes claves para los padres son:

- ¡Que sean cinco! Coma 5 o más frutas y verduras (combinados) cada día.
- Sirva una variedad de frutas y verduras de distintos colores.
- Sea un buen modelo de conducta saludable para sus hijos comiendo frutas y verduras.

Los mensajes claves para los niños son:

- ¡Que sean cinco! Coma 5 o más frutas y verduras (combinados) cada día.
- Trate de comer una fruta o verdura con cada comida y merienda.
- Las frutas y verduras vienen en muchísimos colores. Trate de comer los más colores distintos que pueda.

Nuestro objetivo es ayudar a los niños a disfrutar de las frutas y verduras mediante pruebas de sabor y otras actividades divertidas relacionadas con los alimentos.

Las frutas y verduras son importantes porque contienen vitaminas, minerales y fibra. Una dieta alta en frutas y verduras puede ayudar a los niños a crecer y combatir enfermedades. También ofrece protección contra las enfermedades cardíacas, ataques cerebrovasculares, alta presión y algunos tipos de cáncer. La fibra y el agua de las frutas y verduras también ayudan a sentirse lleno.

¿Cómo agregar más frutas y verduras a la dieta de su familia? La clave es tener los

alimentos disponibles y ser un buen modelo de conducta de hábitos saludables.

Consejos para tener éxito

- **Sirva frutas y verduras con cada merienda y comida.** Aunque sus hijos no siempre las coman, sívalas como opción en toda oportunidad. No olvide incluirlas en las meriendas y almuerzos para la escuela.
- **Interese a sus hijos.** Invite a sus hijos a ayudar a preparar y cocinar las comidas. Es más probable que prueben las comidas nuevas cuando ayudan.
- **Sea un buen modelo.** Sirva y coma una variedad de frutas y verduras con cada comida y merienda. ¡Los niños aprenden buenos hábitos de sus padres!
- **Empiece temprano.** Introduzca las frutas y verduras temprano en la vida de los niños. Sigue sirviéndolas a menudo.
- **Esté preparado.** Mantenga una cantidad de frutas y verduras ya cortadas y preparadas para merendar en el refrigerador. Guárdalos en recipientes transparentes y póngalas a nivel de la vista.
- **Intercambie por algo mejor.** Pida una ensalada en lugar de papas fritas cuando coma afuera.
- **No se exceda en el jugo.** El servir jugo 100% no sustituye a la fruta entera. Limite el jugo 100% a 4 onzas por día.

Recuerde que, como padre, es usted la persona más importante al decidir lo que se sirve con cada comida. Dé un buen ejemplo comiendo y sirviendo a diario frutas y verduras. Para más información y buenas recetas e ideas para meriendas visite, <http://www.5aldia.org/>

Para más información, visite www.foodandfun.org.

[Side Bar]

¡Las frutas y verduras son meriendas fáciles y sabrosas!

- Zanahorias y paté de garbanzo
- Palitos de apio con mantequilla de maní y pasas
- Galletas de trigo integral con rodajas de queso y tomate
- Tortillas de maíz con frijoles, queso y salsa
- Frutos secos como pasas, piña y albaricoques con nueces y semillas de girasol

Email Message

Use this sample message to communicate with parents by email.

Subject: Consejos útiles para lograr hábitos saludables: ¡Coma sus 5 porciones de frutas y verduras!

Estimados Padres de *(insert program name)*:

Este mes su hijo explorará un arco iris de frutas y verduras en el programa después de clases *(insert program name)*.

Los mensajes claves para los padres son:

- ¡Que sean cinco! Coma 5 o más frutas y verduras (combinados) cada día.
- Sirva una variedad de frutas y verduras de distintos colores.
- Sea un buen modelo de conducta saludable para sus hijos comiendo frutas y verduras.

Los mensajes claves para los niños son:

- ¡Que sean cinco! Coma 5 o más frutas y verduras (combinados) cada día.
- Trate de comer una fruta o verdura con cada comida y merienda.
- Las frutas y verduras vienen en muchísimos colores. Trate de comer los más colores distintos que pueda.

Nuestro objetivo es ayudar a los niños a disfrutar de las frutas y verduras mediante pruebas de sabor y otras actividades divertidas relacionadas a los alimentos.

Usted puede apoyar este objetivo reforzando los mensajes clave en el hogar y siguiendo estos **Consejos útiles para lograr hábitos saludables**:

- **Sirva frutas y verduras con cada merienda y comida.** Aunque sus hijos no siempre las coman, sívalas como opción en toda oportunidad. No olvide incluirlas en las meriendas y almuerzos para la escuela.
- **Interese a sus hijos.** Invite a sus hijos a ayudar a preparar y cocinar las comidas. Es más probable que prueben las comidas nuevas cuando ayudan.
- **Sea un buen modelo.** Sirva y coma una variedad de frutas y verduras con cada comida y merienda. ¡Los niños aprenden buenos hábitos de sus padres!
- **Empiece temprano.** Introduzca las frutas y verduras temprano en la vida de los niños. Sigue sirviéndolas a menudo.
- **Pruebe las frutas y verduras congeladas y enlatadas.** Son más baratas y fáciles de preparar. Seleccione la fruta enlatada en 100% jugo y compre los verduras enlatados que sean bajos en sal.

- **Intercambie por algo mejor.** Pida una ensalada en lugar de papas fritas cuando coma afuera.
- **No se exceda en el jugo.** El servir jugo 100% no sustituye a la fruta entera. Limite el jugo 100% a 4 onzas por día.

¿Quiere aprender más? Para información sobre los beneficios de las frutas y verduras visite <http://www.5aldia.org/>.

Para más información, visite www.foodandfun.org.



UNIT 8:

Reduce TV Viewing

Tune Out The TV!

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

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This document was created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity for educational use in after school 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 8 Information for Leaders

Behavior Goal

Children will watch less TV.

Key Messages for Kids

- Moving your body keeps you fit!
- Do something active instead of watching TV playing videogames, or spending time on the computer.

Key Information for Program Staff

Television viewing is the most common sedentary activity of children in the United States. Every day 8- to 18-year-olds spend about 4 hours watching TV and DVDs, over an hour on the computer and almost an hour playing video games! Excess TV viewing can lead to less physical activity, overeating, and a higher risk for becoming overweight. This is because children are not active when they watch TV, they tend to snack more, and they see lots of advertising for high calorie, high sugar foods like candy, soda, and fast foods.

The activities in this unit help children recognize how much TV they watch, and more importantly, help you encourage children to replace TV and other screen time (like video games and computers) with other activities that they like. Take the time to brainstorm with the kids in your program to identify a wide variety of screen-free activities they enjoy. It is important to share the key messages and tips for families so parents and guardians can limit TV time at home (see the Parent Communications and Parent Handouts section in the Food & Fun curriculum). Support these messages in your afterschool program by eliminating broadcast and cable TV or movies, and limiting computer time to less than 1 hour each day. If you do show TV in your afterschool program, replace this with physically active games or other non-screentime activities like board games, cards, or arts and crafts. The key to successfully reducing TV and other screen time is to replace that time with activities that children like!

Tip: While physical activity is a great way to spend non-TV time, reducing screen time also provides a wonderful opportunity to promote literacy through reading, crossword puzzles, and other word games. Consider making a connection with your local library to support literacy efforts. Also try participating in a TV Turn-Off week, a national event that takes place each April (see <http://www.tvturnoff.org/>).

Refer to the *“Turn Off That Screen!” Tip Sheet* for ideas on how to eliminate TV and suggestions for non-screentime activities at your afterschool program. The Tip Sheet is also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Arts & Crafts

Power Up your Body- Create posters that encourage activities other than watching TV



Active Games

Warm Up & Cool Down – Do these whenever children are active!

Power Up charades – Play charades using activity cards

Walk Around Town- Takes children on scavenger-hunt type walks to discover their neighborhood (works best with younger children)



Books

The Bernstein Bears and Too Much TV by Stan and Jan Bernstein (best for younger children). This story follows brother, sister, and papa bear through a challenging week of no TV, and highlights all of the fun they had when the TV was off.

The Best Way to Play by Bill Cosby (*for older children*) explores what happens when Little Bill and his friends finally get the video game that goes along with their favorite TV show; in the end the young boys realize that it is more fun to act out the show than to play with the video.



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

Tune Out Challenge – all children assess their TV viewing habits (*older children complete worksheets*)

Connect with Parents!

Key Messages for Parents

- Limit children's overall screen time (TV, videogames, internet surfing, etc.) to less than 2 hours per day.
- Do not allow television sets in children's bedrooms.
- Help children find other things to do besides watching TV, such as playing games, doing crafts or being active.
- Be a good role model and limit your own TV viewing and computer time at home.

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
- Brainstorm TV-free activities. Put up a poster board or tack a large piece of paper onto the wall by the sign-out book. Ask parents and kids to write down their favorite TV-free activity on the board. Keep the poster up for a week and encourage families to write something down every day. At the end of the week record all of the favorite activities and distribute to parents.
- Encourage Commercial Mania. Encourage parents to do the Commercial Mania activity from Food & Fun at home with their kids. Print out copies of the instructions and hand out to parents at pick-up. Follow-up with families to see what they discovered, and ask how they liked the activity!

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun.

1. **Newsletter Article:** "Tune Out TV for Better Health!". Insert this into your program newsletter.
2. **Email message:** "Healthy Habits Power Tips: Tune Out the TV". Email this message to parents at the start of this unit.
3. **Parent Handout:** "Take Control of TV (and other screen time)". 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.

Parent Communications and Handouts are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

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. Available in English and Spanish.

www.kidshealth.org

www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to reduce screentime and stay healthy.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm

CommonSense Media provides parent education and advice about children's media consumption. Their junk food advertising page has great tips for limiting exposure to harmful marketing for kids of all ages. Available in English and Spanish.

www.commonsensemedia.org/Junk-Food-Ads-Tips

www.commonsensemedia.org/sites/default/files/CSM_Tip_SP_JunkFood.pdf

Media-Smart Youth: Eat, Think, and Be Active! is an interactive education program designed to help teach kids about the complex media world around them. Media-Smart Youth motivates youth to think about nutrition and physical activity, and helps them become aware of the connections between media and their health.

www.nichd.nih.gov/msy/

The Media Awareness Network and the Media Literacy Clearinghouse aim to help empower kids to understand how media and advertising target them.

www.media-awareness.ca/english/teachers/index.cfm

www.frankwbaker.com/advertising2.htm

The American Academy of Pediatrics published a position paper which recommends no more than 1 to 2 hours of quality programming per day.

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;107/2/423.pdf>

Web Sites for Kids:

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.

www.bam.gov

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

www.kidshealth.org/kid/index.jsp?tracking=K_Home

www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

The Media Awareness Network aims to help empower kids to understand how media and advertising target them. They have seven interactive games for kids in grades K-8.

www.media-awareness.ca/english/games/index.cfm

Activities

POWER UP YOUR BODY POSTER



Objective:

Children will create posters that promote fun, non-screen activities

Materials:

- Poster board for each child
- Markers, crayons, paint and other decorative craft material

Instructions:

1. Take a brief survey of the television and/or video game use from the previous day. Ask:
 - Who watched TV yesterday, or played a video game? (raise hands)
 - Raise your hand if you watched 1 show or video.
 - Raise your hand if you watched 2 shows or videos.
 - Raise your hand if you watched 3 shows or videos.
 - Raise your hand if you watched 4 or more shows or videos.
2. Ask the group to name some things that they like *more* than watching TV. What else do they like to do (or would they like to do) when they are not watching TV or playing video games?
3. Explain that they will be learning about ways to turn off their TVs and power up their bodies. Invite them to create a poster that displays the ways that they can have fun without televisions, videos or computers. Tell the group that they should create visuals or messages that also help other children find things to do when they are not watching TV.
4. Distribute poster board paper and art supplies.

Extension Activities:

- Submit posters to the national TV Turn-Off organization which supports TV Turn-Off week. For information and organizing tips, go to www.tvturnoff.org
- To discover ways to have fun without TVs, video games or computers, encourage children to talk to adults or seniors (grandparents, older relatives, neighbors or teachers) about the things that they did for fun growing up without the video screens of today. When applicable, have children interview an adult in their life who did not grow up in the US. What activities did they do for fun? Have kids report back and share findings with the group.

WARM UP, COOL DOWN



Objective:

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.

POWER UP CHARADES



Objective:

Children play a game of charades, acting out various activities that you can do instead of watching TV, playing video games, or using the computer. Others must guess the activity and state whether or not it gets the body moving (“power up!”).

Note: This game works best for children in grades 2 and up, though younger children who cannot read the cards may try it by making up their own activities.

Materials and Preparations:

- Activity Cards – copy (cardstock is ideal) and cut out
- You and the children can make your own cards, too! Have kids come up with different activities that they or their family like to do together, like salsa dancing or Zumba.

How to Play:

1. Explain that each child will take a turn drawing a card from the pile. Without showing anyone his/her card, the child will act out the activity on the card. Children in the audience will call out their guesses, and the person who correctly identifies the activity goes next.
2. For each activity, ask whether or not it “powers up” the body (gets the body moving).
3. Remind the children that their bodies want to move so they should be careful not to sit in front of the TV for long periods of time. After each 30-minute show, they should turn off the TV and power up their bodies!

Extension Activity:

- Combine music and activity! Play music from a variety of nationalities. Have children move around, dance, etc and then “freeze” when music stops.

WALK AROUND TOWN

Objective:

Children will take a guided walk – either outside or creatively around the halls or in a gym.

Materials:

- *Optional:* Paper and pencils

Information for Leaders:

- In this activity, children will go on a supervised walk around the block or to a local park or other point of interest (distance will depend on the age of the group). If walking outside is not an option, be creative and design a “walk around town”, as suggested in the “crazy walk” option for young children, below.
- Engage children by creating a scavenger hunt or survey of the neighborhood or gym.
 - You may want to create a check-sheet in advance for children to work on in pairs while they walk, or ask children to name things that they can look for. Ideas are listed below.
 - Have FUN!

Instructions:

1. Tell the class that they will be going on a walk in the neighborhood (or the halls of the school or gym) to see what they can find.
2. Instruct children to walk in pairs and work together to find various things on the walk. For safety reasons, the entire group must stay together and with the adults!

Options for lower elementary children:

- Create a scavenger hunt and instruct the children to check each item on the list that they see. Look for: a mailbox, orange flowers, a pine tree, the name of a street or number on a house, a home with a swing set or pool, a store with red letters, a pizza parlor, etc. Customize the list to fit your neighborhood or school!
- Create a “crazy walk” by calling out landmarks or types of roads as you walk around the block, or even around a field or gym! For instance, instruct the children to hop when you call out a “bumpy road”, take baby steps past a “school”, jog on a “highway”, swing arms back and forth when it rains, etc. Call out different movements to make for an interesting walk, and don’t forget to drink water when you are thirsty!
- Tell the children to count things such as the number of white houses or stores or flags that they pass. If you are playing inside, count the number of posters in the hallways or the number of doors. How many pairs of children counted correctly?

Options for upper elementary children:

- Create a scavenger hunt that includes specific things like a mailbox, maple tree, park bench, or brown house (record the number of each that they see) as well as open-ended things such as “something blue” or “a word written in red letters”.
- Play “I Spy” as you walk along. The leader calls out the first clue (e.g.: “I see something blue”) and the first person to identify the blue item calls out a clue for a new item. Note: the leader may need to add another descriptive so it can be identified before the group walks by the selected item.
- Challenge pairs or small groups of children to become silly scavengers – instruct the groups to look for out of the ordinary or difficult to see things and write clues for their friends to find on a subsequent walk.
- Create a map of the neighborhood or school! Instruct children to notice the things they pass by on a walk, then draw a mural with pictures of the various places that they see.

Options for all ages:

- Measure out a walking route to follow at least one day each week.
- Add up the miles and determine where the group might travel to each month.
- Play “beat the clock” and see if the group can walk the route in less time (this may work better for older children who are less likely to stop to look at things!)

Extension Activity:

- This would make a great **Family Fun Night** activity! Provide a scavenger hunt list to each family and send them on a 30 minute walk (suggest creating teams of 2 or 3 families). Families or teams decide which way to go. Offer a small reward (perhaps a gift certificate to a local produce market) to the first few families or teams who complete the scavenger hunt. Share the results over a healthy snack or supper.

TUNE OUT CHALLENGE



Objective:

Children will give up at least one favorite TV show and replace it with an activity that does not involve “screens” (such as video games or computers)

Materials and Preparation:

- Large paper or chalk board plus markers or chalk
- Copy the Tune Out Challenge worksheet – one for each upper elementary child
- *Optional:* copy the Tune Out Challenge parent letter to send home
- *Optional:* post-it notes or small pieces of paper and pens (for part-two)

Information for Leaders:

This two-part activity may take place over 2 or more days, depending upon how much of a challenge you want to give the group. In the first part, children will name the shows that they regularly watch and identify the shows that they would be willing to give up. Challenge them to give up one show that day, if they were planning to watch TV (tell them that if they are not going to watch TV but plan on playing a video game, they can give that up too!). By doing so, they should identify other activities or forms of entertainment that can replace “screen” (TV, video games, movies or computer) time.

In the second part of the lesson, they will share what they learned by giving up one show or video game time. They will then create a menu of fun or educational activities that they can use to continue to reduce the amount of TV (or video games, internet surfing, etc.) that they watch.

Modifications are listed below for different grade levels

Upper elementary children will use a worksheet to personalize the challenge, while younger grades may work together to make the lists.

Instructions:

Part One –

1. Ask the children to name their favorite TV shows. Record on the board or on flip chart paper, and save for Part Two.
2. Distribute Tune Out Challenge worksheet to upper elementary children and invite them to work in pairs to complete the worksheet table and questions on videos and computers. Alternatively, you can have a younger and older child work together on the Tune Out Challenge worksheet.
3. Ask the children to name the show (or shows) that they would be willing to skip tonight (or the next time they plan to watch TV). Circle those shows.
 - If children filled out the Tune Out Challenge worksheet, instruct them to circle the show to give up on their worksheets.

- They may also circle one of their favorite video games or computer activity to remind them that other “screens” should not replace TV!
 - Have children complete the worksheet by writing down three things that they could do instead of watching TV or playing a video.
4. Challenge the children to give up one show tonight, or tomorrow morning before school. If they are not planning on watching any shows that night or the next morning, challenge them to go without other screen time, such as video games or movies.
 - Children may also be challenged to give up a show and video/computer time.

Part Two –

Instructions for lower elementary children:

1. Ask the children which shows they actually gave up last night. Place check marks next to those shows. Ask: Was it hard to turn off the TV?
2. Ask: What did you do instead? Record this list of non-TV activities.
3. Review the list of activities. How many children were physically active?
4. Brainstorm together to expand the list of things they like to do when they tune out the TV. Think about seasonal activities or indoor/outdoor fun, and encourage children to include things that get their bodies moving.

Instructions for upper elementary children:

1. Ask the children which shows or videos they actually gave up last night and instruct them to place check marks next to those shows on their worksheets. Ask: Was it hard to turn off the TV?
2. Distribute post-it notes or small pieces of paper (2-3 per child) and have the children write down at least one thing that they did last night to replace their TV shows or video time (only one activity per post-it).
3. List some categories of activities (see elementary instructions above) on the board or on large pieces of paper (one category per page). Invite the children to post their activities under the appropriate category (children may also come up with their own categories). For instance:
 - Educational activities: school work, reading, doing a project
 - Quiet time activities: playing cards, doing a puzzle, coloring or other artwork, listening to or playing music
 - Cooking or baking
 - Active things: doing chores or helping parents, going for a walk, playing a sport, dancing
4. Did many children choose active things in place of TV? Work together to brainstorm more ideas for being physically active, and think about categories of activities. For example, think about seasonal activities/sports or indoor/outdoor fun.

Over the next few days at pick-up time, chat with parents to see if there has been any change in kids' attitudes/behavior regarding TV versus other activities. Encourage parents to support their children in accomplishing this activity and coming up with ideas.

Extension Activities:

- Extend the challenge for another day or the whole week (consider taking a “Turn-Off TV Week” challenge- go to www.TVTurnOff.org for ideas).
- At the end of the week, ask the children if it is getting easier to limit their TV viewing. Ask about challenges and have group give feedback. Remind them that when they watch TV or play video games, their bodies are not moving! It's a good idea to go slow with the TV and include some active time every day. Even if someone else is watching TV in the room they have the option not to watch!
- Create a large chart to keep track of how often children give up watching TV to do other activities. Encourage them to record their progress at home and report back!

Worksheet List:

Power Up Charades Activity Cards

Pages 18-40

- Activity List for Leaders Answer List
- Power Up Charades Activity Cards
- Option 2 Activity List for Leaders Answer List
- Very Active versus More Moderate Moves cards

#2 Tune Out Challenge Worksheet

Pages 41-43

- Worksheet
- Parent Letter in English
- Parent Letter in Spanish

Power Up Charades

Activity List for Leaders Answer Sheet

Get Moving Activities:	Stay Still Activities:
Take a walk	Write a story
Jog or run	Do a craft project
Roller blade	Sing
Play basketball	Read a book
Play on jungle gym	Color, draw, or paint
Swim	Do a puzzle
Play Tag	Play a board game
Dance	Do homework
Play soccer	Talk on the phone
Help with chores around the house	Play a card game
Play a musical instrument	Take pictures

Power Up Charades Activity Cards

Take a
Walk

Write a Story

Power Up Charades Activity Cards

Jog or
Run

Do a Craft
Project

Power Up Charades Activity Cards

<p>Roller Blade</p>	<p>Sing</p>
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Power Up Charades Activity Cards

**Play
Basketball**

Read a Book

Power Up Charades Activity Cards

<p>Play on Jungle Gym</p>	<p>Color, Draw or Paint</p>
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Power Up Charades Activity Cards

Swim

Do a Puzzle

Power Up Charades Activity Cards

Play Tag

Play a Board
Game

Power Up Charades Activity Cards

Dance

Do
Homework

Power Up Charades Activity Cards

Play Soccer

Talk on the
Phone

Power Up Charades Activity Cards

Help with
Chores
Around the
House

Play a Card
Game

Power Up Charades Activity Cards

**Play a
Musical
Instrument**

**Take
Pictures**

Power Up Charades

Option 2 Activity List for Leaders Answer List

Very Active Moves	Moderate Moves
Hip Hop dance	Walk to and from school
Hockey or ice skating	Take the stairs
Basketball	Carry in groceries
Volleyball	Skateboarding
Martial arts—karate, judo, tae kwon do	Sweep floors
Play soccer	Play on a swing
Ride bikes	Toss a frisbee
Jump rope	Play catch
Tennis	Play hopscotch
Swim laps	Help with chores

Power Up Charades Activity Cards: Option 2

Hip Hop
Dance

Walk to and
from School

Power Up Charades Activity Cards: Option 2

Hockey or
Ice Skating

Take the
Stairs

Power Up Charades Activity Cards: Option 2

Basketball

**Carry in
Groceries**

Power Up Charades Activity Cards: Option 2

Volleyball

Sweep floors

Power Up Charades Activity Cards: Option 2

Marital arts-
Karate, Judo,
Tae Kwon Do

Skateboarding

Power Up Charades Activity Cards: Option 2

Play Soccer

Play on a
Swing

Power Up Charades Activity Cards: Option 2

Ride Bikes

Toss a
Frisbee

Power Up Charades Activity Cards: Option 2

Jump Rope

Play Catch

Power Up Charades Activity Cards: Option 2

Tennis

Play
Hopscotch

Power Up Charades Activity Cards: Option 2

Swim Laps

Help with
Chores

Tune Out Challenge

For each day, list the TV shows that you watch. Below, write down the videos you watch, video games you play, or what you like to do on the computer. Then, name 3 things you could do instead.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TV show #1							
TV show #2							
TV show #3							

Movies or video games that I like: _____

How I use the computer: _____

What I could do instead of watching TV, playing videos or using the computer:

1. _____

2. _____

3. _____

Tune Out Challenge

Dear Parent/Guardian,

Today your child accepted the challenge to **Turn Off the TV** for at least one favorite show! This is a great way to **lower TV or other screen time** and **start using the body and mind!**

We need **your help** in supporting your child in this effort!

Your child, and the other children in the afterschool program, came up with a list of things to do instead of watching TV. Please talk to your child about his or her ideas, or come up with some ideas for the whole family! You could play a board game, take a walk, or involve your child in the evening chores.

If you want more ideas about how to lower TV viewing, video games, or computer play in your home, just ask me! Here are some tips:

- Limit TV and other video screens to less than 2 hours a day
- Do not allow a TV in the room where your child sleeps.

If your family already watches less than 2 hours of TV a day, keep it up! Please share your ideas for limiting TV with us so that we can help other families make such a great step towards good health!

Sincerely,

[Insert your name and phone number]

[Insert your Program's name]

Desafío: Apague El Televisor

Estimado Padre/Encargado:

Hoy su hijo/a aceptó el reto de Apagar **el televisor** durante al menos uno de sus programas favoritos. Este reto es una excelente manera de **reducir el tiempo frente al televisor u otras pantallas y comenzar a usar el cuerpo y la mente.**

Solicitamos que **nos** ayude a apoyar a su hijo/a en este esfuerzo.

Tanto su hijo/a como los demás niños en el programa después de clase, hicieron una lista de actividades que pueden realizar en lugar de ver televisión. Por favor, hable con su hijo/a sobre sus ideas, o piense de sus propias ideas para toda la familia. Podrían jugar un juego de mesa, dar una caminata o interesar a su hijo/a en actividades de la casa como cocinar.

Si desea obtener más ideas sobre cómo reducir el tiempo frente al televisor, los juegos de video o juegos de computadora en su hogar, no dude en preguntarme. Aquí hay algunos consejos:

- Limite el tiempo frente al televisor y otras pantallas a menos de 2 horas diarias.
- No permita que su hijo/a tenga un televisor en la habitación donde duerme.

Si su familia ya ve menos de 2 horas diarias de televisión, ¡sigan haciéndolo! Por favor, comparta con nosotros ideas sobre cómo limitar la televisión, para que podamos ayudar a otras familias a dar ese gran paso hacia la buena salud.

Atentamente,

[Insert your name and phone number]

[Insert your Program's name]

Food & Fun Afterschool 2nd Edition

Parent Communications

Unit 8: Tune Out The TV

About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education and school, improved relationships between parents and children, and improved implementation and outcomes for afterschool programs*.

This Parent Communication packet contains Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- 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, like a parent's night

**Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.*

Parent Engagement Activities

Experiment and be creative- come up with your own ideas or modify the activities below to engage parents at your after school program!

- **Brainstorm TV-free activities.** Put up a poster board or tack a large piece of paper onto the wall by the sign-out book. Ask parents and kids to write down their favorite TV-free activity on the board. Keep the poster up for a week and encourage families to write something down every day. At the end of the week record all of the favorite activities and distribute to parents.
- **Encourage Commercial Mania.** Encourage parents to do the Commercial Mania activity from Food & Fun at home with their kids. Print out copies of the instructions and hand out to parents at pick-up. Follow-up with families to see what they discovered, and ask how they liked the activity!

For more information, visit www.foodandfun.org.

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity."

TUNE OUT YOUR TV FOR BETTER HEALTH!

American children watch about 3 hours of TV a day. Many watch more than that. Sound like a lot? Think about your average day. In the morning, the kids might watch an hour while eating breakfast and getting ready for school. After school, kids might watch another hour before dinner, and then another hour before bed. Three hours comes and goes pretty easily.

This month children at our program will be encouraged to turn off the TV.

The key messages for parents are:

- Limit children's overall screen time (TV, videogames, internet surfing, etc.) to less than 2 hours per day.
- Do not allow television sets in children's bedrooms.
- Help children find other things to do besides watching TV, such as playing games, doing crafts or being active.
- Be a good role model and limit your own TV viewing and computer time at home.

The key messages for kids are:

- Moving your body keeps you fit!
- Do something active instead of watching TV, playing videogames, or spending time on the computer.

Our goal is to make children aware of how much TV they watch and encourage them to trade some of that time for activities that are more positive for their bodies and minds. Setting limits on TV and other screen time (like computer and video games) can benefit your children's health.

How is TV a problem for health? Watching several hours of TV each day can lead to less physical activity, over eating, and higher risk for becoming overweight. TV watching also may influence children to make unhealthy food choices because they see a lot of advertisements for foods that are high in sugars and calories.

A few quick facts...

- Each day, children receive about 58 commercial messages from television alone. About half of these are for food.

- Close to 98% of food commercials on weekend morning network TV are for unhealthy foods high in calories, sodium, or sugar.
- Food and drink marketing aimed at kids has more than doubled during the last 10 years from \$7 billion to \$15 billion a year.

What's a parent to do? Set limits! Children over the age of 2 should watch TV, play video games, or use the computer less than 2 hours each day.

Tips for Success

- **No TV during meal times.** Turn off the TV and talk to your children during meal times.
- **No TV sets in any bedrooms.** Keep TVs in common areas and out of kids' bedrooms.
- **No Surfing.** Only watch favorite shows instead of finding something to watch.
- **Use technology:** Screening devices can remove commercials and limit the time kids spend watching TV. TiVo or TV Allowance are helpful tools
- **Be a good role model:** Limit your own TV viewing. Kids will learn from you!
- **Endure kids' complaints:** This may be a parent's biggest challenge. Although it may be hard at first, limits on TV can actually help you spend more time as a family. You can free up time to do other things like play games, read, or just be together. Stick with it!
- **Help kids deal with boredom:** Be prepared to suggest other activities. Over time, kids will start to enjoy other pastimes even more!

For ideas on how to promote TV turnoff, check out <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm>. You can also find helpful ideas for activities to substitute for TV time by visiting www.cdc.gov/youthcampaign or www.bam.gov.

For more on keeping your family healthy, visit www.foodandfun.org.

[Side Bar]

Suggested Rules to Live By

- Less than 2 hours of total screen time each day (including TV, non-school related computer, and video games).
- No TV during meal times.
- No TV during homework.
- No TV in any bedrooms.
- No eating while watching TV.
- No channel surfing- watch favorite shows only.
- Limit viewing to set days and times.

Email Message

Use this sample message to communicate with parents by email.

Subject: **Healthy Habits Power Tips—Tune Out the TV**

Dear (*insert program name*) Parents:

This month children at the (*insert program name*) will be encouraged to turn off the TV.

The key messages for parents are:

- Limit children's overall screen time (TV, videogames, internet surfing, etc.) to less than 2 hours per day.
- Do not allow television sets in children's bedrooms.
- Help children find other things to do besides watching TV, such as playing games, doing crafts or being active.
- Be a good role model and limit your own TV viewing and computer time at home.

The key messages for kids are:

- Moving your body keeps you fit!
- Do something active instead of watching TV playing videogames, or spending time on the computer.

Our goal is to make children aware of how much TV they watch and encourage them to trade some of that time for activities that are more positive for their bodies and minds. Setting limits on TV and other screen time (like computer and video games) can benefit your children's health.

You can support this goal by reinforcing the key messages at home, and by following these **Healthy Habits Power Tips**:

- **Be a good role model.** Limit your own TV viewing. Your children will learn from you!
- **Limit TV and other screen time (like computers or video games) to less than 2 hours per day.** This can be done by keeping television sets out of everyone's bedrooms, limiting viewing to specific days or times, watching only favorite shows, and not allowing TV during meals or homework times.
- **Have screen-free days!** Plan family activities that do not include TV or movies. Check into local sports and recreation programs that are offered after school and on weekends. Some programs are free, and many offer scholarships. Also look at the TV Free Network website (www.tvturnoff.org) for activity ideas.
- **Suggest other activities.** Help kids deal with boredom by suggesting other activities. For example, plan a family game night or suggest that kids trade 30 minutes of TV for 30 minutes of reading.

- **Use technology.** Screening devices can remove commercials and limit the time kids spend on the computer or watching TV. TiVo, TV Allowance, and parental controls on Windows Vista are all helpful tools.

Want to learn more?

Click <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm> for ways to promote TV free family time.

Visit <http://www.cdc.gov/youthcampaign/marketing/adult/index.htm> or <http://www.bam.gov/> for ideas on keeping kids busy and having fun without TV.

For more on keeping your family healthy, visit www.foodandfun.org.

Food & Fun Afterschool 2nd Edition

Parent Communications- Spanish

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit, "Proporcionado por Harvard School of Public Health Prevention Research Center sobre la Nutrición y la Actividad Física y la YMCA de USA."

APAGUE EL TELEVISOR PARA MEJORAR LA SALUD

En los Estados Unidos los niños ven unas 3 horas diarias de televisión. Muchos ven televisión por más tiempo. ¿Le parece demasiado? Piense en un día típico . Por la mañana puede que los niños vean una hora de televisión mientras toman el desayuno y se preparan para la escuela. Después de la escuela puede que los niños vean otra hora más durante la cena, y luego otra más antes de acostarse. Tres horas pasan sin que nos demos cuenta.

Este mes alentaremos a los niños del programa (*insert program name*) a que apaguen el televisor.

Los mensajes claves para los padres son:

- Limite el tiempo total que los niños pasan frente a la pantalla (televisión, juegos de video, Internet, etc.) a menos de 2 horas diarias.
- No permita televisores en los dormitorios de los niños.
- Ayude a los niños a descubrir otras actividades además de mirar televisión, tales como jugar juegos, hacer manualidades o estar activo.
- Sea un buen modelo de conducta y limite su propia cantidad de tiempo frente al televisor o la computadora en el hogar.

Los mensajes claves para los niños son:

- ¡Mover el cuerpo te mantiene en forma!
- Realiza alguna actividad en lugar de mirar televisión, jugar vídeo juegos o pasar tiempo frente a la computadora.

Nuestro objetivo es que los niños tomen conciencia de cuánta televisión ven y alentarlos a cambiar parte de ese tiempo por actividades más positivas para el cuerpo y la mente. Limitar el tiempo frente a la televisión y otras pantallas (tales como la computadora y los juegos de video) puede ser beneficioso para la salud de sus hijos.

¿Cómo ver televisión puede ser un problema para la salud? El ver varias horas de televisión diarias puede resultar en menos actividad física, comer de más y un mayor

riesgo de sobrepeso. El ver televisión también puede influenciar a los niños en la selección de alimentos malsanos a través de muchos comerciales para alimentos altos en azúcar y calorías.

Algunos datos rápidos...

- Cada día, los niños reciben cerca de 58 mensajes comerciales a través de la televisión. Alrededor de la mitad de éstos son comerciales de alimentos.
- Cerca del 98% de los comerciales de alimentos de las cadenas de televisión, durante la mañana de los fines de semana, son de alimentos malsanos, altos en calorías, sal o azúcar.
- El mercadeo de alimentos y bebidas dirigido a los niños se ha más que duplicado durante los últimos 10 años, de \$7 mil millones a \$15 mil millones al año.

¿Qué pueden hacer los padres? ¡Establecer límites! Los niños mayores de 2 años de edad deben ver televisión, jugar videojuegos o usar la computadora por menos de 2 horas al día.

Consejos para tener éxito

- **No permitir ver televisión durante las comidas.** Apague el televisor y converse con sus hijos durante las comidas.
- **No permitir televisores en los dormitorios.** Mantenga los televisores en las áreas comunes, fuera de los dormitorios de los niños.
- **No cambie canales.** Vea sólo los programas favoritos en lugar de encontrar algo que ver.
- **Utilice la tecnología:** los dispositivos de filtración pueden eliminar los comerciales y limitar el tiempo que los niños pasan frente al televisor. El "TiVo" o el "TV Allowance" son herramientas útiles.
- **Sea un buen modelo de conducta:** limite su propio tiempo frente al televisor. Los niños aprenderán de usted.
- **Acuente las quejas de los niños:** éste podría ser el reto más grande para los padres. Aunque resulte difícil al principio, limitar la televisión puede ayudarlo a pasar más tiempo en familia, y darle más tiempo libre para hacer otras cosas como jugar, leer, o simplemente estar juntos. Sea consistente
- **Ayude a los niños a lidiar con el aburrimiento:** esté listo para sugerir otras actividades. Con el tiempo, los niños comenzarán a disfrutar otros tipos de pasatiempos.

Para obtener ideas sobre cómo promover el apagar el televisor, visite http://www.common sense media.org/sites/default/files/CSM_Tip_SP_JunkFood.pdf

Para más información, visite www.foodandfun.org.

[Side Bar]

Reglas sugeridas a las cuales atenderse

- Menos de 2 horas diarias de tiempo total frente a la pantalla (televisión, computadora en actividades no escolares y videojuegos).
- No permitir ver televisión durante las comidas.
- No permitir ver televisión mientras se hace la tarea.
- No permitir televisores en los dormitorios.
- No comer mientras se mira televisión.
- No cambiar canales: ver solamente los programas favoritos.
- Limitar el ver televisión a días y horas fijos.

Email Message

Use this sample message to communicate with parents by email.

Subject: **Consejos útiles para lograr hábitos saludables: Apague el televisor.**

Estimados Padres de (*insert program name*):

Este mes alentaremos a los niños del programa (*insert program name*) a que apaguen el televisor.

Los mensajes claves para los padres son:

- Limite el tiempo total que los niños pasan frente a la pantalla (televisión, juegos de video, Internet, etc.) a menos de 2 horas diarias.
- No permita televisores en los dormitorios de los niños.
- Ayude a los niños a descubrir otras actividades además de mirar televisión, tales como jugar juegos, hacer manualidades o estar activo.
- Sea un buen modelo de conducta y limite su propia cantidad de tiempo frente al televisor o la computadora en el hogar.

Los mensajes claves para los niños son:

- ¡Mover el cuerpo te mantiene en forma!
- Realiza alguna actividad en lugar de mirar televisión, jugar vídeo juegos o pasar tiempo frente a la computadora.

Nuestro objetivo es que los niños tomen conciencia de cuánta televisión ven y alentarlos a cambiar parte de ese tiempo por actividades más positivas para el cuerpo y la mente. Limitar el tiempo frente a la televisión y otras pantallas (tales como la computadora y los juegos de video) puede ser beneficioso para la salud de sus hijos.

Consejos útiles para lograr hábitos saludables:

- **Sea un buen modelo de conducta.** Limite su propio tiempo frente al televisor. Los niños aprenderán de usted.
- **Limite el tiempo de televisión y otro tiempo frente a la pantalla (como las computadoras o videojuegos) a menos de 2 horas por día.** Esto se puede lograr al mantener los televisores fuera de todos los dormitorios, limitar la televisión a determinados días u horarios, ver solo sus programas favoritos y no permitir ver televisión durante el horario de las comidas o de tareas escolares.
- **Tengan días sin pantallas** Planifique actividades familiares que no incluyan televisión o películas. Revise los programas locales de deportes y de recreación que se ofrecen después de la escuela y los fines de semana. Algunos programas son gratuitos y muchos ofrecen becas. Consulte también el sitio web de la Red "Apague la Tele" (TV Free Network www.tvturnoff.org) para obtener ideas acerca de actividades.

- **Sugiera otras actividades.** Ayude a los niños a lidiar con el aburrimiento sugiriendo otras actividades. Por ejemplo, planifique una noche de juegos en familia o sugiera que los niños intercambien 30 minutos de televisión por 30 minutos de lectura.
- **Use la tecnología.** Los dispositivos de filtración pueden eliminar los comerciales y limitar el tiempo que los niños dedican frente a la computadora o el televisor. El "TiVo", el "TV Allowance" y los controles para los padres en Windows Vista son herramientas útiles.

¿Quiere aprender más? Haga clic

en http://www.common sensemedia.org/sites/default/files/CSM_Tip_SP_JunkFood.pdf

Para más información, visite www.foodandfun.org.



UNIT 9:
Physical Activity
Play Hard!

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

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This document was created by the Harvard School of Public Health 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 9 Information for Leaders

Behavior Goals

Children will “play hard” at least 3 times each week at afterschool.

Key Messages for Kids

- Doing activities that make you sweat or breathe hard will make you strong and keep your bones and heart healthy.
- Playing hard is fun when it’s something you like to do.
- Do an activity that makes you sweat or breathe hard at least 3 times per week.

Key Information for Program Staff

It is important to create an afterschool environment where children are able to participate in physical activity every day. When regular activity is not part of a healthy lifestyle, children are more likely to develop chronic diseases, such as heart disease, diabetes, and osteoporosis when they grow up. Physical activity tends to decline as children enter the adolescent years, and inactive children and teens are more likely to grow into sedentary adults.

The goal is to engage all children in regular physical activity, regardless of physical or mental abilities, and for them to have fun while being active. Many schools have reduced physical education and recess times, so children come to afterschool programs ready to move! Children ages 6-17 need at least 60 minutes of physical activity each day. They should participate in vigorous activity on at least 3 days per week. To help children meet this goal, provide all children with at least 30 minutes of moderate physical activity every day. Offer at least 20 minutes of vigorous physical activity on 3 or more days per week. Don’t forget proper hydration! Offer water before, during, and after all physical activity.

In this unit, children will learn what it means to “play hard”. Vigorous activities are games and sports that are more intense than fast walking. They make you sweat and your heart beat faster. This unit also encourages children to identify vigorous physical activities that are fun for them. Take time to learn about students’ cultures to be sure you offer meaningful and interesting activities for all the kids in your program. Kids will be more likely to take part!

Refer to the *“Everyone Participates!”* and *“Physical Activity!”* Tip Sheets for ideas on how to engage children and staff in physical activity at your afterschool program. The Tip Sheets are available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Arts & Crafts

Build an Activity Wheel – create a wheel with different types of physical activities pictured, and use the wheel to select the game or activity to play each day.



Active Games

Warm Up and Cool Down activities – do these whenever you play hard!

Play Soft, Play Hard – this game helps children understand the difference between moderate and vigorous activity.

What happens when...? – best for older children who can recognize physical changes in their bodies, such as increased heart rate from taking a pulse.



Books

Jonathan and His Mommy by Irene Smalls takes children along a fun walk through the neighborhood and can be used for an interactive circle time.

Salt in His Shoes by Delores Jordan tells the inspirational story of Michael Jordan and how perseverance led him to become a successful basketball player.

Connect with Parents!

Key Messages for Parents

- Kids should get vigorous activity (that make them breathe hard or sweat) at least 3 times a week.
- Vigorous activities build strength and endurance and are good for the heart and bones.
- Be a good role model and make time for vigorous physical activity.

Options for Parent Communication

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
- Train for a 5k run! Find a 5k fun-run in your area and start training! Schedule a weekly run with families, and encourage running on other days of the week as well. Make it an annual event for families to participate in!
- Family field trip. Take a field trip to your local YMCA to use the gym equipment, swim in the pool, or participate in a class the Y might be offering for families to do together!

Refer to the Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun:

1. **Newsletter Article:** “Get Moving! Feel Great!”. Insert this into your program newsletter.
2. **Email message:** “Healthy Habits Power Tips: Get Moving!”. Email this message to parents at the start of this unit.
3. **Parent Handout:** “Activate your Family!”. 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.

Parent Communications and Parent Handouts are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



The Physical Activity Guidelines for Americans describe the types and amounts of physical activity that offer substantial health benefits to children and adults.

www.health.gov/paguidelines/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

www.letsmove.gov/index.html

National Association for Sport and Physical Activity (NASPE) offers guidelines on activity for children and publishes curricula for in-school and out-of-school time.

www.aahperd.org/Naspe/

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.

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.

www.actionforhealthykids.org/

President's Fitness Challenge inspires children (and adults) to get moving each day. Use the guidelines and log charts to create a challenge within your center, or enroll children in the challenge through the web site.

www.presidentschallenge.org/home_kids.aspx

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. Also available in Spanish.

www.kidshealth.org

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

The Centers for Disease Control and Prevention sponsor two programs for 9-13 year olds. VERB is a national, multicultural, social marketing campaign which encourages tweens to be active every day. For information about the VERB campaign, which includes materials for parents, go to:

www.cdc.gov/youthcampaign/

Web Sites for Kids:

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.

www.bam.gov

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

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

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

Materials:

The CANFIT Physical Activity Pyramid is a fun, colorful guide to different types of physical activities kids can enjoy after school. Use it to think of new ways to get kids activity during your program or post it on your site's bulletin board.

canfit.org/pdf/PAPyramid4AS.pdf

Activities



BUILD AN ACTIVITY WHEEL

Objective:

Children will contribute ideas of what they like to do to play hard, and then program staff can use these child-approved activities to plan the program's active time.

Materials:

- Cardboard, cut into one large circle
- Paper fastener and large popsicle stick
- Poster-board or large pieces of construction paper cut into triangles
- Plain or colored paper
- Markers, crayons, or other art supplies of choice
- Scissors and tape or paste

Leader Preparation:

Create a spinning wheel around which the children will paste their physical activity drawings or pictures cut from magazines. While small spinning wheels may be available at a craft or education supply store (or even from an old game!), you can make one by attaching a flat wood popsicle stick to a paper fastener and securing to cardboard.

Instructions:

1. Tell the children that they will be creating an activity wheel that they can use to choose the games or activities they will do in the afterschool program.
2. Children should think of physical activities that get them “playing hard”. Explain:
 - When we “play hard”, our heart beats faster, our breath may become heavy or faster, we feel warm or sweat, and it may be hard to chat with friends. Our bodies are “highly active” (you could use the term “vigorous” activity with upper elementary children) when we play team sports, run, ride bikes, dance, play kick ball, tag, or basketball. We should do these things **most days** of the week to build strong hearts and bones and to improve fitness (when we are fit, it becomes easier to play hard).
3. Invite the children to draw pictures that represent their favorite ways to play hard and tape the pictures to the different triangles on the wheel (you may have children cut their pictures out so they fit).
 - *Note:* Some children may draw the same thing and that is ok – just put similar pictures on the same triangle.
4. Spin the wheel to choose an activity to do today!

5. Encourage children to move their bodies every day, and use the pictures or listed activities to guide the activity choices in your program.

Extension Activities:

- Some children may list enjoyable activities that cannot be done during program time (like roller skating, swimming, etc.) or that they do as part of their daily routine (such as walking the dog). Create “personal” activity wheel for kids to use at home. This can include active as well as quiet time activities that they can do alone or with their family. Have children share their personal activity wheels with the group.
- Invite children to draw pictures to create a collage poster of **every day** things that they do to keep their bodies healthy. Ask the group to name some active things they do each day. Give examples, like walking to school, cleaning your room, helping around the house, or playing at recess. Tell the group that it is good to move your body every day!
- It is important to balance strength and flexibility activities with playing hard, so children may enjoy ballet dancing, martial arts, or yoga a few times each week. Create another collage poster with these pictures. Pictures of enjoyable activities that children may only do once in a while, like canoeing, miniature golf, or sledding, also can be pasted to this poster.
- Have students label the different pictures in both English and the languages they speak. See how many different words you can learn for the same activities!

WARM UP, COOL DOWN



Objective:

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 you have limited 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, or do laps, 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.

PLAY SOFT, PLAY HARD

Adapted from Eat Well Play Hard's "Musical Fare" game



Objective:

To circle the room until the music stops, at which point players go to the nearest activity card and act out that activity when the music plays again.

This game demonstrates the difference between low to moderate intensity activities and vigorous activities.

Preparation and Materials:

- Copy the activity cards, cut out, and tape to the walls around the gym. If needed, make extra copies, or add other activities to the list
- CD player/iPod and peppy music
- *Optional:* try playing culturally diverse music like salsa, merengue, or hip hop

Instructions:

1. Arrange children in a circle around the room. Inform them that this game is played like musical chairs. They will walk around the room while the music plays, then stop at an activity card along the wall when the music stops. In this game, there should be enough activity options or more for each child, and cards/children are not eliminated from play.
2. When the music stops and all players are at a different activity card, ask the children to raise their hands if the activity makes them "play hard". If it makes them "play soft" then those players will take two steps into the middle of the room. If it is not active at all then kneel down.
3. When the music starts again, children who are raising their hands should try to act out their activity as they move around the room (or simply jog). Children who stepped forward should go to the middle of the gym and walk around slowly. Children who are kneeling should go to an open space and remain kneeling out of action for the next set of music.
4. Play a few rounds and then stop to ask children if they have noticed the changes in their bodies as they go from being still or moving slowly to moving quickly or playing hard. Help them recognize changes: they feel warm, they breathe more quickly, their heart beats faster.
5. Remind children that their bodies like to play hard because an active body is a healthy body.

WHAT HAPPENS WHEN...?

Best for Upper Elementary Children



Objective:

Older children will perform different movements to understand how their bodies react to physical activity. Children will learn to take their pulse.

Preparation and Materials:

- Clock or watch
- Teach yourself and your staff how to take a pulse before teaching kids

Instructions:

1. After children have been sitting doing homework or some other quiet activity, announce that they need a movement break.
2. Before getting up, lead the children through some simple chair stretches:
 - Reach up to the sky like a tall tree
 - Sway the outstretched arms slowly side to side as if swaying in the breeze
 - Bring arms down, then circle arms around as if hugging a large beach ball
 - Reach over to touch toes and hang like a rag doll
3. Ask how their muscles felt after stretching. Teach kids how to find their pulse. Ask children to count the number of beats they feel as you time 10 seconds. Tell the kids to remember the number or have them write it down on a piece of paper.
4. Stand up and walk to an open area (large corridor or gym).
5. Instruct the children to take large, slow steps around the gym or down the hall.
6. Return to a circle and march in place. Do 10 jumping jacks. Now, how do they feel? Are they feeling warm? Can anyone feel their heart beating? Take another 10-second pulse. Is this number bigger than the first time?
7. Move into more vigorous activities. Jog around the room, play a game of tag or a relay race to get children moving quickly. Play hard for 10 minutes then take a break to check in with how they feel. Take another 10-second pulse – everyone's number should have increased at this point. If it did not, then that child was not being very active.
8. Continue to play (invite the group to choose their favorite games) for another 10-20 minutes.

How to Find your Pulse

- The pulse in the neck is from the carotid artery. It is usually easier for children to find than the pulse at the wrist.
- Instruct children to use their second and third fingers to run along the windpipe and then along the jaw until they feel a pulsing sensation.
- Tell children to move their fingers slowly back and forth so they don't pass over it.
- Because this artery supplies blood to the brain, they should not press on both sides at the same time, or they will lessen the blood flow.

9. Cool-down. Take a final 10-second pulse. This number should be like the second one they took. If it is still high then they need a few more minutes to cool down.
10. Explain that when they play hard on a regular basis, their bodies get used to moving and that makes it easier to play for longer periods of time (called endurance).

Worksheet List

Activity Cards for Play Hard, Play Soft

Pages 16-37

- Activity List for Leaders
- Activity Cards

Play Hard, Play Soft

Activity Card List for Leaders

Get Moving Activities:	Stay Still Activities:
Take a Walk	Watch TV
Jog or Run	Surf the Internet
Roller Blade	Sing
Shoot Hoops	Read a Book
Play on Jungle Gym	Color, Draw or Paint
Swim	Do a Puzzle
Play Tag	Play Video Games
Dance	Do Homework
Play Kickball	Talk on the Phone
Clean Room	Eat a Meal

Very Active Moves	Moderate Moves
Hip Hop Dance	Walk to and from School
Hockey or Ice Skating	Take the Stairs
Basketball	Carry in Groceries
Volleyball	Skateboard
Martial arts—Karate, Judo, Tae Kwon Do	Sweep Floors
Play Soccer	Play on a Swing
Ride Bikes	Toss a Frisbee
Jump Rope	Play Catch
Tennis	Play Hopscotch
Swim Laps	Help with Chores

Play Hard, Play Soft

Take a
Walk

Watch TV

Play Hard, Play Soft

Jog or
Run

Surf the
Internet

Play Hard, Play Soft

<p>Roller Blade</p>	<p>Sing</p>
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Play Hard, Play Soft

<h1>Shoot Hoops</h1>	<h1>Read a Book</h1>
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Play Hard, Play Soft

Play on
Jungle Gym

Color, Draw
or
Paint

Play Hard, Play Soft

Swim

Do a Puzzle

Play Hard, Play Soft

Play Tag

Play Video
Games

Play Hard, Play Soft

Dance

Do
Homework

Play Hard, Play Soft

<p>Play Kickball</p>	<p>Talk on the Phone</p>
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Play Hard, Play Soft

Clean Room

Eat a Meal

Play Hard, Play Soft

**Hip Hop
Dance**

**Walk to and
from School**

Play Hard, Play Soft

Hockey or
Ice Skating

Take the
Stairs

Play Hard, Play Soft

Basketball

**Carry in
Groceries**

Play Hard, Play Soft

Volleyball

Sweep
Floors

Play Hard, Play Soft

<p>Martial Arts—Karate, Judo, Tae Kwon Do</p>	<p>Skateboarding</p>
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Play Hard, Play Soft

Play Soccer

Play on
Swings

Play Hard, Play Soft

Ride Bikes

Toss a
Frisbee

Play Hard, Play Soft

Jump Rope

Play Catch

Play Hard, Play Soft

Tennis

Play
Hopscotch

Play Hard, Play Soft

Swim Laps

Help with
Chores

Food & Fun Afterschool 2nd Edition

Parent Communications

Unit 9: Play Hard!

About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education and school, improved relationships between parents and children, and improved implementation and outcomes for afterschool programs*.

This Parent Communication packet contains Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- 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, like a parent's night

**Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.*

Parent Engagement Activities

Experiment and be creative- come up with your own ideas or modify the activities below to engage parents at your after school program!

- **Train for a 5k run!** Find a 5k fun-run in your area and start training! Schedule a weekly run with families, and encourage running on other days of the week as well. Make it an annual event for families to participate in!
- **Family field trip.** Take a field trip to your local YMCA to use the gym equipment, swim in the pool, or participate in a class the Y might be offering for families to do together!

For more information, visit www.foodandfun.org.

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity and YMCA of the USA."

GET MOVING! FEEL GREAT!

Feeling exhausted at the end of the day? How about the kids....do they just want to watch TV? Physical activity helps you feel better right away, no matter what kind you choose.

This month our program will focus on the importance of being physically active every day. Our goal is to engage children in regular physical activity in a way that encourages all children, regardless of their abilities.

The key messages for parents are:

- Kids should get vigorous activity (that make them breathe hard or sweat) at least 3 times a week.
- Vigorous activities build strength and endurance and are good for the heart and bones.
- Be a good role model and make time for vigorous physical activity.

The key messages we'll be teaching kids are:

- Doing activities that make you sweat or breathe hard will make you strong and keep your bones and heart healthy.
- Playing hard is fun when it's something you like to do.
- Do an activity that makes you sweat or breathe hard at least 3 times per week.

Daily physical activity can give you more energy and improve your sleep and focus. Staying active over time also helps you keep a healthy weight. It protects you from heart disease, diabetes, high blood pressure, stroke, and osteoporosis (weak bones).

How much activity do kids need? Kids should get 1 hour or more of physical activity every day. This can be spread out in periods of 10-15 minutes. Kids should do vigorous activity on at least 3 days per week. This includes activities that make kids breathe hard and sweat.

Examples of moderate activity	Examples of vigorous activity
Games and sports that are similar to fast walking:	Games and sports which are more intense than fast walking. They make you sweat:
hopscotch kickball playground play 4-square bike riding frisbee	swimming basketball jumping rope running soccer aerobic dancing

Tips for keeping your family active:

- Play a game of tag or soccer after school.
- Instead of watching TV, take a walk or dance around the house after dinner.
- Plan at least 1 fun physical activity together on weekends.
- Involve kids in active chores, like putting away groceries or sweeping.
- Take the stairs when you're at your favorite museum or library.
- Make sure that your children have opportunities for active play after school on most days of the week. This can be in your yard, at a playground, or in sports and recreation programs.

Children who grow up in an active family are more likely to remain active as adults. An active lifestyle can help your family live longer, healthier lives. Set a good example by being active yourself! Encourage your children to find activities they enjoy. For more ideas on fun ways to get your family active, check out <http://www.cdc.gov/youthcampaign/marketing/adult/index.htm>.

For more on keeping your family healthy, visit www.foodandfun.org.

Email Message

Use this sample message to communicate with parents by email.

Subject: **Healthy Habits Power Tips—Get Moving!**

Dear (*insert program name*) Parents,

This month (*insert program name*) will focus on the importance of being physically active every day.

The key messages for parents are:

- Kids should get vigorous activity (that make them breathe hard or sweat) at least 3 times a week.
- Vigorous activities build strength and endurance and are good for the heart and bones.
- Be a good role model and make time for vigorous physical activity.

The key messages for kids are:

- Doing activities that make you sweat or breathe hard will make you strong and keep your bones and heart healthy.
- Playing hard is fun when it's something you like to do.
- Do an activity that makes you sweat or breathe hard at least 3 times per week.

Our goal is to engage children in regular physical activity in a way that encourages all children, regardless of their abilities.

You can encourage regular physical activity at home by reinforcing the key messages, and by following these **Healthy Habits Power Tips**:

- Be a good role model by doing regular physical activity yourself.
- Play a game of tag or soccer after school.
- Instead of watching TV, take a walk or dance around the house after dinner.
- Plan at least 1 fun physical activity together on weekends.
- Involve kids in active chores, like putting away groceries or sweeping.
- Take the stairs when you're at your favorite museum or library.
- Make sure that your children have opportunities for active play after school on most days of the week. This can be in your yard, at a playground, or in sports and recreation programs.

Want to learn more? Click on <http://www.cdc.gov/youthcampaign/marketing/adult/index.htm> for ideas for games and activities to play.

For more on keeping your family healthy, visit www.foodandfun.org.

Food & Fun Afterschool 2nd Edition

Parent Communications- Spanish

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit, "Proporcionado por Harvard School of Public Health Prevention Research Center sobre la Nutrición y la Actividad Física y la YMCA de USA."

¡MUÉVASE! ¡SIÉNTASE BIEN!

¿Se siente exhausto al final de cada día? ¿Y los niños...sólo quieren ver televisión? La actividad física ayuda a sentirse mejor de inmediato, no importa el tipo de actividad que escoja.

Este mes nuestro programa ha de concentrarse en la importancia de estar activo físicamente todos los días. Nuestro objetivo es interesar a los niños en la actividad física regular de tal manera que todos los niños se motiven independientemente de sus habilidades.

Los mensajes claves para los padres son:

- Los niños deberán realizar actividades vigorosas (que les hagan respirar fuerte y sudar) por lo menos 3 veces a la semana.
- Las actividades vigorosas desarrollan fuerza y resistencia y son buenas para el corazón y los huesos.
- Sea un buen modelo de conducta y planifique tiempo para actividades físicas vigorosas.

Los mensajes claves que estaremos enseñando a los niños son:

- Realizar actividades que hacen sudar o respirar fuerte te fortalecerán y mantendrán saludables a los huesos y el corazón.
- Jugar con intensidad es divertido cuando es algo que disfrutas.
- Realiza una actividad que te haga sudar o respirar fuerte por lo menos 3 veces a la semana.

La actividad física diaria puede darte más energía y mejorar tu sueño y la concentración. Con el tiempo, el mantenerte activo te ayudará a mantener un peso saludable. También te protege contra las enfermedades del corazón, diabetes, presión alta, ataques cerebrovasculares y osteoporosis (huesos frágiles).

¿Cuánta actividad necesitan los niños? Los niños deben tener 1 hora o más de actividad física todos los días. Ésta puede dividirse en períodos de 10-15 minutos. Los niños deberán realizar actividades vigorosas por lo menos 3 días a la semana. Se trata de actividades que hagan sudar y respirar fuerte a los niños.

Ejemplos de actividad moderada	Ejemplos de actividad vigorosa
Juegos y deportes similares a caminar rápido:	Juegos y deportes más intensos que caminar rápido. Te hacen sudar:
rayuela jugar a la pelota juegos en el 4 esquinas patio de recreo montar Frisbee en bicicleta	nadar baloncesto saltar la correr cuerda fútbol baile aeróbico

Consejos para mantener activa a su familia:

- Jugar un juego de "corre que te pillo" o de fútbol después de la escuela.
- En lugar de ver televisión, salga a pasear o baile por la casa después de cenar.
- Planifique por lo menos 1 actividad física divertida para hacer juntos los fines de semana.
- Involucre a los niños en tareas de casa activas, como guardar los comestibles o barrer.
- Suba por las escaleras cuando estén en su museo o biblioteca favoritos.
- Asegúrese que sus hijos tengan la oportunidad de jugar activamente después de la escuela la mayoría de los días de la semana. Puede ser en su jardín, en el patio de recreo o en los programas de deportes o recreación.

Los niños que se crían en familias activas tienen una mayor probabilidad de mantenerse activos cuando sean adultos. Un estilo de vida activo puede ayudar a su familia a tener una vida más larga y saludable. Dé un buen ejemplo al ser activo usted mismo. Anime a sus niños a encontrar actividades que disfruten. Para obtener más ideas divertidas, visite, http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html.

Para más información, visite www.foodandfun.org.

Email Message

Use this sample message to communicate with parents by email.

Subject: **Consejos útiles para lograr hábitos saludables: ¡Muévase!**

Estimados Padres de *(insert program name)*:

Este mes el programa *(insert program name)* se concentrara en la importancia de estar activo físicamente todos los días.

Los mensajes claves para los padres son:

- Los niños deberán realizar actividades vigorosas (que les hagan respirar fuerte y sudar) por lo menos 3 veces a la semana.
- Las actividades vigorosas desarrollan fuerza y resistencia y son buenas para el corazón y los huesos.
- Sea un buen modelo de conducta y planifique tiempo para actividades físicas vigorosas.

Los mensajes claves para los niños son:

- Realizar actividades que te hacen sudar o respirar fuerte te fortalecerán y mantendrán saludables a los huesos y el corazón.
- Jugar con intensidad es divertido cuando es algo que disfrutas.
- Realiza una actividad que te haga sudar o respirar fuerte por lo menos 3 veces a la semana.

Nuestro objetivo es interesar a los niños en la actividad física regular de tal manera que todos los niños se motiven independientemente de sus habilidades.

Usted puede fomentar la actividad física regular reforzando los mensajes claves en el hogar y siguiendo estos **Consejos útiles para lograr hábitos saludables**:

- Sea un buen modelo de conducta haciendo actividades físicas regulares.
- Jugar un juego de "corre que te pillo" o de fútbol después de la escuela.
- En lugar de ver televisión, salga a pasear o baile por la casa después de cenar.
- Planifique por lo menos 1 actividad física divertida para hacer juntos los fines de semana.
- Involucre a los niños en tareas de casa activas, como guardar los comestibles o barrer.
- Suba por las escaleras cuando estén en su museo o biblioteca favoritos.
- Asegúrese que sus hijos tengan la oportunidad de jugar activamente después de la escuela la mayoría de los días de la semana. Puede ser en su jardín, en el patio de recreo o en los programas de deportes o recreación.

¿Quiere aprender más? Haga clic en http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html para obtener ideas para juegos y actividades.

Para más información, visite www.foodandfun.org.



UNIT 10:

Hydration

Be Active, Stay Cool!

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

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This document was created by the Harvard School of Public Health 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 10 Information for Leaders

Behavior Goals

Children will drink water at every snack and when they are thirsty.

Key Messages for Kids

- Water is the best thirst quencher.
- Drink water when you are thirsty.
- Drink water instead of juice or soda at every snack and meal.

Key Information for Program Staff

Water is the best drink for children in afterschool programs. It is calorie free, hydrates children, and is low-cost from your nearest tap! Serve water at every snack, and make sure it is available throughout the afterschool period. Encourage children to drink water whenever they are thirsty.

Do not serve sugar-sweetened beverages (like soda, fruit drinks, sports drinks, and fruit-ades) during afterschool; these drinks provide a lot of sugar and calories that children's bodies don't need. Children do not need sport and energy drinks because most sports drinks are designed for endurance athletes who exercise for hours at high intensity. They contain lots of sugar and calories.

It is important to communicate about the importance of drinking water instead of sugary drinks to parents because kids are most likely to drink soda and juice drinks at home. Many parents don't realize the large amount of sugar their children get from drinks. Most tap water in the United States is safe to drink, but if you or the parents from your program are concerned about the safety of your local water supply check out The Environmental Protection Agency's annual water quality reports: <http://www.epa.gov/safewater/ccr/whereyoulive.html>.

Refer to the *"Water, Water Everywhere!" Tip Sheet* for ideas on how to serve water at your afterschool program! The Tip Sheet is also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Arts & Crafts

Cup Coolers – children make their own to remind them to drink water often



Active Games

Warm Up, Cool Down – do these whenever children are active!

Obstacle course – Set up an obstacle course that includes water stations



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

Gulp! This activity teaches children how to track how much water they drink throughout the day



Snack Time

Make and taste “Silly Water”

Connect with Parents!

Key Messages for Parents

- Water is the best drink to keep kids hydrated.
- Water is the best choice for kids when they are being active and playing sports.
- Serve water at every snack and meal. Make sure that water is available all day for your child.

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
- Offer parents fun water! Put a pitcher of water and cups by the sign-out book. Add sliced oranges, cucumbers, lemons or a splash of 100% juice. Be creative! Try different “fun water” every day for a week. Ask parents and kids which ones they like best. Encourage parents to serve fun water at home, and to try new flavors!

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun.

1. **Newsletter Article:** “Hydrated Kids are Healthy Kids”. Insert this into your program newsletter.
2. **Email message:** “Healthy Habits Power Tips: Stay Cool”. Email this message to parents at the start of this unit.
3. **Parent Handout:** “Quenchers!”. 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.

Parent Communications and Parent Handouts are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

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. Also available in Spanish.

www.kidshealth.org

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

The Department of Nutrition at the Harvard School of Public Health provides tips and information on making healthy beverage choices.

www.hsph.harvard.edu/nutritionsource/healthy-drinks

This site has links to a variety of lessons and educational materials, both about drinking water and water as a resource — great if you're looking for a chance to integrate some science lessons into your program.

www.nesc.wvu.edu/educators.cfm

If you are concerned about the water quality, safety, or fluoridation check out The Environmental Protection Agency's annual water quality reports.

<http://www.epa.gov/safewater/ccr/whereyoulive.html>

Web Sites for Kids:

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.

www.bam.gov

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

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

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

Nutrition Explorations, sponsored by the National Dairy Council, is an interactive site with activities, information, and cool recipes for kids.

www.nutritionexplorations.org/kids/main.asp

Activities

CUP COOLERS



Objective:

Children will personalize cup coolers and be reminded to drink water when they are thirsty.

Materials:

- Foam cup holders – one for each child
- Various craft supplies: craft foam shapes, beads, scrap material, markers, etc.
- Glue
- Small water bottles

Instructions:

1. Introduce the activity by telling children that they will be making their own cup coolers! Tell them that it is important to drink water when they get thirsty.
2. Distribute foam cup holders and have craft supplies available for children to share.
3. Write names on the bottom of the cup holders in permanent marker before you start. Children may also write their names in decorative fashion on the holders.
4. Encourage children to be creative and decorate the cup holders in a way that defines them.
5. Allow glue to fully dry before using. Give each child a water bottle or cup to place in the cup holder.
6. Tell children that it is important to drink water throughout the day, and especially when they play, to stay cool and hydrated.

Extension Activities:

- Instead of cup holders, decorate styrofoam or plastic cups instead!
- Have children decorate their cup holders with beans, grains, dried fruits etc. and magazine cut outs of their favorite activities to help them remember to eat healthy and be active.

WARM UP, COOL DOWN



Objective:

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.

“EVERYONE MOVES” OBSTACLE COURSE



Objective:

Instead of a traditional relay-race type obstacle course, set up this course in stations around the room, similarly to circuit training. Offer water at every station and encourage kids to drink if they are thirsty!

Preparation and Materials:

These are suggested equipment and set-up options – use what you have and be creative!

- CD player and peppy music, try playing fun music from different cultural groups of the children in your program!
- Jump ropes
- Cones and masking tape
 - Set cones as a slalom course to run through
 - Set pairs of cones side-by-side and use masking tape to create the line to jump over (have several in a line to create a set of low hurdles)
- Hula Hoops—do the hula or scatter hoops on the floor to jump in and out of
 - Do the hula or scatter hoops on the floor to jump in and out of
- Balls
 - Dribble and shoot baskets
 - Dribble and kick soccer ball
 - Play catch or juggle small balls
 - Play “Four-squares” (encourage children to call out favorite active games, or fruits and vegetables or other healthy snacks)
- Frisbee
- Free Space
 - Just dance!
 - Do gymnastic moves like cartwheels, somersaults, or hand stands
 - Do push-ups (modify for younger children), sit-ups or jumping jacks (try 10 each!)
 - Have a station where kids can teach other kids an activity they know how to do!

Instructions:

1. Divide the group by the number of stations and have each small group of children start at a different station (number the stations for clarity).
2. Instruct the children to do the activity at each station while the music is playing, and when the music stops they will move to the next station.
3. Make sure water is available throughout the activity and encourage kids to drink when they are thirsty!

GULP!



Objective:

Children will track how much water they drink throughout the day.

Preparation and Materials:

- Small poster boards for each child (*Optional*: Large poster board for the entire group)
- Stickers (to represent cups of water)
- Variety of grocery bulletins, circulars, food magazines, nature magazines, etc
- Assorted colored markers

Instructions:

1. Have children draw a calendar of the week (squares for Monday through Friday) on their poster board and decorate it with images of water to remind them to drink water throughout the day.
2. Have children think about their school day. How many servings of water (demonstrate 8 ounces or one cup serving with water bottles) did they drink today? (Encourage kids to use the coolers or cups they decorated to refill on water throughout the school day!)
3. Have them record the number of water servings by posting 1 sticker per cup under today's date. Repeat this activity each day during the week.
4. Ask the children: When did you drink water? (At lunch? After gym class?) What did the water taste like? Where is your favorite place to drink water at school? At home?
5. At the end of one week calculate how much water the group drank.

Extension Activities:

- Have a "Silly Water" party (see recipe below) during pick up and engage parents in taste testing.
- Make a list of different ways children drink water and have them rate their favorites (For example, school water fountain, Brita filter, with ice, with lemon, etc). Post the list for parents to see and discuss at pick up.

SILLY WATER



Ingredients:

- Plain water
- Fruit and vegetables, for flavor: lemon, lime, cucumber, orange, melon slices, raspberries, etc. Have children suggest and try out different things!

Instructions:

1. Mix up your own silly water by adding the fruit or vegetable of choice to a pitcher of ice water. Let the fruit or vegetable sit for at least 10 minutes for the flavor to infuse the water before serving.
2. Serve and conduct a taste test. Do the children like the flavored water? Ask children which silly water would they drink again, or what other flavors they would like to try.

Extension Activities:

- Instead of a regular taste test, conduct a “blind” taste test, where children have to identify the fruit or vegetable while blindfolded. Which flavor is easiest to guess? Which is hardest?
- Have children bring in a fruit or vegetable from home to put in a pitcher of water for snack!

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!

Be Active, Stay Cool! Taste Test Ideas for Staying Hydrated

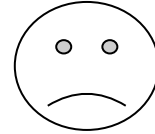
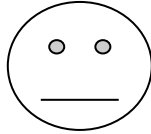


- Silly water! Serve water infused with fruits, vegetables, or herbs, like oranges, lemon, cucumber, or mint.
- Mint Ice Tea. Fill a pitcher with water, decaffeinated tea bags, and mint leaves. Let it sit in the sun for 30 minutes and serve over ice!

Taste Test Rating Sheet

Today I tried: _____

I liked this:



A lot!

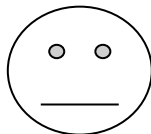
Somewhat

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: _____

Food & Fun Afterschool 2nd Edition

Parent Communications

Unit 10: What To Drink? Water!

About Parent Engagement

Engaging with families in after school time is associated with increased family involvement in children's education and school, improved relationships between parents and children, and improved implementation and outcomes for afterschool programs*.

This Parent Communication packet contains Parent Engagement Activities, a Newsletter Article, and an Email Message for you to use with each Food & Fun unit. These tools are intended to help you connect with and educate parents on the key messages in Food & Fun.

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that programs have engaged parents at after school:

- 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, like a parent's night

**Focus on Families! How to Build and Support Family-Centered Practices in After School. A Joint Publication of: United Way of Massachusetts Bay, Harvard Family Research Project, and Build the Out-Of-School Time Network.*

Parent Engagement Activities

Experiment and be creative- come up with your own ideas or modify the activities below to engage parents at your after school program!

- **Offer parents fun water!** Put a pitcher of water and cups by the sign-out book. Add sliced oranges, cucumbers, lemons or a splash of 100% juice. Be creative! Try different "fun water" every day for a week. Ask parents and kids which ones they like best. Encourage parents to serve fun water at home, and to try new flavors!

For more information, visit www.foodandfun.org.

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit "Provided by Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity."

HYDRATED KIDS ARE HEALTHY KIDS

What to drink? Water! Offer water at every snack and meal time. It is a great drink choice for kids because it is calorie-free and low cost from your nearest tap! Kids should drink plenty of water when they are playing and being active.

This month the (*insert program name*) will focus on the importance of drinking water.

The key messages for parents are:

- Water is the best drink to keep kids hydrated.
- Water is the best choice for kids when they are being active and playing sports.
- Serve water at every snack and meal. Make sure that water is available all day for your child.

The key messages for kids are:

- Water is the best thirst quencher.
- Drink water when you are thirsty.
- Drink water instead of juice or soda at every meal.

Here are some tips to keep your kids happy, healthy and hydrated:

- **Drink water often.** Serve water at every snack and meal time. When your kids are physically active, make sure they have a bottle of water to drink from during their activity. Our bodies are the best judge of how much water we need. Teach your kids to drink whenever they are thirsty.
- **Do not serve drinks with sugar!** This includes sodas, sports drinks, sweetened iced teas, fruit drinks, and energy drinks. Drinking too many sugar-sweetened drinks increases the risk for overweight in kids and adults and can also cause dental cavities.
- **Ask questions.** Make sure that after school programs or day-camps serve water at all meals and snack times, and that they allow for water breaks throughout the day.

Drink lots of water yourself throughout the day! Setting an example now can help your kids learn how to stay healthy and hydrated as they get older.

[Side Bar]

Do Choose:

- Water – as much as you want! For extra flavor and fun, add fruit or frozen 100% fruit juice ice cubes.
- Sodium free seltzer water
- Juice “spritzers”- Mix a splash of 100% juice with sodium-free seltzer water.

Avoid Drinks With Added Sugars:

- Soda
- Sweetened iced teas
- Fruit punches and fruit-ades
- Sports drinks
- Energy drinks
- Fruit drinks

Avoid Drinks With Sugar Substitutes:

- Diet sodas
- Diet iced teas
- Diet fruit drinks

Email Message

Use this sample message to communicate with parents by email.

Subject line: **Healthy Habits Power Tips—Stay Cool**

Dear (*insert program name*) Parents,

This month the (*insert program name*) will focus on the importance of drinking water.

The key messages for parents are:

- Water is the best drink to keep kids hydrated.
- Water is the best choice for kids when they are being active and playing sports.
- Serve water at every snack and meal. Make sure that water is available all day for your child.

The key messages for kids are:

- Water is the best thirst quencher.
- Drink water often when you play.
- Drink water instead of juice or soda at every meal.

Keep your children hydrated with these **Healthy Habits Power Tips**:

- **Drink water often.** Serve water at every snack and meal time. When your kids are physically active, make sure they have a bottle of water to drink from during their activity. Our bodies are the best judge of how much water we need. Teach your kids to drink whenever they are thirsty.
- **Do not serve drinks with sugar!** This includes sodas, sports drinks, sweetened iced teas, fruit drinks, and energy drinks. Drinking too many sugar-sweetened drinks increases the risk for overweight in kids and adults and can also cause dental cavities.
- **Make water even more FUN!** For extra flavor and fun, add sliced fruit or frozen 100% fruit juice ice cubes to water. Or, mix a splash of 100% juice to sodium-free seltzer water for a refreshing treat.

For more information on healthy drink options, check out <http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/index.html>

For more on keeping your family healthy, visit www.foodandfun.org.

Food & Fun Afterschool 2nd Edition

Parent Communications- Spanish

Newsletter Article

Use this article in your organization's publications. Be sure to include the credit, "Proporcionado por Harvard School of Public Health Prevention Research Center sobre la Nutrición y la Actividad Física y la YMCA de USA."

LOS NIÑOS HIDRATADOS SON NIÑOS SALUDABLES

Este mes el (*insert program name*) se concentrara en la importancia de beber agua.

Los mensajes claves para los padres son:

- El agua es el mejor líquido para mantener hidratados a los niños.
- El agua es la mejor opción para los niños cuando están activos y practican deportes.
- Sirva agua con cada merienda y comida. Asegúrese que haya agua disponible para su hijo/a en todo momento.

Los mensajes claves para los niños son:

- El agua es lo mejor para quitar la sed.
- Bebe agua frecuentemente cuando juegues.
- Bebe agua en lugar de jugo o gaseosa con cada comida.

¿Qué tomar? ¡Agua! Ofrezca agua con cada merienda y comida. Es una excelente opción de bebida para los niños porque no tiene calorías, es de bajo costo y ¡sale del grifo más cercano! Los niños deben tomar mucha agua cuando juegan y están activos.

Aquí hay algunos consejos para mantener a los niños contentos, saludables e hidratados:

- **Beber agua a menudo.** Sirva agua con cada merienda y comida. Cuando sus hijos estén activos físicamente, asegúrese de que tengan una botella de agua para beber durante la actividad. Nuestro cuerpo es el mejor juez de la cantidad de agua que necesitamos. Enseñe a sus hijos a beber cuando tienen sed.
- **¡No sirva bebidas azucaradas!** Esto incluye las gaseosas, las bebidas

deportivas, el té helado azucarado, los refrescos de frutas y las bebidas energizantes. Tomar demasiadas bebidas azucaradas aumenta el riesgo de sobrepeso en los niños y adultos, y además puede causar caries dentales.

- **Pregunte.** Asegúrese que los programas después de clase o los campamentos durante el día ofrezcan agua con todas las comidas y meriendas, y den recreos para tomar agua durante el día.

¡Usted mismo debe tomar mucha agua durante el día! Al dar el ejemplo ahora, ayudará a que sus niños aprendan cómo mantenerse saludables e hidratados mientras que crecen.

Para más información, visite www.foodandfun.org.

[Side Bar]

Seleccione:

- Agua: ¡toda lo que quiera! Para añadir sabor y diversión, añada cubitos de hielo hechos con fruta o jugo 100%.
- Agua con gas sin sodio.
- Jugos carbonatados: mezcle una pequeña cantidad de jugo 100% con agua gasificada sin sodio.

Evite las bebidas con azúcar añadida:

- Gaseosa
- Té helado azucarado
- Ponches y aguas de fruta
- Bebidas deportivas
- Bebidas energizantes
- Refrescos o licuados de fruta

Evite las bebidas con sustitutos del azúcar:

- Gaseosas dietéticas
- Té helado dietético
- Refrescos de fruta dietéticos

Email message

Use this sample message to communicate with parents by email.

Subject: **Consejos útiles para desarrollar hábitos saludables y permanecer fresco**

Estimados Padres de (*insert program name*):

Este mes el (*insert program name*) se concentrara en la importancia de beber agua.

Los mensajes claves para los padres son:

- El agua es el mejor líquido para mantener hidratados a los niños.
- El agua es la mejor opción para los niños cuando están activos y practican deportes.
- Sirva agua con cada merienda y comida. Asegúrese que haya agua disponible para su hijo en todo momento.

Los mensajes claves para los niños son:

- El agua es lo mejor para quitar la sed.
- Bebe agua frecuentemente cuando juegues.
- Bebe agua en lugar de jugo o gaseosa con cada comida.

Mantenga a sus hijos bien hidratados con estos **Consejos útiles para desarrollar hábitos saludables:**

- **Beba agua a menudo.** Sirva agua con cada merienda y comida. Cuando sus hijos estén físicamente activos, asegúrese de que tengan una botella de agua para consumir durante la actividad. Nuestro cuerpo es el mejor juez de la cantidad de agua que necesitamos. Enseñe a sus hijos a beber cuando tienen sed.
- **¡No sirva bebidas azucaradas!** Esto incluye las gaseosas, las bebidas deportivas, el té helado azucarado, los refrescos de frutas y las bebidas energizantes. El tomar demasiadas bebidas azucaradas aumenta el riesgo de sobrepeso en los niños y adultos, y además puede causar caries dentales.
- **¡Haga que el agua sea aún más DIVERTIDA!** Para añadir sabor y diversión, añada cubitos de hielo hechos con fruta o jugo 100%. Para un aperitivo refrescante, mezcle un poco de jugo 100% con agua con gas sin sodio.

Para más información, visite www.foodandfun.org.



UNIT 11:

Food and Fun Finale!

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

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This document was created by the Harvard School of Public Health 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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

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

Warm Up & Cool Down – do this whenever the children are active

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)

Name Three! A fun way to review lessons learned from all the units

Act Up! Children will create a Food & Fun skit.

Healthy Steps – A goal setting activity for kids and staff.



Snack Time

Make your favorite recipes from Food & Fun!

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 on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

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. Available in English and Spanish.

www.kidshealth.org

www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Web Sites for Kids:

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.

www.bam.gov

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

www.kidshealth.org/kid/index.jsp?tracking=K_Home

www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

WARM UP, COOL DOWN



Objective:

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

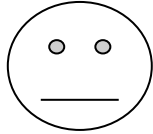


- Take a vote! Ask kids what their favorite taste test was and do it again! Maybe add in a few more options to mix it up a bit
- Involve parents in a favorite taste test among kids

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: _____



Recipe and Taste Test Packet

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

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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!

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.

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.

Food & Fun materials were created by the Harvard School of Public Health 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 School of Public Health 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 Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Cooking with Children

This recipe packet will provide you with tips on preparing food with children, and fun, healthy, inexpensive recipes, as well as guidelines for including taste tests as part of your snack program.



Key Information for Leaders

Preparing and trying new foods with children is a great way to get them excited and interested in healthy foods. Children who help with meal or snack preparation are more likely to try their own creations! The following recipes are designed to complement the Food & Fun unit themes.

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

Level 1. No cooking required

Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)

Level 3. Full Kitchen (e.g. Basic plus stove).

Before selecting a recipe, consider your storage options, equipment, and shopping patterns. For instance, if you have limited refrigeration, it may be difficult to store fresh fruits or vegetables. You may want to buy pre-cut produce, or shop, chop and serve on the same day to avoid taking up precious storage space! Some recipes require equipment such as a blender, electric griddle or hotplate or stove. All supplies and equipment needs are listed for each recipe.

Let children do as much as possible! Programs that prepare snacks with children provide the children with wonderful experiences. All recipes are designed to involve children (measuring, mixing, etc), but adults may need to do some advance preparation, such as chopping vegetables. Children can be involved with slicing soft items with a dull knife or grating vegetables. Whenever you prepare food with children, whether it is a simple taste test or more involved recipe, be sure to keep safety and sanitation in mind. Always wash hands and work surfaces before you start. While recipes list specific ingredients, be flexible and creative! Most fruits can be part of the Fruit Kabob, just as different vegetables can be used for dipping. Purchase produce in season, and allow the children to choose what to add to their own creations!

You may also use the recipes or taste tests as a way to involve parents and families in developing healthy eating habits. Set out taste tests at a Family Fun Night or open house, or have samples along with copies of the recipes available during check-out times. Children will be proud of their new skills, and parents will be thrilled to discover healthy foods that their children like to eat.

Recipe Criteria

All recipes included in the Food and Fun 2nd Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of \$0.74 per serving for afterschool programs.



Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

Level 1. No cooking required

Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)

Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!

Recipes

Awesome Granola

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 2: Basic

Serving size: ½ cup

Servings per recipe: 20

Price per serving: 72¢

Preparation time: 5 minutes

**Cook Time: 25-30 minutes in oven;
8 minutes in microwave**

Supplies:

Glass baking dish

Large bowl

Oven or microwave

Cookie sheet or aluminum foil

Ingredients:

6 cups oatmeal, uncooked

1 cup shredded or flaked coconut

2 cups chopped pecans, walnuts or peanuts (beware of any nut allergies!)

½ cup honey

½ cup (1 stick) of melted butter

1 Tbsp cinnamon

1 1/3 cups raisins

2 32oz tubs plain or vanilla low-fat yogurt

Berry Blast Fruit Shake

Level 2: Basic

Serving size: ½ cup

Servings per recipe: 20

Price per serving: 45¢

Preparation Time: 20 minute

Supplies:

Blender

Measuring cups and spoons

Ingredients:

2 12oz packages of frozen berries (like strawberries, blueberries, and/or mixed berries)

2 12oz packages of other frozen mixed fruit (like cantaloupe, honeydew, grapes, peaches or bananas)

½ gallon of low-fat milk

4½ Tbsp vanilla extract (*optional*)

Directions:

1. In a blender, combine the 2 cups frozen berries, 1 cup frozen mixed fruit, 1½ cups low-fat milk, and 2 tsp vanilla extract.
2. Puree until thick and smooth. If the mixture is too thick, thin out with a more milk.
3. Pour into glasses and serve.
4. Repeat steps above until all ingredients are used (about 5 batches).

Bugs on a Log

Level 1: No cooking required

Price per serving: 33¢

Serving size: 2 logs

Preparation time: 10 minutes

Servings per recipe: about 24

Supplies:

Plastic knives for spreading

Sharp knife for cutting vegetables

Ingredients:

1 16oz package of celery hearts, each stalk cut in half

2 12oz tubs of cream cheese

½ cup raisins

Adult Preparation:

Wash and cut celery stalks in halves.

Directions:

1. Spread about 2 Tbsp of cream cheese on each piece of celery.
2. Top with a row of raisins.

Modifications:

Experiment and be creative with different types of “bugs”, “logs”, and spreads! Try raisins or golden raisins as “bugs”, carrot or jicama sticks as “logs”, and peanut butter or hummus as spreads- mix and match!

Burrito Bites

Adapted from: CaféZOOM <http://pbskids.org/zoom/activities/cafe>

Level 1: No cooking required

Serving size: 3 burrito bites

Servings per recipe: 20

Price per serving: 68¢

Preparation Time: 20 minutes

Supplies:

Plate

Sharp knife

Spoons for putting on toppings

Ingredients:

20 6-in corn tortillas

2 16oz cans of refried beans

1 large head of romaine lettuce

5 cups low fat shredded cheese

2 24oz bottles of salsa

Adult Preparation:

Chop and shred lettuce.

Slice burritos into three bite sized pieces before serving.

Directions:

1. Lay out a tortilla.
2. Take a spoonful of refried beans and spread on the tortilla. Spread the beans close to edges of the tortilla, so that when you roll your tortilla it stays together.
3. Sprinkle shredded lettuce over the refried beans.
4. Spoon on 2 Tbs of salsa.
5. Last, sprinkle on some cheese.
6. Now, roll up tortilla tightly and slice into 3 pieces.
7. Put the slices on a plate and enjoy!

Modification:

Heat in microwave for 30 seconds for a warm tasty treat.

Butterfly Bites

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 1: No cooking required

Price per serving: 35¢

Serving size: 2 butterflies

Preparation Time: 7 minutes

Servings per recipe: approx 24

Supplies:

Knives for cutting and spreading

Ingredients:

1 16oz package of celery hearts

1 10oz bag of large twist pretzels

1 16oz jar of creamy peanut butter (trans fat free!). Beware of any peanut allergies! You can use 2 12oz tubs of cream cheese as a substitute.

1½ cups of raisins

Adult preparation:

Cut celery in half cross wise.

Directions:

1. Fill center of each celery stick with about 1½ Tbsp of peanut butter (or cream cheese). This is the body of the butterfly
2. Add two pretzels to form the butterfly's wings.
3. Use extra pretzel pieces for antenna and raisins for decoration.

Cinnamon Toast

Level 2: Basic

Price per serving: 11¢

Serving size: 1 slice of toast

Preparation time: 16 minutes

Servings per recipe: About 16 (or number of slices of bread in loaf)

Cooking time: 16 minutes

Supplies:

Toaster or conventional oven

Butter knife

Ingredients:

1 loaf of whole wheat bread (approx 16 slices per loaf)

1½ Tbsp butter

Cinnamon to taste (try other spices like nutmeg, clove or ginger!)

Directions:

1. Toast bread two slices at a time (or more if you have a larger toaster or oven)
2. Spread ¼ tsp of butter onto each slice of toasted bread so that it melts quickly
3. Sprinkle on cinnamon and other spices
4. Cut into triangles and serve!

Corn on the Cob

Level 2: Basic

Serving size: ½ ear of corn

Servings per recipe: 20

Price per serving: 53¢

Preparation Time: 5 minutes

Cooking Time: See “Cooking Timetable”, plus 5 minutes cooling time per batch

Supplies:

- Microwave
- Sharp knife
- Paper towel
- Foil
- Paper bowls or cups for spices

Cooking Timetable:

- 1 ear - 1 1/2 minutes
- 2 ears - 3 to 4 minutes
- 3 ears - 5 to 6 minutes
- 4 ears - 7 to 8 minutes
- 5 ears - 8 to 9 minutes

Ingredients:

- 10 ears of corn on the cob
- Spices: pepper, lemon pepper, chili powder, taco seasoning

Adult Preparation:

- Chop corn ears into halves after cooking

Directions:

1. Place corn on a paper towel and cook in microwavewith husks and silk intact. They will cook in their own natural moisture.
2. Turn ears over and rearrange after 1/2 cooking time.
3. When ears are hot to the touch, remove and wrap in foil.
4. Let stand at least 5 minutes to cool off. Remove husks and silk (which is easier than when cold)
5. Have children top with spices to taste.

Cucumber Yogurt Dip

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 1: No cooking required

Price per serving: 74¢

Serving size: ½ cup dip

Preparation Time: 20 minutes

Servings per recipe: 24

Supplies:

- Sharp knife
- Grater
- Measuring cups and spoons
- Medium-sized bowl
- Refrigerator (*optional*)

Ingredients:

Dip:

- 2 32oz tubs of plain low-fat yogurt
- 4 large grated cucumbers
- 1 16oz tub of low-fat sour cream
- 4 Tbsp lemon juice

Dippers:

- 3 cups cherry tomatoes
- 3 cups broccoli florets
- 3 cups baby carrots

Adult Preparation:

Grate cucumbers and cut broccoli into small bite-size pieces

Directions:

1. Mix yogurt, grated cucumber, sour cream, and lemon juice, in a serving bowl.
Optional: Refrigerate for at least 15 minutes.
2. Arrange tomatoes, broccoli, carrots and any other favorite vegetables on a colorful platter. Serve with cucumber dip.

Modification:

Try a variety of Dippers like celery, sliced peppers, or whole wheat pita wedges!

Fruit Kebobs

Level 1: No cooking required

Price per serving: 45¢

Serving size: 1 kabob

Preparation time: 10 minutes

Servings per recipe: 24 kabobs

Supplies:

Bamboo skewers

Melon baller or Knife

Ingredients:

Just about any fruit can work for this recipe, so try fruit that is fresh and in season. Here are a few ideas for fruits that are easy for children to skewer.

2 pints fresh strawberries

2 bunches seedless grapes

1 pint blueberries

1 cantaloupe

24 6-inch bamboo skewers

Adult Preparation:

Cut cantaloupe in half and scoop out seeds. Cut cantaloupe into squares or scoop into melon balls.

Directions:

1. Alternating the fruits, thread them onto bamboo skewers. Place about 5 pieces of fruit per kebob.
2. Children should select their fruit. Encourage them to try at least 2 different types!
3. *Optional:* Serve the fruit kabobs with Spiced Yogurt Topping (see page 20 for recipe).

Fruity Peanut Butter Pitas

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 1: No cooking required

Price per serving: 30¢

Serving size: ½ pita pocket

Preparation Time: 10 minutes

Servings per recipe: 20

Supplies:

Sharp knife for cutting

Butter knife for spreading

Microwave (optional)

Ingredients:

10 medium, whole wheat pita pockets

1 ¼ cups chunky peanut butter (trans fat free!). Beware of any peanut allergies! You can use other nut butters (like almond, cashew or soy nut butter) or a little honey, as a substitute.

2 large apples cored and thinly sliced

3 bananas, thinly sliced

2 fresh peaches, thinly sliced (optional)

Adult Preparation:

Slice fruit (peaches, apples and bananas).

Directions:

1. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
2. Fill with a combination of apple, banana, and/or peach slices.
3. Serve at room temperature.

Modification:

Break pitas in half again (so they are in quarters) so kids can try different fruity combinations!

If peaches aren't in season or you can't find them at your grocery store, substitute with extra apples and bananas!

Warm pitas in the microwave for about 10 seconds to make them more flexible.

Migas “Crumbs”

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 3: Full Kitchen

Serving size: 1 cup

Servings per recipe: 10

Price per serving: 32¢

Preparation time and cook time: >45 minutes; best for smaller programs or cooking classes

Supplies:

Stove top

Pan

Spatula

Sharp knife

Whisk or fork

Bowl

Note: Depending on the size of your pan, estimate if you will need to make the recipe in batches. If so, how many? Before you begin cooking, divide the ingredients accordingly and repeat steps 3-8 until all ingredients have been used.

Ingredients:

10 large corn tortillas

½ cup canola oil

1 medium bell pepper

1 medium onion

10 eggs

½ cup shredded cheddar cheese

Adult Preparation:

Use sharp knife to chop pepper and onions

Directions:

1. Tear tortillas into small pieces.
2. Lightly beat 10 eggs in bowl with whisk or fork .
3. Heat oil in pan and add tortillas and stir until pieces begin to brown.
4. Add chopped peppers and onion to the pan; sauté until soft. Add eggs and stir until cooked.
5. Remove from heat and sprinkle on the grated cheese; cover pan and let cheese melt.
6. Serve immediately.

Oven Baked Carrot Strips

Level 3: Full Kitchen

Serving size: About 10 carrot strips

Servings per recipe: 20 servings

Price per serving: 40¢

Preparation time: 10 minutes

Cook Time: 20 minutes

Supplies:

Shallow pan or baking sheet

Tin foil

Sharp knife

Ingredients:

4 lbs. carrots

1 Tbsp sugar

5 Tbsp olive oil

2 tsp salt

1 Tbsp fresh rosemary

Black pepper to taste

NOTE: Depending on the size of your pan, estimate if you will need to make the recipe in batches. If so, how many? Cooking time will be longer if you need to prepare multiple batches.

*Adapted from: That's My Home: Cooking with Children
www.thatsmyhome.com/recipes-for-kids*

Adult Preparation:

Using a sharp knife, slice off the tip and end of each carrot. Peel each carrot completely. Cut carrots in half cross-wise, then cut length-wise, then cut length-wise again.

Directions:

1. Preheat oven to 425° F.
2. Line a shallow pan with foil.
3. In a mixing bowl, combine the carrot sticks, oil, rosemary, salt and pepper. Stir until carrots are evenly coated.
4. Place carrot sticks in pan, spreading them out as much as possible so they are a single layer. You may need to make 2 batches if the pan isn't big enough to arrange carrots in a single layer.
5. Bake for 20 minutes or until carrots are tender. Serve hot or at room temperature.

Salsa Fresca (Fresh Salsa)

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 1: No cooking required

Price per serving: 73¢

Serving size: ½ cup

Preparation time: 20 minutes

Servings per recipe: 24

Supplies:

Sharp knife
Spoon
Large Bowl

Ingredients:

12 chopped tomatoes
1.5 finely chopped onions
1½ cups chopped cilantro
3 Tbsp lime juice
Salt to taste
1 14oz tub of guacamole
2 10oz bags of corn tortilla chips or 2 12oz packages of whole wheat pita bread for dipping

Adult Preparation:

Chop the tomato, onion, and cilantro.

Directions

1. In a large bowl, mix tomatoes, onion, cilantro, lime juice, and salt.
2. Serve ½ cup Salsa Fresca with 1 Tbsp of guacamole and handful of corn tortilla chips or whole wheat pita bread.

Spiced Yogurt Topping

Level 1: No cooking required

Price per serving: 17¢

Serving size: 2 Tbsp

Preparation time: 5 minutes

Servings per recipe: 24

Supplies:

Bowl

Mixing and measuring spoons

Ingredients:

3 cups vanilla, or banilla (banana-vanilla) yogurt

$\frac{3}{4}$ tsp nutmeg

$\frac{3}{4}$ tsp cinnamon

Salt to taste (*optional*)

Directions:

1. Put yogurt and honey in a bowl and mix thoroughly.
2. Mix in spices and salt and serve with fruit salad or fruit kebobs (see page 19 for recipe).

Modification:

Try it warmed up! Microwave the yogurt topping on medium low (50%) power for 1 minute. Stir and check temperature of yogurt. Microwave in 10-second intervals until mixture is warm, but not boiling hot.

Tasty Bug

Adapted from: CaféZOOM <http://pbskids.org/zoom/activities/cafe>

Level 1: No cooking required

Price per serving: 50¢

Serving size: 1 “bug”

Preparation Time: 7 minutes

Servings per recipe: 20

Supplies:

Toothpicks

Knife for cutting and spreading

Ingredients:

10 apples

1 large head of romaine lettuce

1 cup raisins

1 cup grapes

1 16oz jar of peanut butter (trans fat free!) Beware of any peanut allergies! You can use cream cheese as a substitute.

Adult Preparation:

Core the apples and cut it in half.

Instructions:

1. Put half of the apple on a piece of lettuce, skin side up -- that's the bug's body.
2. Using half a toothpick, have kids put a grape on one end and stick it in the front of the apple -- that's the bug's head.
3. Using 1 Tbsp peanut butter as “glue”, stick on raisins for spots and eyes. Let kids have fun doing this any way they want!
4. Have kids break a toothpick in half for the antennae and stick them on either side of the head!

Silly Popcorn

Level 2: Basic

Serving size: 1 cup

Servings per recipe: 20

Price per serving: 7¢

Preparation time: 2 minutes

Cook Time:

15 minutes for microwave popcorn

7 minutes for stovetop popcorn

Supplies:

Microwave or stovetop for popping corn

Large microwave-safe bowl

Large, deep pot with lid for stovetop (should fit at least 20 cups)

Small bowls or cups for toppings

Ingredients:

5 bags of microwave popcorn (trans fats/partially hydrogenated oil free) OR

1 cup of popcorn kernels

Vegetable oil

Variety of toppings/flavors to choose from: parmesan cheese, chili powder, cinnamon, taco seasoning

Directions:

1. For microwave popcorn, follow direction on package.
2. For stovetop popcorn:
 - Cover bottom of large part with 2 Tbsp oil
 - Put stove on medium. Test the oil heat by throwing a kernel in the pot and covering with the lid. (If oil smokes, the heat is too high.)
 - Add the rest of the popcorn and shake to coat with oil. Cover pot loosely with room for steam to escape.
 - Shake the pot frequently to prevent burning.
 - When popping is 3-5 seconds between pop, remove from heat.
 - Let stand until popping stops.
3. Mix popcorn (about 20 cups when popped) and 3 Tbsp oil (optional) in a bowl.
4. Choose seasonings and sprinkle over popcorn. Mix well.
5. Serve immediately and enjoy!

Summer Breeze Smoothies

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 2: Basic

Price per serving: 51¢

Serving size: ½ cup

Preparation time: 15 minutes

Servings per recipe: 18

Supplies:

Blender
Measuring spoons
Cups

Ingredients:

2 32oz containers plain low-fat yogurt
1 16oz bag frozen strawberries (unsweetened)
1 20oz can of crushed pineapple, canned in juice
3 medium bananas
3 tsp vanilla extract
12 ice cubes

Directions:

1. Make 1 batch of smoothies by placing 1 cup yogurt, 1 cup strawberries, ¾ cups crushed pineapple, 1 banana, 1 tsp of vanilla extract, and 4 ice cubes in the blender and puree until smooth.
2. Serve and enjoy!
3. Repeat steps above until all ingredients are used (about 3 batches).
4. *Optional:* serve in frosted glasses with straws.

Trail Mix

Level 1: No cooking required

Price per serving: 33¢

Serving size: ½ cup

Preparation time: 7 minutes

Servings per recipe: 24

Supplies:

Large bowl and mixing spoons

Scoop or spoons for serving

Small serving bowls, cups or plastic snack bags

Ingredients:

4 cups whole wheat mini pretzels, air popped popcorn or trans-fat free microwave popcorn

4 cups whole grain cereal like Cheerios® or Mighty Bites®

2 cups dried fruit like apricots, pineapple, or apples (look for brands with NO added sugar).

1 cup of raisins or dried cranberries

1 cup of granola

Optional- 1 cup of nuts like almonds, walnuts or soy nuts, or unsalted roasted shelled sunflower seeds (Beware of nut allergies! If present, do not include.)

Note: Many different ingredients may be added, as long as there is a good mix of whole grains, dried fruit, and nuts if no allergies are present.

Directions:

1. Mix all ingredients together in a large bowl.
2. Scoop about ½ cup into small bowls, cups, or plastic snack bags and serve.

Modification:

Set out the ingredients in individual bowls with spoons/scoops (small paper cups work well) and allow children to mix their own. Encourage children to try at least one or two of the dried fruit options.

Vegetable Quesadillas

Level 2: Basic Kitchen

Serving size: 1 quesadilla

Servings per recipe: 6

Price per serving: 74¢

**Preparation and cook time: >45 minutes-
best for smaller programs or cooking
clubs**

Supplies:

Grater
2 large bowls for veggies
Medium skillet and hot plate or stove
Dinner plate
Spatula

Ingredients:

Cooking spray
1 Tbsp olive oil for sautéing
12 whole-wheat 6" tortillas
3 cups shredded low fat cheese, like cheddar or monetary jack
1 zucchini, grated
1 carrots, grated
Salt & pepper to taste (*optional*)
1 12oz jar salsa
Pinch of chili powder or dash of hot sauce (*optional*)

Adult Preparation:

Chop off zucchini and carrot ends

Directions:

1. Grate vegetables, place in bowls (*Optional: Add seasonings: salt & pepper, chili powder or hot sauce*). *TIP:* Placing vegetables in individual bowls will allow children to select which vegetables they add to their quesadillas.
2. Add about ½ Tbsp of oil to the skillet.
3. Sauté carrots until soft, then transfer back to bowl. Set aside.

Whole Wheat Banana Pancakes

Level 2: Basic

Serving size: 1 pancake (4in diameter)

Servings per recipe: 12

Price per serving: 10¢

**Preparation and cook time: >45 minutes;
best for smaller programs and cooking
classes**

Supplies:

Electric griddle or frying pan and stove

Large and medium sized bowls

Measuring cups and spoons

Mixing spoon and spatula

Dinner plate or platter

Ingredients:

1 cup whole-wheat flour

2 tsp baking powder

1 Tbsp ground cinnamon

2 eggs, slightly beaten

1 cup low fat milk

2 medium, very ripe bananas

Cooking spray or butter to coat the griddle or pan

Optional: Fresh or frozen fruit like berries or melon to serve with pancakes

Directions:

1. In a large bowl, mix flour, baking powder, and cinnamon.
2. In another bowl, mash bananas. Mix in the milk and beaten eggs.
3. Pour banana milk mixture into the flour mixture and mix well.
4. If mixture appears too runny, add a little more flour; if too thick, add a little milk.
5. Coat a large, non-stick frying pan or griddle with non-stick spray or butter. Heat pan over medium heat for 2 minutes.
6. Spoon $\frac{1}{4}$ cup of batter onto the heated pan or griddle for each pancake.
7. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes, or until golden on both sides.
8. Place cooked pancakes on a plate and repeat steps 6 & 7 until all of the batter has been used, using more nonstick spray as needed.
9. *Optional:* Top with fresh or defrosted frozen fruit.

Whole Wheat Mini-Pizzas

Level 2: Basic

Serving size: 1 mini pizza (½ of an English muffin)

Servings per recipe: 24

Price per serving: 49¢

Preparation Time: 10 minutes

Cooking Time: 10 minutes per batch

Supplies:

Toaster oven or stove

Aluminum foil

Nonstick cooking spray

Tablespoons and forks or knives (to split muffins)

Small bowls

Sharp knife

Ingredients:

12 100% whole-wheat English muffins, split and toasted

2 cups chunky vegetable tomato sauce or plain pizza sauce

2 8oz packages of shredded mozzarella cheese

Assorted vegetables like shredded carrots, sliced mushrooms, peppers, onions, etc. (place in small bowls)

Adult Preparation:

Slice vegetables and arrange into bowls.

Directions:

1. Preheat oven to 400° F
2. Line baking sheet with foil and spray with non-stick cooking spray
3. Place toasted English muffins on baking sheet.
4. Spread each muffin with about 2 Tbsp of tomato sauce.
5. Let the kids add some of their favorite sliced vegetables – encourage children to try at least one topping.
6. Top with some shredded cheese.
7. Bake for 10 minutes or until cheese is melted.

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!

Taste Test Checklist

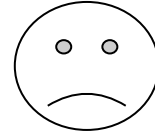
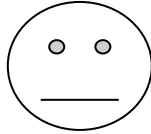
- Determine how many children will taste the food(s).
- Make a shopping list
- Purchase food(s) to be tasted.
- Determine the number of plates, napkins and/or cups needed.
- Determine any special equipment you may need, like cutting boards, knives, or blender.
- Clean work area.
- Wash your hands.
- Prepare food ahead of time. For example, if tasting different vegetables, wash and cut them up prior to the tasting. Keep one example of the fruit or vegetable whole so the children can see it.
- Have paper towels (for spills), hand sanitizer, and food service handling gloves on hand.
- Have copies of taste test rating worksheets and pencils for the group. You may want to write the names of the foods to be tested on the rating sheets before making copies.

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.)
- Have some helping hands (either staff or the children) pass out samples.
- Have trash cans available for clean up.

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: _____

Taste Test Ideas



When planning a taste test theme, keep in mind that you can conduct a taste test with just one new food or several foods for comparison. Possible themes by food group or type include:

Fruits and Vegetables

- Go Exotic – try out of the ordinary fruits such as kiwi, pomegranates or star fruit
- Taste by Color – try green vegetables (broccoli, green beans, kale) or orange fruit (peaches, nectarines), or a fruit and vegetable of the same color (red pepper and red cherry)
- Taste by Variety – compare different apples, pears, peppers, berries, etc.
- Taste by how it is prepared – compare raw apples to cooked applesauce

Whole Grains

- Morning Munchers – taste different whole grain cereals.
- Lots of Loaves –try different types of whole grain bread, like whole wheat, rye, oat, etc.
- Cracker Comparison – try different types of whole grain crackers
- Silly popcorn – add toppings such as parmesan cheese, olive oil, garlic salt or cinnamon and sugar to fresh popped popcorn (if using microwave popcorn, check label for trans-fat free)
- Oatmeal –Try different toppings on oatmeal, like coconut, dried fruits, and chopped nuts.

Beverages

- Sugar Smart Drinks –make up “silly water” options using plain or sparkling water with cucumber, oranges, lemons, mint or berries.

Nutrition & Physical Activity

Web Site Resources

It is easy to find nutrition, fitness, and health information online, however not all web sites offer reliable information. Check out the following internet sites to find information about general nutrition and health, the various food groups, and physical activity information, as well as resources geared towards children, parents, and communities.



General Nutrition and Health

Food & Fun After School has an interactive website, where you can download materials for free:
www.foodandfun.org

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

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

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. Available in English and Spanish.

www.kidshealth.org

www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

The United States Department of Agriculture (USDA) has an interactive website that provides information about the MyPlate food guidance system with specific information on each food group, which can be tailored for individual needs.

www.choosemyplate.gov/

CDC Healthy Youth contains statistics, science-based intervention strategies, policy guidelines, and information on local and national programs for a range of health topics (including nutrition and physical activity) that impact children and adolescents.

www.cdc.gov/healthyyouth/index.htm

Neat Solutions offers free nutrition lesson plans, plus a comprehensive listing of nutrition education resources and children's books.

www.neatsolutions.com/

Planning healthy celebrations can be challenging. Foodplay offers some great suggestions for tasty and nutritious celebrations throughout the year:

www.foodplay.com/downloads/FreeMaterials/Teachers/celebration_guide.pdf

Fruits and Vegetables

The Produce for Better Health Foundation provides tips for eating a variety of colorful fruits and vegetables, nutritional information, as well as ideas about planning, shopping and cooking meals and snacks packed with fruits and vegetables.

www.fruitsandveggiesmorematters.org/

Dole produces a website that has a section for educators with lesson plans and activities about fruits and vegetables:

www.dole.com/SuperKids/Educators/tabid/744/Default.aspx

The Centers for Disease Control (CDC) has a website dedicated to information about fruits and vegetables. It includes recipes, budgeting tips, and guides to healthy meals.

www.fruitsandveggiesmatter.gov/

Fat

Trans free America is a campaign by the Center for Science in the Public Interest to eliminate trans fats from the food supply.

<http://www.cspinet.org/transfat/>

BanTransFats.com, Inc is a non-profit organization that has the goal of reducing and eliminating trans fats from all food products.

<http://www.bantransfat.com/>

Whole Grains

The Whole Grain Council is an educational program helping consumers achieve better health by increasing their consumption of quick, easy, and delicious whole grains. Their website includes information on the health benefits of whole grains. Although their Whole Grain Stamp helps consumers spot foods containing at least 8g of whole grains, these products may still contain a lot of sugar! Some materials are also available in Spanish.

<http://wholegrainscouncil.org/>

<http://wholegrainscouncil.org/resources/recursos-en-espa-ol>

Healthy Hydration

The Department of Nutrition at Harvard provides tips and information on making healthy beverage choices.

www.hsph.harvard.edu/nutritionsource/healthy-drinks

The Center for Weight & Health at U.C. Berkeley provides answers to frequently asked questions about sports drinks.

www.cwh.berkeley.edu/sites/default/files/primary_pdfs/CWH_Sports_Drinks_FAQ_Sheet_English_Spanish_7.07.pdf

BANPAC offers curriculum materials and campaign tools in English and Spanish for a “Soda-Free Summer.”

www.banpac.org/resources_sugar_savvy.htm

National Institute of Child Health & Human Development. Milk Matters Materials and Publications in English and Spanish. Materials geared towards increasing calcium consumption by children and teens.

www.nichd.nih.gov/publications/pubskey.cfm?from=milk

The National Environmental Services Center website has links to a variety of lessons and educational materials, both about drinking water and water as a resource — great if you’re looking for a chance to integrate some science lessons into your program.

www.nesc.wvu.edu/educators.cfm

The Environmental Protection Agency’s annual water quality report provides information on water safety in every state, including information on fluoridation.

www.epa.gov/safewater/ccr/whereyoulive.html

Physical Activity

The Physical Activity Guidelines for Americans describe the types and amounts of physical activity that offer substantial health benefits to children and adults.

www.health.gov/paguidelines/

National Association for Sport and Physical Activity (NASPE) offers guidelines on activity for children and publishes curricula for in-school and out-of-school time.

www.aahperd.org/Naspe/

President's Fitness Challenge inspires children (and adults) to get moving each day. Use the guidelines and log charts to create a challenge within your center, or enroll children in the challenge through the web site.

www.presidentschallenge.org/home_kids.aspx

The CANFIT Physical Activity Pyramid is a fun, colorful guide to different types of physical activities kids can enjoy after school.

www.canfit.org/pdf/PAPyramid4AS.pdf

Screentime

CommonSense Media provides parent education and advice about children's media consumption. Their junk food advertising page has great tips for limiting exposure to harmful marketing for kids of all ages. Materials in Spanish are also available.

www.common sense media.org/Junk-Food-Ads-Tips

www.common sense media.org/sites/default/files/CSM_Tip_SP_JunkFood.pdf

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to reduce screentime and stay healthy.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm

The Media Awareness Network and the Media Literacy Clearinghouse aim to help empower kids to understand how media and advertising target them.

www.media-awareness.ca/english/teachers/index.cfm

www.frankwbaker.com/advertising2.htm

The American Academy of Pediatrics published a position paper which recommends no more than 1 to 2 hours of quality programming per day.

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;107/2/423.pdf>

Media-Smart Youth: Eat, Think, and Be Active! is an interactive education program designed to help teach kids about the media world around them. It helps youth to think about the connections between media and their health.

www.nichd.nih.gov/msy/

Nutrition and Physical Activity Policy

The CDC's Division of Nutrition, Physical Activity and Obesity includes links to policy resources for professionals working in the physical activity, nutrition and obesity arenas.

www.cdc.gov/nccdphp/dnpao/policy/index.html

The School Nutrition Association is a professional organization that offers tips for designing school wellness policies and promoting healthy meals, as well as recipes and educational resources.

www.schoolnutrition.org/

The Food Research and Action Center (FRAC) works to improve public policies to eradicate hunger and under-nutrition. It provides resources on connecting to federal food programs, including those that help fund nutrition snacks in after school programs.

www.frac.org/

The Center for Science in the Public Interest works with policy makers to improve food offered in schools and restaurants, and has a particular interest in removing soda from schools and foods with trans fats.

www.cspinet.org/

AAHPERD Legislative Action Center provides information and resources on the health, physical activity, dance, and sport issues being debated on Capitol Hill.

www.member.aahperd.org/advocacy/

Children and Teens

The BAM! (Body and Mind) program provides tweens with information on various health topics, nutrition, and physical activity. Children can use an interactive survey to help them identify activities that might fit their personalities, and find detailed descriptions, including the necessary gear and how to play so that children may try new things.

www.bam.gov

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

www.kidshealth.org/kid/index.jsp?tracking=K_Home

www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

The Produce for Better Health Foundation has a fun interactive website designed just for kids! It includes recipes, games, activities and more!

www.foodchamps.org/

The Division of Adolescent and Young Adult Medicine at Children's Hospital Boston produces the Young Men's and Women's Health websites to provide carefully researched health information to teens. Each has a section on nutrition and fitness.

www.youngwomenshealth.org/nutrition_menu.html

www.youngmenshealthsite.org/menu_nutrition.html

Nutrition Explorations, sponsored by the National Dairy Council, is an interactive site with activities, information, and cool recipes for kids.

www.nutritionexplorations.org/kids/main.asp

Choosemyplate.gov has a page of activities and materials for kids ages 6 to 11. It includes The MyPlate Blast Off Game as well as kids' posters.

<http://www.choosemyplate.gov/children-over-five.html>

The Center for Science in the Public Interest produces "Smart Mouth", a site created for older children to find out fun facts about food and the food industry. It includes a scale that allows people to see how many calories and fat are in various fast food meals.

www.cspinet.org/smartmouth/index1.html

The International Food Information Council (IFIC) Foundation developed ACTIVATE and the kidnetic website to encourage healthy habits with games and fun activities.

www.kidnetic.com/

The "Best Bones Forever" campaign encourages pre-teen and teenage girls to be active and get enough calcium and vitamin D for strong bones.

www.bestbonesforever.gov/

Parents

The Y understands that health begins at home, and they support families in their efforts to build the five pillars that support a healthy family home. Learn more about Healthy Family Home at:

www.ymca.net/healthy-family-home/

The Alliance for a Healthier Generation has a special "At Home" parent section.

www.healthiergeneration.org/parents.aspx

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

The parents' pages on KidsHealth provide families with doctor-approved information on nutrition and fitness that they can understand and use. Materials are also available in Spanish:

<http://kidshealth.org/parent/>

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

VERB is a national, multicultural, social marketing campaign which encourages tweens to be active every day. For information about the VERB campaign, which includes materials for parents, go to:

www.cdc.gov/youthcampaign/

Meals Matter is a website that promotes healthy food choices and strives to assist the family meal preparer in making healthy meal planning decisions. The site is also available in Spanish:

www.mealsmatter.org/

www.mealsmatter.org/En-Espanol/

Nutrition Explorations, sponsored by the National Dairy Council, offers activity and snack ideas for educators and parents:

www.nutritionexplorations.org

The Division of Adolescent and Young Adult Medicine at Children’s Hospital Boston have a special section of their website on nutrition information for parents of teens.

www.youngwomenshealth.org/nutrition_parent.html

Working with Diverse Communities

CANFIT helps to bridge the gap between scientific research and on the ground best practices by providing professional development and translated theory and cutting edge research. The organization promotes youth involvement in the planning, implementation and evaluation of projects. CANFIT primarily focuses on low income, African-American, American Indian, Latino/Hispanic, Asian American and Pacific Islander adolescents. Many of these historically underserved populations have limited access to affordable, healthy foods and safe places for physical activity.

www.canfit.org/

The National Alliance for Hispanic Health has developed a website containing fact sheets, in English and Spanish, covering health topics of special concern to Hispanic Americans.

www.hispanichealth.org/resource/healthfact.aspx

The Latino Nutrition Coalition (LNC) is an Oldways’ educational program inspiring Latinos to improve and maintain their health through traditional foods and active lifestyles. The LNC creates practical, culturally-aware materials in English and Spanish that help Latinos combine the best of their healthy food traditions with the realities of modern American life. (Site is available in English and Spanish)

<http://latinonutrition.org/>

The Network for a Healthy California –African American Campaign is designed to improve the health of the low-income African American community by providing education, advocacy, and policy development about healthy eating and physical activity and empowering them with positive strategies for creating healthier communities.

www.cdph.ca.gov/programs/CPNS/Pages/AfricanAmericanCampaign.aspx

The “Reshaping Our Communities, Reclaiming Our Health” report, drafted by The Congressional Black Caucus Foundation and Leadership for Healthy Communities, identifies potential solutions for reducing overweight and obesity in the African-American community.

www.leadershipforhealthycommunities.org/images/stories/lhc_aa_strategies_doc_for_the_web1.pdf

The Department of Health and Human Services, in collaboration with SAMHSA and Indian Health Services developed an American Indian and Alaskan Native Culture Card intended to serve as a general briefing to enhance cultural competence while providing health services to American Indian and Alaskan Native communities.

http://download.ncadi.samhsa.gov/ken/pdf/SMA08-4354/CultureCard_AI-AN.pdf

Materials

The Produce for Better Health Foundation provides educators with several worksheet options that can be used to help children monitor their fruit and vegetable intake.

www.pbhfoundation.org/educators/teachers/activities/tracking.php

United States Department of Agriculture, Food and Nutrition Service. Eat Smart Play Hard Materials include bookmarks, activity sheets, and posters in English and Spanish.

<http://teamnnutrition.usda.gov/Resources/eatsmartmaterials.html>

Community Connections

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.

www.actionforhealthykids.org/

School Food Service Directors can partner with local programs, offer tips on meal or snack preparation, or help with taste tests and other promotions around food and nutrition. To connect to your state child nutrition and school meals organization and the USDA Team Nutrition program, go to:

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) serves to safeguard the health of low-income women, infants, & young children who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. Their website includes a listing of state nutritional coordinators and farmers markets.

www.fns.usda.gov/wic/Contacts/ContactsMenu.HTM

Other Ways To Make Local Connections

In addition to the above websites that connect you to state or local organizations working to improve nutrition and health of young children and teens, you can make many great connections simply by flipping through the local phone book or with a quick web search. Here are some folks to invite into your program:

- Your local **school food service director** could work with you on special promotions or taste tests, especially if your after school program is held in a school building. Food service directors also receive a lot of promotional materials in the mail and may be able to pass healthy freebies onto you.
- Many **grocery stores** have started providing free tours designed to teach kids about making nutritious choices. Kids can tour the produce section to learn about the variety of fresh fruits and vegetables available or learn how to pick a healthy cereal. Invite families to join you on the tour and see if the store will do a healthy taste test.
- If your program is held within a school, connect with the **principal or teachers**. Building solid relationships with school personnel can help you secure resources like gym space or kitchen facilities to enhance your program offerings.

- **Promotoras** are community members who work as liaisons between the Hispanic/Latino community and health organizations. They raise awareness about health issues, including nutrition and physical activity.
- **Farmers** or **master gardeners** are other great resources for teaching kids about fruits and vegetables.
- Check to see if your local **children's museum** has exhibits on healthy eating or physical activity.
- **Physical education teachers** could help run a fitness event or health fair, or they may allow programs to borrow or share physical education equipment.
- **Local chefs** are often happy to share their knowledge and food preparation tips with local organizations, and some restaurants or grocery stores may donate food for taste tests (chefs may even prepare simple snacks with kids!).
- **Fitness instructors** can lead a special activity or partner with you to develop optional programming for children, such as a one-month yoga introduction or dance class.

Themes to Promote Each Month

For health-related observances, the National Health Information Center provides a comprehensive list along with links to sponsoring organizations.

www.healthfinder.gov/nho/default.aspx

For more unique food days, check out these bizarre food holidays. Remember to focus on the healthy foods and drinks only!

<http://library.thinkquest.org/2886/foo.htm>

About Food & Fun After School Planning Tools

Navigating the Food & Fun curriculum and promoting healthy environments in out-of-school time can be easy and fun! Food & Fun After School 2nd Edition includes multiple planning tools to help save time and plan effectively for healthy change in their programs. These tools can help sites make Food & Fun lesson plans, set goals, assess progress, and promote sustainability. All the tools are designed as optional self-assessments. Some people might use all of them and others might choose just one that fits the needs of their program. These simple assessments should not be added work, but instead tools to encourage learning and sharing within and across programs.

- **2 Minute Program Assessment:** A self-assessment to gauge how closely a program adheres to the nutrition and physical activity Environmental Standards.
- **Food & Fun After School Planning Tool:** A tool designed to help plan the use of the Food & Fun afterschool curriculum. Staff can make note of which activities children enjoy the most and how they communicate each unit's healthy goal to families.
- **Family Engagement Planning Tool:** A tool designed to record and plan the strategies programs will use to promote nutrition and physical activity with families.
- **Program Observation Tool:** A self-report tool for assessing the afterschool environment.
- **Snack Sense:** A menu planning tool to provide fun, healthy, and budget-friendly snacks for children in after-school and out-of-school time programs.

How could I use the Food & Fun planning tools?

- Site directors could use the Food & Fun Planning Tool to create weekly or monthly lesson plans for the school year.
- Site coordinators who supervise multiple sites could use the Environmental Standards Assessment as a quick, easy-to-use tool to track how nutrition and physical activity environments change in their programs over the course of the year.
- Site directors could use the Family Engagement Planning Tool during staff meetings to spark discussion about staff interactions with parents and plan family activities & outreach.
- Childcare directors could use Snack Sense to plan healthy, inexpensive afterschool snacks.
- Any of the tools can be introduced at Food & Fun trainings as a way to encourage staff to set goals, plan action steps, and reflect upon that practices that work best in their programs.

The complete Food & Fun After School Curriculum can be downloaded at no cost from the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

2 Minute Program Assessment

You can assess how closely your program adheres to the Environmental Standards for Nutrition and Physical Activity by answering the questions below. You may choose to use this tool throughout the year to get a sense of how your program is meeting its goals!



1. Do you serve a fruit and/or vegetable every day?

YES NO IN PROGRESS UNSURE



2. Do you serve water every day?

YES NO IN PROGRESS UNSURE



3. Have you eliminated sugar sweetened beverages?

YES NO IN PROGRESS UNSURE



4. Have you eliminated foods with trans fat?

YES NO IN PROGRESS UNSURE



5. When serving grains (like bread, crackers, and cereals), do you serve whole grains?

YES NO IN PROGRESS UNSURE

6. Do you provide children with at least 30 minutes of physical activity every day?

YES NO IN PROGRESS UNSURE

7. Do you offer at least 20 minutes of vigorous activities at least 3 days a week?

YES NO IN PROGRESS UNSURE



8. Have you eliminated broadcast and cable TV or movies?

YES NO IN PROGRESS UNSURE

9. Do you limit computer time to less than 1 hour per day?

YES NO IN PROGRESS UNSURE



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Food & Fun After School Planning Tool

This Planning Tool is designed to help you plan your use of the Food & Fun afterschool curriculum. It can help you identify the types of activities you use most frequently and what kids in your program enjoy most, as well as activities and units you might want to devote more attention. Use it weekly, monthly, or as often as you feel it will be helpful!

You can use the boxes below to plan when you will use the components of Food & Fun and keep track of what you've done during the year. Make sure to note the games or snacks you want to return to and record the other types of activities you added to help promote each healthy goal. You may want to record how you engaged families, including how many receive the parent materials. The Family Engagement Planning Tool can also be used to help connect parents to the Food & Fun messages. After each unit, try to think of one small step you can take to continue to promote each healthy goal at your program. Think about who you might need to involve to reach your goal and decide when and how you plan to take action.

The complete Food & Fun After School Curriculum can be downloaded at no cost from the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

UNIT 1: Fruits and Vegetables—Take a Bite!

Arts & crafts	Make a fruit and vegetable placemat	
Active games	Fruit & vegetable relays	
Books	<i>Eating the Alphabet</i>	
	<i>I Will Never Not Ever Eat a Tomato</i>	
Group games	Going on a Picnic	
	Find the favorite	
	Bingo	
Snack activities	Bugs on a log	
	Fruit kabobs with spiced yogurt topping	
	Oven baked carrot strips	
	Fruit & veggie taste test	
Parent handout	Fruits & vegetables: Eat 5 or more servings for health	
Newsletter article	“Fruits and vegetables for better health”	
Email message	“Healthy Habits Power Tips—fruits and veggies”	
What unit 1 activities did kids enjoy the most? Would you make any changes next time?		
What other activities will/did you do to encourage kids to eat fruits & vegetables?		
How will/did you connect with families about eating fruits & vegetables?		
Name one small step you will take to continue to encourage kids to eat fruits & veggies.		

UNIT 2: Get Moving! You'll Feel Great!

Arts & crafts	Active Day Cartoon	
Active games	Warm up and cool down activities	
	We belong to many groups	
	Get moving relay	
Books	<i>Jonathan and His Mommy</i>	
	<i>Salt in His Shoes</i>	
Parent handout	Activate your family	
Newsletter article	"Healthy Habits Power Tips: Get Moving!"	
Email message	"Activate your Family!"	

What unit 2 activities did kids enjoy the most? Would you make any changes next time?

What other activities will/did you do to encourage kids to be physically active?

How will/did you connect with families about physical activity?

Name one small step you will take to continue to encourage kids be physically active.

UNIT 3: Be Sugar Smart

Active games	Bowling for sugar smarts	
	Sugar surprises relay	
Group games	Pour it out	
	Count it up	
Snack activities	Trail mix	
	Summer breeze smoothies	
	Cinnamon toast	
	Silly water taste test	
Parent handout	More whole grains, less added sugar for good health	
Newsletter article	"Sugar is Sweet—and Drinks are Too?"	
Email message	"Healthy Habits Power Tips—Be Sugar Smart!"	

What unit 3 activities did kids enjoy the most? Would you make any changes next time?

What other activities will/did you do to encourage kids to limit sugary drinks & snacks?

How will/did you connect with families about limiting sugary drinks & snacks?

Name one small step you will take to continue to encourage kids to limit sugar.

UNIT 4: Go for Good Fat

Active games	Snatch the fat		
Group activities	Food label mosaic		
	Track the trans fat		
Snack activities	Salsa & guacamole	Migas crumbs	
	Awesome granola	Healthy fats taste test	
Parent handout	Dietary Fats: The good, the bad, and the ugly		
Newsletter article	"Go for Healthy Fats!"		
Email message	"Healthy Habits Power Tips—Fats in Foods"		

What unit 4 activities did kids enjoy the most? Would you make any changes next time?

What other activities will/did you do to encourage kids to eat foods with healthy fats?

How will/did you connect with families about choosing foods with healthy fats?

Name one small step you will take to continue to encourage kids to choose healthy fats.

UNIT 5: Go for Whole Grains

Arts & crafts	Mosaic creations		
Active games	Red Hen relay		
Books	<i>Everybody Cooks Rice</i>		
	<i>Bread is for Eating</i>		<i>The Little Red Hen</i>
Group activities	Make corn tortillas		Make flour from wheat berries
Snack activities	Silly popcorn		Whole wheat mini pizzas
	Corn on the cob		Whole wheat banana pancakes
	Awesome granola		Whole grain taste test
Parent handout	More whole grains, less added sugar for good health		
Newsletter article	"Get the Whole Story on Whole Grains"		
Email message	"Healthy Habits Power Tips: Go for Whole Grains"		

What unit 5 activities did kids enjoy the most? Would you make any changes next time?

What other activities will/did you do to encourage kids to eat more whole grain foods?

How will/did you connect with families about eating whole grain foods?

Name one small step you will take to continue to encourage kids to eat whole grains.

UNIT 6: Super Snacks

Arts & crafts	Super snack book		
	Silly snacks		
Active games	Too much “sometimes” food tag		
	Healthy house		
Books	<i>The Bernstein Bears: Too Much Junk Food</i>		
Group activities	Commercial Mania		
Snack activities	Butterfly bite	Burrito bites	
	Peachy PB pockets	Silly snack taste test	
Parent handout	Snacks: A Bridge Between Meals		
Newsletter article	“Snacking the Healthy Way!”		
Email message	“Healthy Habits Power Tips—Super Snacks”		
What unit 6 activities did kids enjoy the most? Would you make any changes next time?			
What other activities will/did you do to encourage kids to choose healthy snack foods?			
How will/did you connect with families about eating fruits and vegetables?			
Name one small step you will take to continue to encourage kids to eat healthy snacks.			

UNIT 7: Fruits and Vegetables—Mix it Up!

Arts & crafts	Build a rainbow by creating a fruit and vegetable mural		
Active Games	Color relay		Fruity freeze tag
Books	<i>Eating the Alphabet</i>		<i>Stone Soup</i>
Group games	Parts of the plant		Bingo
Snack activities	Cucumber yogurt dip		Vegetable quesadillas
	Tasty bugs		Berry blast fruit shake
	Fruit & veggie taste test by color or part of the plant		
Parent handout	Fruits & vegetables: Eat 5 or more servings for health		
Newsletter article	“Fruits and Vegetables for Better Health”		
Email message	“Healthy Habits Power Tips—fruits and veggies”		

What unit 7 activities did kids enjoy the most? Would you make any changes next time?

What other activities will/did you do to encourage kids to eat fruits and vegetables?

How will/did you connect with families about eating fruits and vegetables?

Name one small step you will take to continue to encourage kids to eat healthy snacks.

UNIT 8: Tune out the TV

Arts & crafts	Power up your body posters	
Active games	Power up charades	
	Walk around town	
Books	<i>The Bernstein Bears and Too Much TV</i>	
	<i>The Best Way to Play</i>	
Group activity	Tune Out Challenge	
Parent handout	Take Control of TV	
Newsletter article	"Tune Out TV for Better Health!"	
Email message	"Healthy Habits Power Tips: Tune Out the TV"	

What unit 8 activities did kids enjoy the most? Would you make any changes next time?

What other activities will/did you do to encourage kids to watch less TV?

How will/did you connect with families about watching less TV?

Name one small step you will take to continue to encourage kids to watch less TV.

UNIT 9: Play Hard

Arts & crafts	Build an activity wheel	
Active Games	Warm up and cool down activities	
	Play soft, play hard	
	What happens when?	
Books	<i>Jonathan and His Mommy</i>	
	<i>Salt in His Shoes</i>	
Parent handout	Activate Your Family	
Newsletter article	"Get Moving! Feel Great!"	
Email message	"Healthy Habits Power Tips: Get Moving!"	

What unit 9 activities did kids enjoy the most? Would you make any changes next time?

What other activities will/did you do to encourage kids to engage in vigorous activity?

How will/did you connect with families about engage in vigorous physical activity?

Name one small step you will take to continue to encourage vigorous activity.

UNIT 10: Be Active, Stay Cool

Arts & crafts	Cup coolers—make your own	
Active games	“Everyone Moves” obstacle course	
Group games	Gulp!	
Snack activities	Silly water taste test	
Parent handout	Quenchers	
Newsletter article	“Hydrated Kids are Healthy Kids”	
Email message	“Healthy Habits Power Tips: Stay Cool”	

What unit 10 activities did kids enjoy the most? Would you make any changes?

What other activities will/did you do to encourage kids to drink water?

How will/did you connect with families about drinking water?

Name one small step you will take to continue to encourage kids to drink water.

UNIT 11: Food & Fun Finale

Active games	Mix and mash	
Group games	Name three!	
	Act up!	
	Health steps	
Snack activities	Make your favorite recipe or taste test	
What favorite activities did you return to for the Food & Fun finale?		
How did you connect with families to reinforce the Food & Fun messages?		



Nutrition and Physical Activity Program Observation Tool

This observation tool can be a valuable resource for assessing afterschool environments. When completing the tool, it is important to honestly assess what you see during the afterschool day so that the results can be used to help you set and meet goals for improving nutrition and physical activity practices. You should make sure to observe children at snack time and when they are physically active. It should take 5-10 minutes to fill out the form at the end of the day.

Getting started

Before you begin, take some time to plan how you can best observe the physical activity and eating practices and behaviors of the children in your program. You may not be able to see *everything* that's going on in the program, but this planning will ensure you prioritize when to be where. It is important that the person who completes this assessment can observe all or most of the snack and physical activity time during your program. Review the questions and the glossary to make sure you know what information you'll need to report on. Also, make sure to consider the following questions as you plan your self-assessment:

- *When is physical activity offered? Is it offered at different times or all at once?*
- *Do kids break out into different groups for physical activity? If so, where in the building do these groups meet?*
- *When is snack served? Do all the kids eat together or at different times?*

If you have a schedule of the program day you may want to use it to plan out your observations. But, do not use your schedule to fill in this tool. What you record should be a measure of what actually happened during the afterschool day.

Instructions

Complete this self-assessment tool each day, Monday through Friday, to get the best assessment of our program offerings. Make sure to answer all questions on the form by the end of each day. It is important that you answer the questions to the best of your ability. If the children in your program split into groups, work with group leaders to make sure to accurately report the activities and participation of all children at your site. It is best to complete the tool for 5 days in a row to get an accurate picture of the nutrition and physical activity offerings at your program.

You can also visit [foodandfun.org](http://www.foodandfun.org) to record your observations on our interactive website:

<http://www.foodandfun.org/?p=change&user=staff&tool=Program+Observation+Tool&category=Change+Tools>

Based on your responses, you will be linked to helpful tip sheets for ideas on how to start making healthy changes in your program. When you complete this program observation tool for 5 days, you can click on the “Graph” link to record your results. The interactive graph will illustrate how your weekly practices align with the Environmental Standards Goals!

Nutrition and Physical Activity Glossary of Terms

Physical activity is any activity more than sitting or standing (includes activities such as walking, stretching, running, throwing, etc.).

Vigorous physical activity is any activity more than a walk (includes activities such as playground free play, jogging, swimming, etc.).

Groups of children are those that are formally designated by the program, such sites that break children into groups by age, grade, gender etc. for activities. Questions that refer to groups of children do NOT mean smaller, more informal friend groups etc.

Screen Time includes time watching television and DVDs, using computers, and playing video games.

Commercial Broadcast TV/Movies is any screen time shown primarily for entertainment purposes; this includes shows or movies without commercials but shown for entertainment purposes.

Recreational Computer Use is time on the computer primarily for entertainment purposes. Any time on the internet is considered recreational computer use. In contrast, educational computer use is use of computers that emphasizes academics & formal instruction, such as games that promote acquisition of math skills or use of word processing application to write a paper or story.

Sugary drinks include soda, sweetened ice teas, fruit punches, fruit drinks, sports drinks, sweetened water (e.g. Vitamin water), and any juice greater than 4 ounces (a half a cup) in size.

Whole grains are foods that contain a whole grain as the first ingredient on the label. Examples of whole grains are whole wheat, whole corn, barley, oats, and rye.

Water served refers to water that is distributed as part of the program snack, either via pitchers, a cooler/Cambro in the snack area, or in bottles. This does NOT include water children drink from a water fountains or from coolers outside of the snack room/period.

Outside drinks and food are those items that are brought in from home, outside restaurants or convenience stores, purchased from vending machines on site, or distributed by program partners during activity outside of the snack period. This would include any food or drink that is not part of the afterschool snack program.

Instructions: Throughout the afterschool day, take time to observe how nutrition and physical activity are being promoted at your program. Check the boxes to mark what you see. If you're not sure about an answer, take your best guess.

Physical Activity & Screen time

1. Did your program offer any physical activity today? Yes No

2. How much total physical activity (PA) time was provided to any group of children?
 No PA offered 1-14 minutes 15-29 minutes 30-44 minutes 45-59 minutes 60 minutes or more

3. How much physical activity time was provided to all groups of children?
 No PA offered 1-14 minutes 15-29 minutes 30-44 minutes 45-59 minutes 60 minutes or more

4. How many children do you think were active when they attended physical activity time?
 No PA offered None to 1/4 of kids More than 1/4 to half of kids More than half to 3/4 of kids More than 3/4 to all kids

5. Did your program offer any vigorous physical activity (i.e. activity more than a walk) today? Yes No

6. How much total vigorous physical activity time was offered?
 No vig PA offered 1-9 minutes 10-19 minutes 20-29 minutes 30-59 minutes 60 minutes or more

7. Did your program offer any recreational (i.e. on the internet, entertainment) computer time today? Yes No

8. Did you see any children using hand-held devices (for uses other than homework/instruction)? Yes No

9. How much recreational computer time was allowed for each child?
 No computer time 1-14 minutes 15-29 minutes 30-44 minutes 45-59 minutes 60 minutes or more

10. Did your program show any broadcast or cable TV or movies today? Yes No

Nutrition

11. Was a fruit or vegetable served at snack? Yes No
12. Were any grains served at snack? Yes No
13. If grains were served at snack, were they snacks that contain a whole grain as the first ingredient?
 NA (no grains served) Yes (whole grains served) No (grain served but not a whole grain)
14. Were drinks with sugar added like soda, sweetened teas, fruit punches, or sports drinks served at snack? Yes No
15. Was 100% juice served at snack? Yes No
16. If 100% juice was served at snack, was it served in a container greater than 4oz?
 NA (no juice served) Yes (>4oz of juice was served) No (juice was served in a small container)
17. Was water served (with a pitcher or from a cooler) at snack? *If no, skip to question 18.* Yes No
18. For ***the children who were served water***, how much do you think they drank?
 None Some Most All
19. How many kids consumed sugary drinks from outside the snack program (e.g. vending, home, etc.) during the afterschool day?
 None Few (1-5 kids) Some (6-10 kids) Many (>10 kids)
20. How many kids consumed food from outside the snack program during the afterschool day?
 None Few (1-5 kids) Some (6-10 kids) Many (>10 kids)

Nutrition and Physical Activity Program Observation Tool

Notes Page

This notes page is a place for you to keep track of any important nutrition or physical activity related observations you make during the afterschool day. You may find it useful to jot down things like the start and end times of physical activity, tallies of kids you see eating or drinking outside food etc. This can be a good reference for accurately filling out the self-assessment at the end of the day.

Things to remember about physical activity...

Things to remember about computer, TV or movies...

Things to remember about food and drinks at snack...

Things to remember about outside foods and drinks...



Family Engagement Planning Tool

Family engagement is an important part of a successful afterschool program. Food & Fun 2nd Edition provides many opportunities to involve parents throughout the curriculum. Check out the **Connect with Parents** and **Parent Communications** sections in every unit! You can use this tool every month or two to reflect on how you have worked with families, identify strengths and weaknesses, and plan for the future. Try using it to spark discussion about staff interactions with parents at staff meetings or as a tool to bridge communication with school principals and teachers.

Below is a list of just some of the ways that program staff can connect with families around nutrition and physical activity. Feel free to add any other ways that you engage with families on the second page. How you have recently used any of the following family engagement strategies? Describe your experience using each strategy and plan your next steps.

The complete Food & Fun After School Curriculum can be downloaded at no cost from the Food & Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/



Family Engagement Planning Tool

FAMILY ENGAGEMENT STRATEGY	EXPERIENCE Describe how you used this strategy to communicate with families about nutrition and physical activity. <ul style="list-style-type: none"> • What steps did you take? • How many families were you able to reach? • Did kids and parents seem to like it? 	NEXT STEPS Did this strategy work well to communication with families about nutrition and physical activity? <ul style="list-style-type: none"> • Why or why not? • Will you use this strategy again? • What changes would you make?
Talk to parents or guardians about nutrition and physical activity at pick-up		
Display Key Messages for Parents and Food & Fun plans for the week near the program entrance for families to see		
Distribute parent newsletters from Food & Fun		
Involve families in physical activities and snack time at afterschool		

FAMILY ENGAGEMENT STRATEGY	EXPERIENCE Describe how you used this strategy to communicate with families about nutrition and physical activity. <ul style="list-style-type: none"> • What steps did you take? • How many families were you able to reach? • Did kids and parents seem to like it? 	NEXT STEPS Did this strategy work well to communication with families about nutrition and physical activity? <ul style="list-style-type: none"> • Why or why not? • Will you use this strategy again? • What changes would you make?
Send parent emails from Food & Fun		
Distribute parent handouts from Food & Fun		
Have an afterschool program open house or family night		
Offer programs during afterschool time that include families (e.g. walking club, cooking class, Zumba class)		
Hold regularly scheduled events (e.g. monthly physical activity nights or healthy dinners)		
Other family engagement activity (describe)		
Other family engagement activity (describe)		



Snack Sense

A menu planning tool to provide fun, healthy, and budget-friendly snacks for children in after school and out-of-school time programs

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About Snack Sense

Snack Sense aims to help managers and staff to incorporate the Environmental Standards for Healthy Eating into their regular snack time routine at a low price.

Environmental Standards for Healthy Eating

- ★ 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.

Snack Sense includes tips for buying healthy and inexpensive snacks, information on each of the Environmental Standards, budget-friendly sample snack menus, and a shopping guide.

Budgeting for Healthy Snacks

Although people worry that healthy foods can be expensive, there are a lot of healthy snack options that are inexpensive. When shopping, remember to select foods that are consistent with the **Environmental Standards for Healthy Eating**.

- Buy fresh fruits and vegetables that are **inexpensive and available year-round**, like bananas and baby carrots. More examples are listed on page 8!
- Buy canned fruits in **100% juice or light syrup** and canned veggies **without added salt**. Stock up on canned fruits and veggies when they are on sale because they don't go bad!
- **Avoid highly processed and refined packaged foods** like cookies and animal crackers. These can be expensive, less healthy, and may contain trans fats.
- Serve **tap water** instead of sugar-sweetened beverages- tap water is a refreshing, healthy, no-calorie beverage that is virtually free!
- Buy foods that are **on sale**.
- **Buy in bulk**. If available, buy snacks from a wholesale retailer (e.g. BJ's®, Costco®, or Sam's Club®). Or, buy snacks in **large containers**; individually wrapped "single serving" sizes are expensive.
- Buy **generic or store brand foods**, which are usually less expensive than brand names.

Did you know?

The USDA reimburses 74¢ for each after school snack. In order to be reimbursed, a snack must contain at least two of the following:

- Grain/bread
- Fruit or vegetable or 100% fruit juice
- Protein/ meat/ meat alternate
- Milk

For more information or to see if your after school program is eligible, visit

www.fns.usda.gov/cnd/Care/Regs-Policy/Snacks/Snacks_QAs.htm

or www.fns.usda.gov/cnd/after-school/nslp_qa.htm

The complete Food & Fun After School Curriculum can be downloaded at no cost from the Food and Fun website:

www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

The Environmental Standards for Healthy Eating

Do not serve sugar-sweetened beverages



Why shouldn't you serve soda, juice drinks, or sports drinks? Because they all contain **sugar!** Sugar-sweetened drinks are the top source of added sugar in kids' diets. Drinking too many high sugar drinks increases the risk for

overweight in kids. These drinks add extra calories our bodies don't notice. Soda, juice, and sports drinks can also cause **dental cavities**. Diet sodas contain **artificial sweeteners**.

They train kids to crave

"sweetness" in drinks and foods. Their long-term safety is not fully known, so it is best to avoid them. All of these sugary drinks are much more expensive than tap water which costs only pennies! If you do serve 100% juice, limit to 4 ounces per day. But remember, juice doesn't substitute for whole fruit.

Do not serve these drinks in your after school program!

- ✗ Soda
- ✗ Sweetened iced teas
- ✗ Fruit punches and fruit-ades
- ✗ Fruit drinks
- ✗ Sports drinks
- ✗ Energy drinks
- ✗ Drinks with sugar substitutes, like diet soda

Serve water every day



Water is a great drink choice for kids. It is **calorie-free and low cost** from your nearest tap! Make sure that a pitcher of water and cups are available every day at snack time. Kids should also drink plenty of water when they are playing and being active. Even with a slice of fruit or splash of 100% fruit

juice, this is the most **inexpensive** beverage option you can make available to children after school.

Jazz up water with these simple tricks!

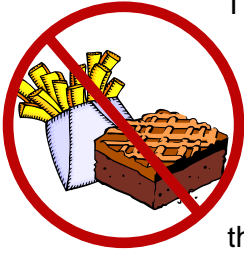
- ★ Add sliced fruit like oranges to the water fruit for a light yummy flavor
- ★ Serve sodium-free seltzer water
- ★ Mix a splash of 100% juice with sodium-free seltzer water
- ★ Mix 4oz of water with 4 oz of juice for a refreshing drink



Serve a fruit and/or vegetable every day

Fruits and vegetables are full of **vitamins, minerals, and fiber**. A diet high in fruits and vegetables can help kids grow and fight illness. The fiber and water in fruits and vegetables also help you to feel full. Serving 100% juice doesn't substitute for whole fruit! Some fruits and veggies are less-expensive in season, such as strawberries and blueberries. On the other hand, many fruits and veggies are inexpensive year-round. Check out the **Snack Sense Shopping Guide** for some examples of inexpensive fruits and veggies frequently served in YMCA after-school programs!

Do not serve foods containing trans fat



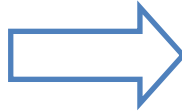
Trans fat is an unhealthy fat because it **increases the risk of certain diseases**.

Trans fat is often hidden in packaged foods like muffins, cookies, brownies, and crackers. Some brands of popcorn and peanut butter may have trans fat too.

Read nutrition labels and only select foods with 0g of trans fat. By law, products containing up to 0.49 grams trans fat per serving can still be listed on the nutrition label as 0 grams trans fat. Check the ingredient list and avoid buying any foods that list “**partially hydrogenated oils**”; this means there are trans fat in the food.

Look for and avoid trans fat in these popular after school snacks...

- ✗ Saltine and oyster crackers
- ✗ Ritz crackers
- ✗ Animal crackers
- ✗ Chex Mix
- ✗ Fig Newtons
- ✗ Graham crackers
- ✗ Teddy Grahams
- ✗ Vanilla Wafers
- ✗ Cheese nips



...at similar prices, try these healthier options instead!

- ★ Whole wheat bread
- ★ Cheerios
- ★ Whole grain goldfish crackers
- ★ Whole wheat mini bagels
- ★ Triscuit crackers
- ★ Whole wheat pita bread
- ★ Whole wheat pita chips

When serving grains (like bread, crackers, and cereals), serve whole grains



Whole grains contain **fiber, vitamins, and healthy fats** that are good for you and help you feel full longer. Many of these nutrients are not contained in refined “white” flour or sugar. Whenever possible, substitute whole grain products for refined grain foods; whole grains are often available at the **same price as refined options**. These are some frequently served snack foods at YMCA after school programs that are available as whole grain for a similar price!

Instead of serving these grains...

- ✗ White bread
- ✗ Bagel
- ✗ English muffin
- ✗ Tortillas
- ✗ Goldfish crackers
- ✗ Saltine crackers



...serve these whole grains instead!

- ★ Whole wheat bread
- ★ Whole wheat mini bagels
- ★ Whole wheat english muffins
- ★ Corn or whole wheat tortillas
- ★ Whole grain goldfish crackers
- ★ Triscuit crackers
- ★ Whole wheat pita bread

Snack Sense Sample Menus

Below are some sample snack menus that YMCAs are serving at after schools. These menus are great because they achieve all 4 Environmental Standards for Healthy Eating, they qualify for USDA snack reimbursement AND they are less than 74¢! * Remember! Tap water should be served at every snack for virtually no cost. What a bargain!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 snack	Apple slices, Peanut butter	Celery, Raisins, String cheese	Oranges, Triscuit crackers	Tomato wedges, String cheese	Whole wheat spaghetti, Tomato sauce
Beverage	Water & 1% milk	Water	Water with splash of 100% fruit juice	Water	Water with orange slices
Week 2 snack	Whole wheat crackers, Oranges	Egg salad w/mayo, Whole wheat bread, Cucumber slices	Banana, Peanut butter, Raisins	Colored pepper slices, Cheese	Whole grain Goldfish crackers, Raisins
Beverage	Water	Water & 1% milk	Water	Water & 1% milk	Water
Week 3 snack	Salsa, Beans, Corn tortilla chips	Broccoli, Couscous	Fruit canned in 100% juice, Whole wheat pretzels	Baby carrots, Hummus	Applesauce, Popcorn
Beverage	Water	Water with splash of 100% fruit juice	Water	Water	Water & 1% milk
Week 4 snack	Banana, Oatmeal	Tuna salad w/mayo, Baby carrots, Wheat Thins	Trail mix (nuts, sunflower seeds, dried fruit)	Peanut butter, Whole wheat mini bagel Raisins	Banana, Cheerios
Beverage	Seltzer water	Water	Water	Water	Water & 1% Milk

Occasionally, you may want to do a special cooking project. Here are some examples of special snacks less than \$1.50 per serving!

Snack	Whole wheat spaghetti, Tomato sauce, Shredded cheese, Sliced peppers	Corn tortilla, Black beans, Shredded cheese, Salsa	Salad, Italian dressing, Whole wheat pita bread	Whole wheat English muffin, Shredded cheese, Tomato sauce
Beverage	Water	Water & 1% Milk	Seltzer water	Water

*Note: The price of foods and beverages are estimates based national price averages. Prices in the area where you shop may be more or less expensive.

Snack Sense Sample Menu Template

Now try planning out your snacks to serve in your program for one week. You can print out several copies and plan several weeks in advance!

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack					
Beverage					

Snack Sense Shopping Guide



Fruits, vegetables, proteins, and grains are the building blocks of healthy bodies. Each day at snack, offer a fruit or veggie AND a protein or grain. Serving sizes are on the Nutrition Facts Label of packaged foods. In general, 1 medium fresh fruit or ½ cup of chopped or canned fruit counts as a serving. One serving of dried fruit is ¼ cup. 1 cup of raw leafy veggies, or ½ cup of other vegetables is one serving. These are standard serving sizes, but children may eat more or less of a food based on individual needs. For more information on serving sizes, see our *Snack Sense Serving Size Guide!*

Below are some examples of budget-friendly healthy options for fruits, veggies, proteins and grains that YMCAs are serving in their after school programs!

Offer a fruit or vegetable option every day!

Fruits

- Apple slices
- Apricots
- Raisins
- Banana
- Applesauce
- Canned fruit in 100% juice
- Grapes
- Oranges
- Dried mixed fruit without added sugar
- Avocado
- Frozen berries

Vegetables

- Celery
- Salsa
- Frozen peas
- Canned corn niblets
- Cucumber
- Colored pepper slices
- Baby carrots
- Broccoli
- Lettuce
- Tomatoes
- * Avoid french fries and tater-tots.

Offer a protein or grain option every day!

Whole Grains

- Whole wheat bread
- Triscuit crackers
- Couscous
- Quinoa
- Whole wheat bagels
- Whole grain Goldfish crackers
- Cheerios
- Corn tortillas
- Whole wheat tortillas
- Whole wheat English muffins
- *Avoid whole grain foods with trans fats. Make sure trans fat is 0g. Do not buy anything with "partially hydrogenated" in the ingredient list.

Protein

- Canned black beans
- Hard boiled egg
- Peanut butter
- Tuna
- String cheese
- Mixed nuts
- Hummus
- Yogurt
- Cottage cheese
- *Nut allergies are a serious issue. Make sure no one is allergic before serving ANY products with nuts.

Snack Sense Serving Size Guide

What counts as a serving? It depends on the type of food! Check out the general guidelines below and a few examples for each type of food. For packaged foods, check the nutrition label- it lists the serving size! Note that serving sizes are standard serving sizes for planning purchases, but children may eat more or less of a food based on individual needs.

Fruits

In general, 1 medium fresh fruit or $\frac{1}{2}$ cup of chopped or canned fruit counts as a serving. One serving of dried fruit is $\frac{1}{4}$ cup.

Here are some examples of 1 fruit serving!

- 1 medium banana
- 1 medium apple
- $\frac{1}{2}$ cup of sliced strawberries
- $\frac{1}{2}$ cup canned pineapple or peaches
- $\frac{1}{4}$ cup of raisins or dried cranberries
- $\frac{1}{4}$ of a medium avocado

Veggies

In general, 1 cup of raw leafy vegetables or $\frac{1}{2}$ cup of other vegetables (cooked or raw) counts as 1 serving.

Here are some examples of 1 vegetable serving!

- 1 cup of baby spinach or lettuce
- $\frac{1}{2}$ cup of baby carrots
- $\frac{1}{2}$ cup of sliced cucumbers
- $\frac{1}{2}$ cup of cherry tomatoes
- $\frac{1}{2}$ cup of tomato sauce

Whole Grains

One slice of bread, about 1 cup of cereal, or $\frac{1}{2}$ cup of cooked cereal, rice or pasta is one grain serving.

Here are some examples of 1 whole grain serving!

- 1 slice of whole wheat bread
- 1 whole wheat tortilla (7 inches in diameter)
- 1 cup of Cheerios
- $\frac{1}{2}$ cup of couscous
- $\frac{1}{2}$ whole wheat English muffin
- 6 Triscuit crackers
- 50 whole grain goldfish crackers

Protein

One cup of yogurt, $1\frac{1}{2}$ ounces of cheese, 2 tablespoons of peanut butter, $\frac{1}{2}$ cup of beans, and $\frac{1}{3}$ cup of nuts is one serving.

Here are some examples of 1 protein serving!

- 1 hard boiled egg
- 1 cup of yogurt
- 1 stick of string cheese
- $\frac{1}{4}$ cup of shredded cheese
- 2 Tbs hummus
- $\frac{1}{2}$ cup of black beans
- $\frac{1}{2}$ can of tuna

Snack Sense Calculator

The price of foods and beverages in *Snack Sense* are estimates based on national price averages. Prices in the area where you shop may be more or less expensive. Use the *Snack Sense Calculator* worksheet to find the price per serving of the snacks at your program! Note that calculating serving sizes are standard serving sizes for planning purchases and estimating price, but children may eat more or less of any snack based on individual needs.

Instructions: Fill out the worksheet below for 1 week. You can do this every few months to see if there are differences in the price of the snacks you serve. The “Servings Per Container” (row C) is on the Nutrition Facts Label of packaged foods. For fresh fruits, a medium-sized fruit, or ½ cup of cut-up fresh fruit is one serving. For fresh vegetables, 1 cup of raw leafy veggies or ½ cup of other vegetables is one serving.

	EXAMPLE	Monday	Tuesday	Wednesday	Thursday	Friday
A. Food/Beverage #1	<i>Whole grain pretzels</i>					
B. Price paid	\$1.99					
C. Servings per Container	12					
D. Price per Serving (÷ Row B by Row C)	$\$1.99 \div 12 = \boxed{\$0.16}$					
A. Food/Beverage #2	<i>Banana</i>					
B. Price paid	\$0.19 each					
C. Servings per Container	1					
D. Price per Serving (÷ Row B by Row C)	$\$0.19 \div 1 = \boxed{\$0.19}$					
A. Food/Beverage #3	<i>Tap Water & cup</i>					
B. Price paid	\$0.03					
C. Servings per Container	1					
D. Price per Serving (÷ Row B by Row C)	$\$0.03 \div 1 = \boxed{\$0.03}$					
Price of total snack per serving: (Add all Row D's)	\$0.16+ \$0.19+ \$0.03= $\boxed{\$0.38}$ per serving					

Snack Sense Calculator

Instructions: Fill out the worksheet below for 1 week.

The *Snack Sense Calculator* will automatically calculate the price per serving of the snacks you are serving in the yellow cells!

Complete this worksheet every few months to see if there are differences in the price of the snacks you serve.

The “Servings Per Container” (row C) is on the Nutrition Facts Label of packaged foods.

For fresh fruits, a medium-sized fruit, or ½ cup of cut-up fresh fruit is one serving.

For fresh vegetables, 1 cup of raw leafy veggies (like lettuce), or ½ cup of other vegetables is one serving.



	<i>EXAMPLE</i>	Monday	Tuesday	Wednesday	Thursday	Friday
A. Food/Beverage #1	Whole grain pretzels					
B. Price paid	\$1.99					
C. Servings per Container	12					
D. Price per Serving	\$0.17					
A. Food/Beverage #2	Banana					
B. Price paid	\$0.19					
C. Servings per Container	1					
D. Price per Serving	\$0.19					
A. Food/Beverage #3	Tap Water					
B. Price paid	\$0.00					
C. Servings per Container	1					
D. Price per Serving	\$0.00					
Price of total snack per serving:	\$0.36	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00

Harvard School of Public Health Prevention Research Center Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs

The aim of the Environmental Standards for Nutrition and Physical Activity are to help program leaders create healthier out-of-school environments for children by achieving 7 simple standards. These Environmental Standards are based on current scientific evidence about healthy eating and physical activity. These standards have been developed for part-day out-of-school time settings like sport programs and after school programs, but can easily be modified for full day programs like summer camps.

For each Environmental Standard below, we provide a brief rationale and a few suggested strategies for putting them into practice at your out-of-school time program. For more ideas on incorporating these standards into your program, check out the *Tip Sheets* in Food & Fun 2nd Edition!

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.

It is important to keep parents involved and educated about healthy eating and physical activity so they can reinforce the Environmental Standards at home. Use the *Parent Handouts* and *Parent Communications* from Food & Fun 2nd Edition to help develop and maintain your connection with parents. For more information, visit www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/





Environmental Standard #1: Do not serve sugar-sweetened beverages

Rationale: The amount of sugar-sweetened beverages that children drink has significantly increased over the past 20 years. Sugar-sweetened beverages are the top source of added sugar in kids' diets. Examples of sugar-sweetened beverages are soda, sweetened iced teas, fruit punches, fruit drinks, and sports drinks. Drinking sugar-sweetened beverages has been associated with obesity in children. They provide a lot of calories with little to no nutritional benefit. These beverages also lead to dental cavities.

If you do serve 100% juice, limit to 4 ounces per day.

Suggested strategies:

- Offer water instead of sugar sweetened beverages every day.
- Implement policies that prevent using vending machines during program time.
- Restrict bringing drinks in from outside the program.



Environmental Standard #2: Serve water every day

Rationale: Water is a great drink choice for kids. It keeps them hydrated, it is calorie-free, and it is almost cost free from the tap! Replacing caloric beverages with water at snack time saves money, and is an easy way to eliminate calories from sugar-sweetened beverages. Our bodies are the best judge of how much water we need. Teach kids to take a drink whenever they are thirsty.

Suggested Strategies:

- Serve tap water- it costs only pennies!
- Serve water in a pitcher with cups at the snack table every day.



Environmental Standard #3: Serve a fruit and/or vegetable at every meal and snack.

Rationale: Children should eat at least 5 servings of fruits and vegetables daily. However, most U.S. children are only eating about 2½ servings each day. Fruits and vegetables contain vitamins, minerals, and fiber. They protect against heart disease, stroke, high blood pressure, and some cancers. The fiber and water in fruits and vegetables also help you feel full. Serving 100% fruit juice does not substitute for whole fruit because juice does not contain fiber.

Suggested strategies:

- Use taste tests to learn kids' preferences and to find new fruits and vegetables that kids like.
- Cut and peel fruits and vegetables before serving so they are easier for kids to eat.



Environmental Standard #4: Do not serve foods with trans fat.

Rationale: The type of fat you eat is more important than the total amount of fat in your diet. Avoid foods with trans fat, which is a type of unhealthy fat. Trans fat has many harmful effects on your body. It is commonly found in packaged bakery foods (like muffins, brownies, cookies, and crackers) and deep fried foods (like chicken fingers, fish sticks, and french fries). Products labeled as 0 grams trans fat can still have up to 0.49 grams per serving by law. Avoid foods with the words "partially hydrogenated vegetable oil" on the ingredient list; this means the food contains trans fat.

Suggested strategies:

- Read nutrition labels and only select foods with 0g of trans fat.
- Review vendor lists and only order foods without trans fat.



Environmental Standard #5: When serving grains (like bread, crackers, and cereals), serve whole grains.

Rationale: Whole grains contain fiber, vitamins, and healthy fats that can lower your risk for heart disease and diabetes. They can also help you feel full longer. Refined “white” flour and sugar do not have these nutrients or health benefits. Serve whole grains instead of refined ones whenever possible. Whole grain options are often available at the same price as refined options.

Suggested strategies:

- Select breads, crackers, and cereals that list a whole grain as the first ingredient on the label. Examples are whole wheat, barley, oats, and rye.
- Select foods containing at least 3 grams of fiber and 5 grams of sugar or less per serving.



Environmental Standard #6: Eliminate broadcast and cable TV and movies. Limit computer time to less than 1 hour each day.

Rationale: Children should spend no more than a total of 2 hours each day watching TV, playing video games, or surfing the web. These activities can lead to overeating, less physical activity, and a higher risk for becoming overweight. TV watching also may influence children to make unhealthy food choices because they see a lot of advertisements for foods that are high in sugars and calories.

Setting limits on kids’ TV, video game, and computer time is important for their health.

Suggested strategies:

- Remove TVs from the out-of-school time space or cover them with a cloth so they can’t be seen.
- Try new indoor games or an arts and crafts project if weather limits outdoor playtime.



Environmental Standard #7: Provide all children with at least 30 minutes of moderate physical activity every day. Offer 20 minutes of vigorous physical activity at least 3 days per week.

Rationale: Children 6-17 years old need at least 60 minutes or more of physical activity every day. Most of the 1 hour or more a day should be moderate or vigorous physical activity. Children should participate in vigorous activity on at least 3 days per week. Examples of moderate physical activity are bike riding, hopscotch and playground play. Vigorous activity are more intense and make you sweat, like running, basketball, and aerobic dancing. Regular physical activity is important for preventing chronic diseases like heart disease, diabetes, high blood pressure, and osteoporosis.

Suggested strategies:

- Schedule at least 30 minutes of physical activity every day.
- Convert cafeteria or classroom areas for dance or fitness if space is limited.

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Healthy Places, Healthy Kids



- Do not serve sugar sweetened drinks
 - Serve water every day
- Serve a fruit/vegetable at every meal or snack
 - Do not serve foods with trans fat
 - When serving grains, serve whole grains
- Eliminate broadcast & cable TV or movies
- Limit computer time to less than 1 hour
- Provide all children with at least 30 minutes of moderate physical activity every day
- Offer 20 minutes of vigorous physical activity at least 3 days per week



Balancing health & academic priorities

Tips & Information

Real-life challenges... ..and how to overcome them

- Homework time takes up the majority of the program. We don't have enough time to offer 30 minutes of physical activity every day.
⇒ Incorporate 2 or 3 10-minute physical activity breaks into homework time every day. JAMmin' Minutes & SPARK ASAP games are great examples of quick ways to get kids up & moving. Also, consider making any down time during arrival & dismissal into active time.
- Academics are the #1 program priority. It's hard to fit in health activities when we're focused on improving reading & math skills.
⇒ Brain Breaks & Energizers integrate physical activity with academic content in grade-specific lessons. SPARK and Food & Fun include academic concepts in some activities.
- Parents expect that all homework will be complete when they pick up their kids.
⇒ Send home a flyer to families explaining the importance of balancing time for academics & health at your program. You can support families by offering tips on how to set up a good environment for finishing homework at home.
- Staff only feel comfortable working with kids on homework & academics.
⇒ Train staff to conduct activity breaks & frame "academics" more broadly to include health messages. Also, most kids are very active when given time for free play, so teach staff that they don't have to be PE teachers to get kids active!

Check out these great resources!

- ★ **SPARK** is an evidence-based physical activity and nutrition program for Pre-K to 12th grade.
<http://www.sparkpe.org/>
- ★ **Energizers** are classroom physical activities that integrate physical activity with academics.
<http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf>
- ★ **Brain Breaks** is a physical activity idea book for elementary teachers.
<http://www.emc.cmich.edu/brainbreaks/>
- ★ **JAMmin' Minutes** are 1 minute fitness routines kids and staff can do with limited space.
<http://www.jamschoolprogram.com/>

Nutrition & Physical Activity Books

- ★ Eating the Alphabet
 - ★ Stone Soup
- ★ Johnny & His Mommy
 - ★ Salt in His Shoes
- ★ The Best Way to Play
 - ★ The Little Red Hen
 - ★ Bread is for Eating
- ★ Berenstain Bears & Too Much Junk Food
 - ★ I Will Never Not Eat a Tomato
 - ★ Berenstain Bears & Too Much TV





Did you know?

Reinforce Academics with Food & Fun!

Find all these activities at foodandfun.org

Literacy: Help kids practice reading & writing skills with these Food & Fun activities:

- ★ I'm Going on a Picnic (Unit 1)
- ★ Active Day Cartoons extension (Unit 2)
- ★ Track the Trans Fat (Unit 4)
- ★ Healthy Steps (Unit 11)

Math: Kids can practice addition, subtraction, multiplication & division in these activities:

- ★ Bowling for Sugar Smarts (Unit 3)
- ★ Count it Up (Unit 3)
- ★ Walk Around Town extension (Unit 8)
- ★ Gulp (Unit 10)

Foreign languages: A number of Food & Fun extension can help kids learn new languages:

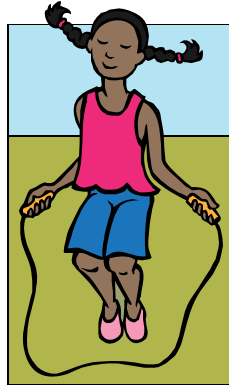
- ★ Fruit & Vegetable Relay (Unit 1)
- ★ Build a Rainbow (Unit 7)
- ★ Activity Wheel (Unit 9)

Science: You can teach kids basic science lessons with these Food & Fun activities:

- ★ Make Flour (Unit 5)
- ★ Part of the Plant (Unit 7)
- ★ What Happens When (Unit 9)

Check out some of these success stories!

At another program with limited space for activity, the site director initiated activity breaks when kids started to get restless during tutoring. He'd snap his fingers & kids would stand up for exercises at their desk or a quick walk around the school. A short exercise break helped the tutoring time get back on track.



One program, which has a strong literacy focus, struggled to offer all kids physical activity every day. The site director decided to schedule two 10-minute breaks during homework time in addition to regular free play for kids to stretch and get physically active. He found that the kids loved the chance to move around after a busy day at school and even noticed they seem to focus better with the chance to let off some steam.

Did you know?

- ★ Teaching kids to cook can be a great way to reinforce math skills. See Food & Fun recipe packet for ideas.
- ★ Free play like recess has been linked with better concentration, attention, classroom conduct, and on-task behavior for students.
- ★ The flow of blood and oxygen to the brain, which affects mental clarity, is improved by physical activity.
- ★ Physical activity also boosts connections between nerves in the brain, which helps kids to better process information and stay focused.

Fruits & Vegetables



Real-Life Challenges... And how to overcome them

Fruits and vegetables are too expensive...

Serve canned, dried or frozen fruits and veggies for cheaper alternatives.

We have limited storage and fridge space for produce...

Make purchases more often or request more frequent deliveries to keep food fresh.

Fruits and veggies take too long to eat...

Cut and peel before serving to make eating easier. Get kids involved for hands-on experience.

Kids don't like to eat fruit and veggies...

Use fun taste tests to better understand kids' preferences. Identify new items that kids enjoy to add to your regular menu (see the example below).

Getting kids to help with snack preparation takes too much time, especially washing hands, putting on gloves, and supervising...

Assign rotating helper jobs like snack set-up/clean-up, involve kids in menu planning, or plan grocery store visits.

Afterschool licensing requirements and food safety regulations don't allow kids to participate in food preparation...

Get creative with jobs for kids like setting tables, washing fruit, and helping with clean up.



Check out these real-life success stories!

Brainstorming with children about new ways to incorporate fruits and vegetables into snacks is a great way to get kids involved. One site urged children to think of creative ways to add either a fruit or vegetable to every snack. Some ideas are:

- Carrots, celery, bananas or apples with peanut butter
- Whole grain crackers with an orange or sliced red peppers
- Trail mix with nuts, sunflower seeds, and dried fruit
- Yogurt with granola and berries

When one program started introducing different fruits and veggies, they designed a whiteboard near the snack area where children rated the new foods each day. The site director tallied the ratings and created new snack menus that matched the kids' favorites. The kids were eating foods that they loved and that were good for them too!

The Scoop on Fruits & Vegetables

Offer a fruit or vegetable option with every snack or meal served

Fruits and vegetables are important foods to include in a healthy diet, but only about one in every five children (and a few adults!) get the recommended 5 or more servings each day.

Fruits and vegetables are packed with nutrients, including vitamins A, B, and C, and minerals such as potassium and even calcium. They help protect against heart disease, high blood pressure and cancer later in life.

Each type of fruit or vegetable has unique benefits, so it is important to eat different types to get all the nutrients for a strong body.

100% fruit juice isn't a substitute for whole fruit. When possible, serve whole fruit—it contains more nutrients and fiber and helps you fill up.

Even though canned and frozen foods can provide an easy way to keep fruits and veggies handy, watch out for added sugar and salt.

Creative and Easy Snack Ideas

- Applesauce
- Tangerines/Clementines
- Apricots
- Canned fruit in water or juice
- Dried fruit like: apple rings, apricots, raisins, berries
- Colored pepper slices
- Raw broccoli and cauliflower
- Green and yellow string beans
- Celery

How much do kids really need?

Children should eat at least 5 servings of fruits and vegetables each day.

So what's a serving?

- 1/4 cup of dried fruit
- 1/2 cup of cooked or raw vegetables
- 3/4 cup of 100% juice
- 1 cup of leafy greens—and remember that darker greens are more nutritious!
- 1 medium piece of fruit

Get creative with these recipe ideas!

- Baked apples
- Fruit kebobs
- Fruit salad Ants on a log
- Fruit smoothies
- Veggie dipping sauce

These recipes can be found in your Food & Fun Manual.

Want to know more? Check out these other resources:

<http://www.5aday.com>

Tips on eating a variety of colorful fruits and vegetables, nutrition information and activity pages for children

<http://www.dole5aday.com>

Dole produces a 5-a-day website that has sections for teachers as well as children.

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

Harvard School of Public Health publishes an online nutrition news and resource center

<http://www.pbhfoundation.org>

Produce for Better Health has resources for afterschool providers to help children establish smart fruit and vegetable eating habits.

Whole Grains



Real-Life Challenges... And how to overcome them

We don't get to choose which foods are provided to children.

Contact whoever is responsible for food purchasing and request that snacks be whole grain. Check out **Snack Sense** for a list of ideas to get your started.

Whole grain products are more expensive.

Most often, this is not the case. Many popular snack items, like Goldfish, English muffins, and tortillas, are now available in whole grain for the same price.

Kids seem reluctant to try new, healthy foods.

Use fun taste tests to understand kids' preferences and identify new items that kids enjoy to add to your regular menu (see examples below).

Staff don't see what they eat as relevant to their job or to children's healthy eating.

Teach staff about the importance of role modeling and involve them in taste testing.

Staff in charge of buying food don't know what ingredients to look for on labels.

Teach staff to look for products with whole grains listed first on the ingredient label. Examples of whole grains are whole wheat, oats, and barley.



Check out these real-life success stories!

One afterschool program was able to swap out snacks made with refined grains and replace them with whole grain, healthier options. The new foods tasted great and provided children with additional fiber and nutrients.

New ideas included:

- Whole wheat pitas and tortillas
- Granola
- Whole grain mini bagels
- Popcorn
- Whole grain Goldfish crackers

Another program saw the opportunity to review current menu items and involve kids in developing a new menu.

They let kids vote each time they tried a new snack and tallied their responses to track new favorites!

The Scoop on Whole Grains

Did you know that eating a diet rich in whole grains can lower your risk for heart disease and diabetes? Whole grains contain fiber, vitamin E, and healthy fats. They help keep your blood sugar steady and your arteries clear. Whole grains also make you feel full longer. Refined “white” flour and sugar do not have these nutrients or health benefits. Eat whole grain products instead of refined ones whenever possible. You should also avoid the “empty calories” of added sugars. They offer no benefit other than energy.

- Try to serve foods made with whole grains (like whole wheat, oats, barley, brown rice and popcorn), which are higher in fiber and nutrients than refined grains (like white rice, white bread and cornflakes).
- Refined grains, such as white rice or white flour, have both the bran and germ removed from the grain. Although vitamins and minerals are added back into refined grains after the milling process, they still don’t have as many nutrients as whole grains do, and they don’t provide as much fiber.
- Look at the ingredient list! Aim for products that list a whole grain first and contain no added sugar. A good rule of thumb is to choose products with at least 3 grams of fiber and no more than 5 grams of sugar.



Limit these snack foods:

- Sweetened cereals like Frosted Flakes, Fruit Loops and Cinnamon Toast Crunch
- White bread and tortillas
- White rice, potatoes and “instant” grains
- Cookies, cakes and candies

Did you know?

- Whole grains are an important part of healthy snacking. Pair them with a fruit or vegetable for a well-rounded snack.
- Try to aim for snacks for kids that have between 100-200 calories. Nutrition labels can help!

Want to know more?

Check out these other resources:

<http://www.hsph.harvard.edu/nutritionsource/carbohydrates.html>

Harvard School of Public Health publishes an online nutrition news and resource center.

<http://www.wholegrainscouncil.org>

The Whole Grains Council helps consumers find whole grain foods and understand their health benefits.

<http://mypyramid.gov/pyramid/grains.html>

This section of the Food Guide Pyramid gives specific information on grains, and can be tailored for individual needs.

http://www.foodplay.com/downloads/FreeMaterials/Teachers/celebration_guide.pdf

Planning healthy celebrations can be particularly challenging. Foodplay offers some great suggestions.

Examples of one serving of whole grains

- 1 slice of whole-grain bread
- 1/2 whole-grain English muffin, bagel or bun
- 1 ounce of ready-to-eat whole-grain cereal
- 1/2 cup (cooked) oatmeal, brown rice, or whole-wheat pasta
- 5-6 whole-grain crackers
- 3 cups of popped popcorn

Water, Water Everywhere!

Real-Life Challenges...

And how to overcome them



We only get reimbursed for serving milk.

Serve tap water too—it's free!

We don't have water fountains or coolers for easy access to water.

Keep a water pitcher and cups out at child level throughout the day. Take a cooler or jug with you when you go to a park or playground.

Kids don't like drinking water.

Make presentation appealing—use a clear pitcher and try the new ways listed below!

The drinking water isn't considered safe.

Have tap water tested first. For the freshest water, let the tap run till it's cold. If it is unsafe, look into getting a water cooler or an alternate

New ways to try water:

Flavor the water with added fruit—good choices include frozen berries, lemon, lime or orange slices to cool things off—and feel free to mix multiple fruits together!

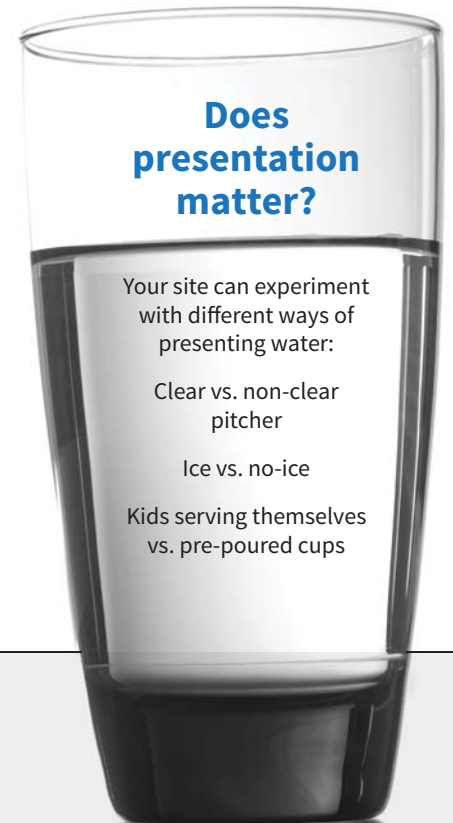
Make “sun tea”—put some tea bags (kids might especially like herbal kinds like mint) in a pitcher and set it in the sun to steep until the water takes on a tea color—the darker the water, the stronger the tea. Add ice when you're ready to serve. You can also make a quick version by pouring hot water over tea bags and then adding lots of ice.

Serve herbal tea (like mint or chamomile) hot. It is a great way to warm up in the winter.

Experiment with adding frozen fruit juice ice cubes to water

Serve juice spritzers (juice and seltzer water)—use no more than 4 ounces of juice per serving.

Have each kid invent his or her own “brand” of water—let them design their labels, make their “secret recipes” and invent names.



Check out this real-life success story!

One after-school program let each kid decorate his or her own cup. Not only did the program spend less money on disposable cups, but the kids looked forward to drinking out of their self-made artwork! You could do the same thing with plastic water bottles. (Look for ones labeled BPA-free.)

Did You Know?

85% of a child's body weight is water.

The human brain is 75% water; a living tree is also 75% water.

There is the same amount of water on Earth as there was when the Earth was formed. The water from your faucet could contain molecules that dinosaurs drank!

Water regulates the Earth's temperature. It also regulates the temperatures of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes.

Although the average person can live for about one month without food, we can only survive about a week without water.

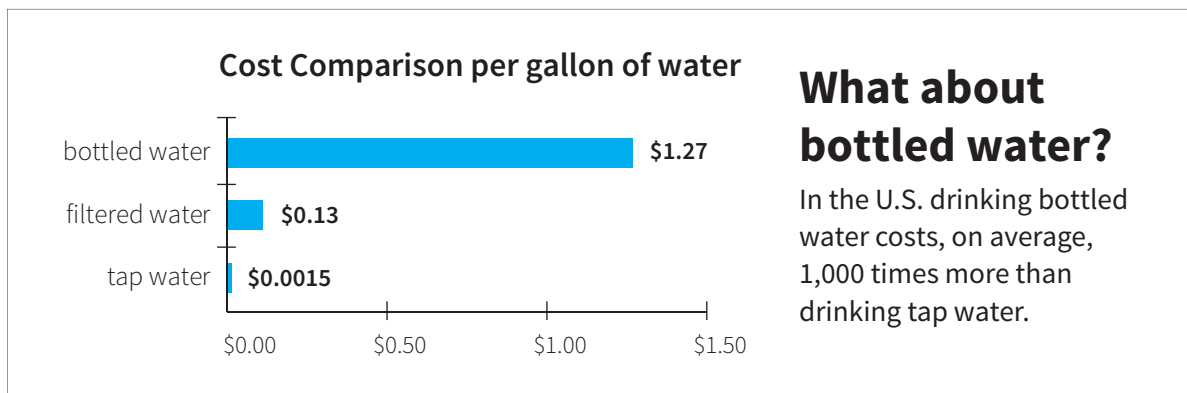
What to drink? WATER!

Water is calorie-free and cheap!

Water keeps kids hydrated best. Sports drinks are good only for really intense activities lasting over an hour. For example, a day at sports camp or a hike in the mountains would be a time that kids might have a sports drink.

Make sure that kids can get water throughout the day and during every period of physical activity. Our bodies are the best judge of how much water we need. Teach kids to take a drink whenever they are thirsty.

Most tap water is fluoridated, which means that it helps teeth stay strong and protects against cavities!



Want to know more? Check out these other resources:

<http://www.csipnet.org>

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools.

<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks>

The Department of Nutrition at Harvard provides tips and information on making healthy beverage choices.

<http://www.nesc.wvu.edu/educators.cfm>

This site has links to a variety of lessons and educational materials, both about drinking water and water as a resource—great if you're looking for a chance to integrate some science lessons into your program.

<http://www.epa.gov/safewater/ccr/wherelive.html>

The Environmental Protection Agency's annual water quality reports provides information on water safety in every state, including information on fluoridation.

Turn Off That Screen!



Real-Life Challenges... And how to overcome them

Movies are an easy way to kill time on rainy or cold days.

Try new indoor activities like freeze dance, an obstacle course, or an arts and crafts project. For even more ideas, look below and check out the resources on the next page.

Kids love watching TV and playing computer games.

Remove TVs or cover them with a cloth. Use the parent settings on computers to set time limits.

TV time and computer games are some of the only activities that all children enjoy.

Use physically active video games like “Dance Dance revolution” or other fitness games.

If we don’t let kids watch TV, we have no downtime for lesson planning.

Schedule planning time outside of program hours. Time during the program can then be all about the kids.



What you can do to replace “Screen Time” activities

Let kids suggest their favorite activities! Ask them to fill in the blank, “Instead of watching TV, I could _____.” Try a new idea each week.

Substitute free reading time for TV. Letting children bring in appropriate magazines or books from home can be a fun reward. You could also offer appropriate reading materials or take the youth for a walk to their local library.

Plan creative arts and crafts projects. Kids can make their own placemats and decorate water bottles. Go to www.crayola.com for coloring pages, craft ideas, and games.

Set up a scavenger hunt either inside or outside where children can search for common objects on site.

Play music! Kids can help think of songs to download, make up dances on their own, or play freeze dance as a group.

Involve children in snack preparation by helping with set up and clean up, snack assembly and recipe prep—just make sure everyone washes their hands first!

Bring back board games!





Did You Know?

The first 2 years of life are an important time for brain development. TV can keep kids from exploring, playing, and talking with other people. All these things help kids have healthy physical and social development.

The American Academy of Pediatrics (AAP) says that kids under two years old shouldn't watch any TV. Kids two years and older shouldn't watch more than one to two hours a day of TV. Any TV that kids watch should be educational and age-appropriate.

As kids get older, too much screen time can get in the way of other important activities. Instead of watching TV, kids could be exercising, reading, doing homework, playing with friends, and spending time with family.

Kids under age seven typically spend **triple** the amount of time in front of screens than reading or being read to.

Two out of three kids ages zero to six live in homes where the TV is on at least half of the time, even if no one is watching it. (Kaiser)

What's the problem with TV?

(American Academy of Pediatrics)

Kids who often watch more than four hours of TV per day are more likely to be overweight.

Kids who watch violence on TV are more likely to act aggressively. They also tend to think that the world is scary and that something bad will happen to them.

TV characters often do risky things like smoking and drinking. Many TV shows also stereotype boys and girls and different races.

TV is more than just shows! There is a ton of advertising, especially for junk food.

Want to know more? Check out these other resources:

<http://www.nhlbi.nih.gov/public/heart/obesity/wecan/live-it/screen-time.htm>

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to reduce screen time and stay healthy.

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;107/2/425.pdf>
<http://www.aap.org/family/smarttv.htm>

The American Academy of Pediatrics (AAP) recommends no more than one to two hours of quality programming per day. They also offer a Smart Guide to Kids' TV.

<http://www.screentime.org>

TV Turn-Off Network is dedicated to promoting alternative forms of entertainment for children and adults. Visit for information and ideas.

http://kidshealth.org/parent/positive/family/tv_affects_child.html

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide information that families can understand and use. This page discusses how TV affects kids.

<http://www.media-awareness.ca/english/teachers/index.cfm>
<http://www.frankwbaker.com/advertising2.htm>

These resources can help empower kids to understand how media and advertising target them.



Sugar-Sweetened Beverages

What's really in here?

On the ingredients list, sugar may be disguised as:

Fruit juice concentrate
Evaporated cane juice
Malt syrup
Sucrose
Dextrose
Fructose
High fructose corn syrup
Corn sweetener

Real-Life Challenges... And how to overcome them

Kids and staff bring sugary drinks from home and nearby stores.

Implement policies that restrict bringing in foods and drinks from outside or sharing them.

People believe "fruit drinks" are healthy.

Teach staff, kids and families about the amount of sugar in fruit drinks.

Everybody has soda at parties.

Teach staff, kids and families about the amount of sugar in fruit drinks.

Our site has vending machines that the kids and staff purchase drinks from.

Have the vending machines turned off during program hours, or have the machines loaded with healthier choices.

It seems "fruit drinks" are cheaper than 100% fruit juice.

Tap water is free! You can use a splash of 100% fruit juice to create your own flavored waters.

Drink me!

Water - as much as you want!

Sodium-free seltzer - as much as you want!

Juice spritzers - Mix a splash of 100% juice with sodium-free seltzer

Skim and low-fat milk

Diluted 100% juice - 4 ounces of water mixed with 4 ounces of juice for a refreshing and flavorful treat

100% juice - limit to 4 ounces per day (juice box size)

Steer clear!

Drinks with added sugar, like soda (pop) and fruit punches

Drinks with artificial sweeteners, like diet soda

Examples of products to avoid:

Fruitades (lemonade, etc.)
Juice drinks/juice cocktails
Fruit punches
Sweetened ice teas
Sports drinks
Vitamin waters
Energy drinks

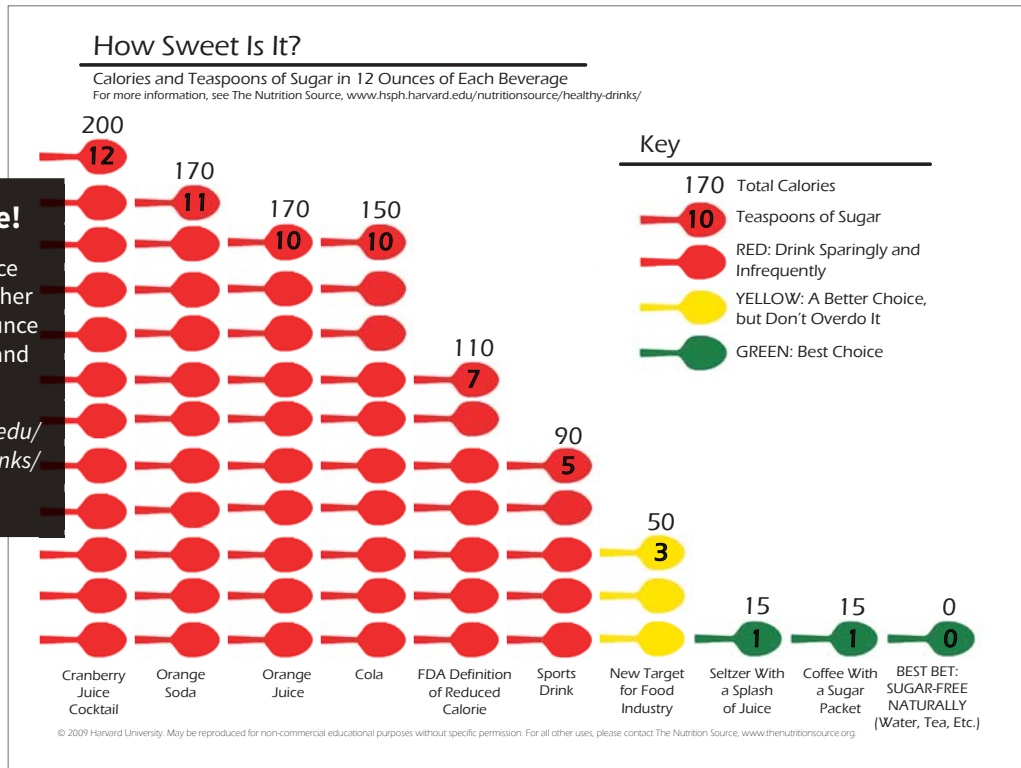
Did you know?

The largest source of added sugar in kids' diets isn't cake, cookies or candy—it's drinks! (F&F)

Teen boys average more than a quart of sugary drinks a day. (<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html#3>)

In the U.S., 8 out of 10 children and 6 out of 10 adults consume at least one sugar-sweetened beverage on an average day. (<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html#3>)

Go easy on the juice!
Even though 100% fruit juice has more nutrients than other sugary drinks, ounce for ounce it contains as much sugar and calories as soda.
(<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html#3>)



Why not juice, soda or sports drinks?

They all contain sugar! Sugar-sweetened drinks are the top source of added sugar in kids' diets. Drinking too many high sugar drinks increases the risk for overweight kids and adults. These drinks add extra calories that don't make us feel full.

Soda, juice and sports drinks can also cause dental cavities.

There is often caffeine in soda and energy drinks. When kids drink caffeine, they may get headaches, upset stomach, and disturbed sleep.

Diet sodas contain artificial sweeteners. They train kids to crave "sweetness" in drinks and foods. Their long-term safety is not fully understood, so it is best to avoid them.

Sports drinks are only helpful for highly intense activities that last longer than one hour. For example, a day at basketball camp or a hike in the mountains would be a time that kids might have a sports drink.

Want to know more? Check out these other resources:

<http://www.csipnet.org>

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools.

http://cnr.berkeley.edu/cwh/PDFs/CWH_Sports_Drinks_FAQ_Sheet_7.07.pdf

The Center for Weight & Health at U.C. Berkeley provides answers to frequently asked questions about sports drinks.

<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks>

BANPAC offers curriculum materials and campaign tools in English and Spanish for a "Soda-Free Summer."

Physical Activity



Real-Life Challenges... And how to overcome them

It's hard to make time for physical activity with everything else on our schedules...

Make physical activity a formal part of your daily schedule.

Some kids just don't want to participate...

Offer structured free play with a variety of physical activity stations that kids can choose from.

It gets dark too early to play outside...

Offer physical activity at the start of the afterschool day.

Sometimes the weather is too cold...

Use indoor space, and see the next point.

We don't have enough space for physical activity...

Convert cafeteria or classroom areas into space for dance and fitness. Find a local park. Take a walk or jog around the block. Develop relationships with school administrators who may be able to provide additional space.

What is **MODERATE** activity?

Games, sports, and recreation that are equal in intensity to brisk walking:

Hopscotch	Yoga
Playground play	Gymnastics
Swinging	Ballet
Kickball	Shooting baskets
Frisbee	Swimming for fun
Walking	Volleyball
Bike-riding	Baseball, softball

What is **VIGOROUS** activity?

Games, sports, and recreation that are more intense than brisk walking:

Running games (tag)	Karate
Jogging	Tae kwon do
Jumping rope	Jumping jacks
Basketball game	Skipping
Football game	Push-ups, pull-ups
Soccer	Swimming laps
Aerobic dancing	Water basketball

Check out this real-life success story!

One program offered a variety of different active games and fitness activities that students could rotate through, and after a month of trying different stations, the kids voted on their favorites. The winning activities appeared more often in structured play time. Empowering children to make their own decisions is a great way to get everyone involved! The most popular stations were basketball, four-square, hula-hoop, and jump rope. Even better—the site director said that NONE of the kids sat out!

Did You Know?

Each child should get at least 1 hour of physical activity everyday. Providing at least 30 minutes of daily activity in your afterschool program is a good goal.

Kids should get 20 minutes of **vigorous** physical activity 3 times per week.

Recreational play, like running, jumping and climbing on playground equipment, is just as important as skill-based instruction.

Many schools have limited time for physical education and recess so children come to afterschool programs ready to move!

Physical activity can be broken up into periods of 10-15 minutes.

Many children today do not engage in enough physical activity. Physical activity tends to decline as kids enter the teen years, and inactive children may be less physically active as adults.

Staying active protects everyone—even kids—from developing heart disease, diabetes, high blood pressure, stroke and osteoporosis. Exercise helps make bones stronger. Plus, inactive children weigh more and have higher blood pressure and lower levels of heart-protective high-density lipoproteins (HDL cholesterol). (www.americanheart.org)

Regular physical activity helps children focus both in and out of school.



Want to know more? Check out these other resources:

<http://www.aahperd.org/naspe>

The National Association for Sports and Physical Education (NASPE) offers guidelines on activity for children and youth, and publish curricula for in and out of school time.

<http://www.primaryschool.com.au/health.php>

The Primary School site links to a ton of fun games that can be played indoors and outdoors. Great if you need activity ideas!

http://www.presidentschallenge.org/home_kids.aspx

President's Fitness Challenge inspires children to get moving each day. Use the guidelines and log charts to create a challenge at your site or enroll children in the challenge online.

http://www.bam.gov/sub_physicalactivity/index.html

The BAM! (Body and Mind) program provides information on various health topic, nutrition, and physical activity.

http://www.hsph.harvard.edu/nutritionsource/staying_active/

The Harvard School of Public Health publishes an online nutrition new and resource newsletter.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

Say “No” To Trans Fat!



Real-Life Challenges... And how to overcome them

Kids seem reluctant to try new, healthy foods.

Use taste tests to understand kids’ preferences and identify new offerings to include on your menu.

Staff in charge of buying food don’t know what ingredients to look for on labels.

Teach staff to avoid partially hydrogenated oils on nutrition labels—Take a look at the “Track the Trans Fat” lesson in **Food & Fun**. Then review vendor lists and order only foods without trans fat.

Staff don’t see what they eat as relevant to their job or to children’s healthy eating.

Teach staff about the importance of role modeling and involve them in taste testing.

We don’t get to choose which foods are provided to children.

Contact whoever is responsible for food purchasing and request that snacks be trans fat-free. Refer to **Snack Sense** for alternative snack options.

Think of this as an opportunity to review current menu items and try new thing! Have you ever considered a field trip to your local grocery store? Wander the aisles and ask questions:

- Do these crackers contain partially hydrogenated oil?
- Is the 0g of trans fat on the cookie nutrition label accurate?

Ask kids about any healthy snacks they eat at home and have them bring in the empty boxes to read the ingredient labels together.

Check out this real-life success story!

One afterschool program was very excited about their success at eliminated trans fats from all their snacks. When they were ordering snacks, they carefully checked the nutrition facts to see that there were 0g of trans fats listed.

But one day a staff member noticed that there was partially hydrogenated oil listed in the ingredients of the crackers she thought were healthy. She’d heard that this is the name for trans fat oils. The staff member taught the staff and kids at her site the best way to look for trans fats on the label and helped her program ban trans fats for good!

Did You Know: **The Truth About Fat**

Did you know that the type of fat you eat is more important than the total amount of fat in your diet? Eating more good fats and less bad fats can reduce the risk for heart disease and type 2 diabetes. Making simple changes in food habits can make a big difference for health.

Fats provide us with energy and vitamins that our body needs, but not all fats are created equal.



UNSATURATED FATS: "GOOD FATS"

What: Oils found in plants and fish

Where: Vegetable oils like olive and canola oils. Fish, nuts, seeds, peanut butter and other nut butters. Foods like olives, chick peas, and avocados.



SATURATED FATS

What: Fats found mostly in animal foods

Where: Whole milk, cheese, butter, ice cream, red meat, sour cream, lard, coconut and palm oils



TRANS FATS

What: Vegetable oils that are chemically changed to increase the shelf life of processed foods

Where: Fast foods, packaged snacks (cookies, crackers, etc.), baked goods, and stick margarines

How can I tell if a product has trans fats?

- Trans fats are created from plant oils through a process called partial hydrogenation, which makes them solid at room temperature.
- Any time you see the words "partially hydrogenated" in an ingredient listing, it means that trans fats are present!
- Many manufacturers have started labeling their products with "No Trans Fats!" or "Zero Trans Fats!", but the law says they can do this even when there are up to 0.5g of trans fats in the product. Read the ingredients instead!

Things to do in the kitchen:

- Replace red meat with fish, chicken, nuts and seeds at meal times
- Cook with liquid oils (vegetable or olive) and trans fat-free tub margarine, instead of butter, shortening, stick margarine or lard
- Select dairy products made with 1% or non-fat milk, instead of whole or 2% milk

Want to know more? Check out these other resources:

<http://www.bantransfat.com>

BanTransFat.com, Inc is a nonprofit organization that has the goal of reducing and eliminating trans fats from all food products.

<http://www.hsph.harvard.edu/nutritionsource/fats.html>

Harvard School of Public Health publishes an online nutrition news and resource center.

http://www.foodplay.com/downloads/FreeMaterials/Teachers/celebration_guide.pdf

Planning healthy celebrations can be particularly challenging. Foodplay offers some great suggestions.

Healthy Staff, Healthy Kids!



Members of my staff aren't comfortable being physically active.

Have a health-goal-setting session with staff. Allow staff to choose the physical activities they lead. Ask about physical activity interests during hiring. As a site director, set an example and join the kids when you can!

The staff just don't seem interested.

Give your staff freedom to think outside the box when it comes to activities—try letting them choose and invent activities.

Staff are more concerned with supervising, rather than participating in, play.

Brainstorm activities where everyone is active. Set the expectation that staff will lead and participate in activities—even if a counselor is shy about basketball, have him or her lead in jump roping, for example.

When I encourage my staff to play, they get a little carried away!

Make it clear that the expectation is to “participate in activities on a child’s level”—not be Michael Jordan.

Staff are too busy serving snacks to sit with kids at snack time.

Serve snacks family-style, so staff can sit with kids while kids serve themselves. Involve staff in taste testing.

Staff don't see what they eat as relevant to their job.

Teach staff about the importance of role modeling—include as part of your staff policy and during hiring. Offer incentives that would motivate your staff to participate.

Benefits of Staff Participation in Physical Activity

Staff can work with children to identify creative, enjoyable activities. Kids are more likely to continue physical activity if they enjoy it.

Children love it when adults participate! This will make them more engaged and will push them to try harder.

Staff can use this time to increase their daily activity as well!

Benefits of Family-Style Eating

Children learn social skills like taking turns and passing food to others.

Staff act as role models for healthy eating.

Children improve their manners by using “please” and “thank you” when requesting food.

By having children set the table and clean up after themselves, they learn about responsibility

Eating together gives staff time to talk with children about good nutrition.

Check out this real-life success story!

A staff member at one afterschool site had never been enthusiastic about leading basketball or soccer games—they just weren’t activities she enjoyed. But when the staff tried to get creative with new ideas, she found that hula hoop was an activity she loved, and her enthusiasm was contagious! The children also loved the new game, and soon both staff and children were discovering more ways to get active.

How to Talk About Foods & Drinks

What to Say

- I drink water because it's refreshing and gives my body what it needs
- Vegetables make me feel great!
- Fruit is yummy! It's a great snack.
- Sweets taste good, and it's ok to have them every once in a while.

What Not to Say

- I drink water or diet soda because they are not fattening.
- I eat fruit to stay on my diet.
- I can't have cookies because they'll go right to my hips.
- Fat? No way! My diet is NO fat at all.



Did You Know?

Children with active role models are more likely to stay active as adults.

Kids may not be accepting of new foods or activities right away, but it is important to continue to offer them. If children see adults trying new foods and games, eventually they might try them again and like them too!

Getting involved in activities with children may provide a better opportunity for staff to ensure that all children are participating, nobody is being left out, and everyone is having fun!

Providing a healthy eating and activity environment is not only important for children, but adults as well. Actively engaging with children is a great way for staff to maintain a healthy lifestyle!

Want to know more? Check out these other resources:

<http://www.aahperd.org/Naspe/>

The National Association for Sport and Physical Activity (NASPE) offers guidelines on activity for children and youth, and publishes curricula for in and out of school time.

<http://www.primaryschool.com.au/health.php>

The Primary School site links to a ton of fun games that can be played indoors and outdoors. Great if you need activity ideas!

http://www.presidentschallenge.org/home_kids.aspx

President's Fitness Challenge inspires children to get moving each day. Use the guidelines and log charts to create a challenge with your center or enroll children in the challenge online.

http://bam.gov/sub_physicalactivity/index.html

The BAM! (Body and Mind) program provides information on various health topics, nutrition, and physical activity.

http://hsph.harvard.edu/nutritionsource/staying_active/

The Harvard School of Public Health publishes an online nutrition news and resource newsletter.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

Promoting Whole Grains

How to offer more whole grains every day

Use the following questions and the corresponding “action steps” to identify new ways to overcome challenges related to whole grain consumption.

The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to OSNAP resources to help you meet your goals.

Questions

Action Steps

Do you and your staff know how to identify whole grain products?

NO

Whole grains are foods that contain a whole grain as the first ingredient on the label. Examples of whole grains are whole wheat, whole corn, barley, oats and rye. **SEE: WHOLE GRAIN SNACK FOODS**

YES

To find the healthiest whole grain choices, do some simple math by looking at the nutrition facts label: divide the total grams of carbohydrates by the grams of fiber, and if the number you get is less than 10, you have a healthy choice. **SEE: WHOLE GRAIN SNACK FOODS**

Do you and your program decide which snacks to serve?

NO

Speak to whoever is in charge of ordering food and request whole grain products. It may help to provide resources on the benefits of whole grain products and comparably priced snacks. **SEE: ADVOCATING FOR HEALTHY SNACKS, WHOLE GRAIN SNACK FOODS**

YES

Switch to purchasing foods made with whole grains like wheat, oats, barley and brown rice. **SEE: WHOLE GRAIN SNACK FOODS**

Do kids eat the whole grain snacks you serve?

NO

Conduct taste tests to understand kids’ preferences and identify new offerings. **SEE: FOOD & FUN UNIT 5**

YES

Include kids in food preparation; they are more likely to be excited when they make the food themselves. **SEE: FOOD & FUN UNIT 5 RECIPE IDEAS**

Do budget restrictions limit your ability to serve whole grain snacks?

NO

Make sure that you put any healthy changes in writing on the menu. **SEE: SAMPLE MENUS**

YES

Look at your current menu to see where you can save money by cutting down on less healthy foods and drinks (like desserts and juice). Look for comparably priced healthier options. **SEE: SNACK SENSE, SAMPLE MENUS**

Do you have a policy about serving whole grains?

NO

Create a policy stating that your program will serve whole grain products when serving grains. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**

YES

Make sure that you communicate your policy to families. **SEE: SAMPLE LETTERS**

Improving Water Consumption

How to offer water as a drink every day at snack/meals

Use the following questions and the corresponding “Action Steps” to identify new ways to overcome water consumption challenges. The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to OSNAP resources to help you meet your goals.

Questions

Action Steps

Do you have an available source of tap water (fit for drinking)?

- NO** → Buy a large cooler and cups to make water available at snacks and meals. Make sure a staff member, custodian, or food service worker is tasked the duty of keeping the cooler full and clean everyday.
- YES** → Keep a full pitcher of water and cups available where children eat. **SEE: WATER SANITATION GUIDE**
- ALL** → Take a cooler or jug with you when you go to a park or playground.
- ALL** → Allow kids to carry their own refillable water bottles that they can drink from.
- ALL** → If you’re not sure whether your water is safe, have it tested or check out the EPA’s drinking water reports for your area. <http://water.epa.gov/drink/local/>
- ALL** → Try serving pitchers with ice cold water and fruit slices, mint sprigs or a splash of 100% fruit juice to make the water extra refreshing. **SEE: FOOD & FUN UNIT 10**

Are drinking fountains available to children throughout the day?

- NO** → Keep a full pitcher of water and cups available at child level throughout the day. **SEE: WATER SANITATION GUIDE**
- NO** → Buy a large cooler to make water readily available at snacks and meals. Make sure a staff member, custodian, or food service worker is tasked the duty of keeping the cooler full and clean everyday.
- YES** → Make sure staff encourage kids to use the drinking fountain—especially during physical activity.
- YES** → Allow kids to bring refillable water bottles or provide cups so they can use the water fountain to fill up and have water at snacks and meals.

Does your program spend money to purchase beverages?

- NO** → If you don’t purchase beverages, serve tap water every day. **SEE: SAMPLE MENUS**
- YES** → See whether there is flexibility about what’s ordered. Stop buying beverages like juice, and use the money saved to purchase healthier foods like fresh fruit. Serve tap water every day. **SEE: SNACK SENSE, SAMPLE MENUS**
- ALL** → Add water to your daily menu. **SEE: SAMPLE MENUS**

Does another organization (like School Food Service or a food bank) provide your program with beverages?

- NO** → Serve tap water every day. **SEE: SAMPLE MENUS**
- YES** → Talk with the person in charge of ordering beverages to see if there is flexibility. Ask whether they can stop buying beverages like juice, and use the money saved to purchase healthier foods like fresh fruit. Serve water every day. **SEE: WORKING WITH SCHOOL FOOD SERVICE**
- ALL** → Add water to your daily menu. **SEE: SAMPLE MENUS**

Do you have a policy about serving water during snack/meals?

- NO** → Create a policy stating your program will provide water as a beverage during all snacks/meals. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**
- YES** → Make sure that you communicate your policy to families. **SEE: SAMPLE LETTERS**

Eliminating Trans Fats

How to offer meals and snacks with no trans fats

Use the following questions and the corresponding “action steps” to identify new ways to overcome challenges related to eliminating trans fats.

The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to OSNAP resources to help you meet your goals.

Questions

Action Steps

Do you and your staff know how to identify trans fats?

NO

The best way to identify foods with trans fats is to read the list of ingredients. If you see the words “partially hydrogenated” then that product contains trans fat! **SEE: FOOD & FUN UNIT 4**

YES

Make sure that even products labeled “trans fat free” or that list 0g of trans fats in the nutrition information panel actually are free of partially hydrogenated oils by checking the ingredient list. **SEE: FOOD & FUN UNIT 4**

Do you and your program decide which snacks to serve?

NO

Speak with whoever has control over ordering/food service decisions. Present your ideas for trans fat-free snacks and offer suggestions that you’d like to see served. **SEE: ADVOCATING FOR HEALTHY SNACKS**

YES

Eliminate any foods with “partially hydrogenated vegetable oil” or “shortening” listed in the ingredients list. **SEE: FOOD & FUN UNIT 4**

Do kids eat snacks without trans fats?

NO

Conduct taste tests to understand kids’ preferences and identify new foods that they will eat. **SEE: FOOD & FUN UNIT 4**

YES

Include kids in food preparation; they are more likely to be excited when they make the food themselves!

At celebrations, do you allow foods like cakes and cookies which might have trans fat?

NO

Make this practice an official policy, and be sure to communicate with families about your policy and other ideas for alternative ways to celebrate. **SEE: HEALTHY CELEBRATIONS**

YES

Ban cookies and cakes from celebrations. Consider healthier foods and alternative ways to celebrate and reward children. **SEE: HEALTHY CELEBRATIONS**

Do you have a policy about foods with trans fat?

NO

Create a policy stating your program will not serve products with trans fats. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**

YES

Make sure that you communicate your policy to families. **SEE: SAMPLE LETTERS**

Eliminating Sugar Drinks from Snacks Served

How to stop serving sugary drinks to children during your program

Use the following questions and the corresponding “action steps” to identify new ways to improve healthy beverages. The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to OSNAP resources to help you meet your goals.

Questions

Action Steps

Do you and your staff know how to identify sugary drinks?

- NO** → You can check the ingredient lists for words like: sugar, corn syrup, high fructose corn syrup, fruit juice concentrate, evaporated cane juice, malt syrup, sucrose, dextrose, fructose and corn sweetener.
- YES** → OSNAP considers even 100% juice over 4oz. in size to be a sugary drink.
- ALL** → Fruit drinks, fruit cocktails, fruitades (lemonades, etc), fruit punches, energy drinks, sodas, vitamin waters, sports drinks, sweetened iced teas and flavored milks all have added sugar. **SEE: FOOD & FUN UNIT 3**

Does your program spend money to provide sugary beverages?

- NO** → If you don’t purchase beverages, serve tap water every day. **SEE: SAMPLE MENUS**
- YES** → See whether there is flexibility about what’s ordered. Stop buying beverages like juice, and use the money saved to purchase healthier foods like fresh fruit. Serve tap water every day. **SEE: SNACK SENSE, SAMPLE MENUS**

Does another organization (like School Food Service or a food bank) provide your program with sugary drinks?

- NO** → Serve tap water every day. **SEE: SAMPLE MENUS**
- YES** → Talk with the person in charge of ordering beverages to see if there is flexibility. Ask whether they can stop buying beverages like juice, and use the money saved to purchase healthier foods like fresh fruit. Serve water every day. **SEE: ADVOCATING FOR HEALTHY SNACKS, WATER TIP SHEET**
- ALL** → Add water to your daily menu. **SEE: SAMPLE MENUS**

Do you serve juice?

- NO** → Put healthy beverages, like water, on the official menu. **SEE: SAMPLE MENUS**
- YES** → Limit the size (to no more than 4oz) and frequency of 100% juice served. Do not serve anything that is not 100% juice (e.g., juice cocktails). Instead, serve water with a whole fruit or vegetable as much as possible.

Are sodas and other sugary drinks are served by partners or used at parties and celebrations?

- NO** → Communicate your policy against serving sugary drinks to your program partners. Suggest other incentives that could be used. **SEE: PARTNER PROGRAM LETTER, HEALTHY CELEBRATIONS**
- YES** → Create a policy stating that no sugary drinks can be served at your program, and communicate this to your program partners. **SEE: PARTNER PROGRAM LETTER, HEALTHY CELEBRATIONS**
- ALL** → For festive drinks, let kids make their own juice spritzers and soda using seltzer water, 100% fruit juice, lemon and lime slices, etc. **SEE: FOOD & FUN UNIT 10**

Do you have a policy about what beverages your program will provide for children?

- NO** → Create a policy stating your program will not provide sugary drinks to children, which includes 100% juice over 4oz. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**
- YES** → Make sure that you communicate your policy to families. **SEE: SAMPLE LETTERS, FOOD & FUN UNIT 10 FAMILY RESOURCES**

Reducing Screentime

How to eliminate commercially broadcast TV and movies and limit computer and digital device time to homework or instructional-only

Use the following questions and the corresponding “action steps” to identify new ways to identify new ways to reduce TV, video game and computer use. The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to OSNAP resources to help you meet your goals.

Questions

Action Steps

- | | | |
|--|--|--|
| <p>Do you ever allow kids to use computers for non-educational purposes like surfing the internet?</p> | <p>NO →</p> <p>YES →</p> <p>ALL →</p> | <p>Make sure that staff keep enforcing this policy. Include language in the staff handbook. SEE: POLICY WRITING GUIDE</p> <hr/> <p>If you allow kids to use the computers/internet for recreation, substitute in other activities like art, music, outdoor playtime, reading, games, etc. Remove any non-academic computer time from the schedule. SEE: FOOD & FUN, SAMPLE SCHEDULE</p> <hr/> <p>Work to schedule more active time—whether it’s taking a walk, having a dance class, or trying a new game. Visit www.primaryschool.au/health.php for suggestions.</p> |
| <p>Do you ever schedule time to watch TV or movies?</p> | <p>NO →</p> <p>YES →</p> | <p>Formalize this practice by creating a policy, and make sure that staff are aware of the policy and accountable for enforcing the no TV/movies practice. SEE: POLICY WRITING GUIDE</p> <hr/> <p>Remove TV/movie time from the schedule and replace it with other activities. SEE: FOOD & FUN, SAMPLE SCHEDULE</p> |
| <p>Is the TV used as a rainy day back-up or special treat on Fridays?</p> | <p>NO →</p> <p>YES →</p> | <p>Formalize this practice by creating a policy, and make sure that staff are aware of the policy and accountable for enforcing the no TV/movies practice. SEE: POLICY WRITING GUIDE</p> <hr/> <p>Be creative with alternative fun indoor activities like freeze dance, creating an obstacle course, or doing an arts and crafts project. Work with kids to create a list of “rainy day” activities that staff can use as a back-up plan.</p> |
| <p>Do you allow video games?</p> | <p>NO →</p> <p>YES →</p> | <p>Formalize this practice by creating a policy, and make sure that staff are aware of the policy and accountable for enforcing the no video games policy. SEE: POLICY WRITING GUIDE</p> <hr/> <p>Make sure that only active games—ones that get kids moving quickly and breathing more rapidly—are available.</p> |
| <p>Do you allow digital devices to be used for anything other than instructional use (e.g., texting, games internet)?</p> | <p>NO →</p> <p>YES →</p> | <p>Make sure that families and staff are aware of the policy and that staff enforce the policy. SEE: POLICY WRITING GUIDE</p> <hr/> <p>Create a policy that prohibits the use of digital devices for non-instructional activities. Communicate this policy to children, families and staff. SEE: POLICY WRITING GUIDE</p> |
| <p>Do you have a policy about screen time being only used for instructional purposes?</p> | <p>NO →</p> <p>YES →</p> | <p>Create a policy that prohibits the use of TVs and movies, and limits the use of computers and other digital devices to instructional activities. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. SEE: POLICY WRITING GUIDE, SAMPLE LETTERS</p> <hr/> <p>Make sure that families and staff are aware of the policy and that staff enforce the policy. SEE: SAMPLE LETTERS</p> |

Improving Vigorous Physical Activity (PA)

How to provide all children with at least 20 minutes of vigorous physical activity at least three times a week

Use the following questions and the corresponding “action steps” to identify new ways to improve vigorous physical activity. The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to OSNAP resources to help you meet your goals.

Questions

Action Steps

Are there at least 20 minutes of physical activity scheduled into each day?

NO

→ Speak to whoever designs the schedule to see if at least 20 minutes can be scheduled three times a week for all groups of children. **SEE: SAMPLE SCHEDULE**

NO

→ Divide the PA time into smaller blocks. For example, do two 10-minute activity bursts that get kids breathing hard. **SEE: ENERGIZERS - CLASSROOM-BASED PHYSICAL ACTIVITIES**

YES

→ Modify current favorite games to include more running, jumping or other high-intensity actions. **SEE: PHYSICAL ACTIVITY TIP SHEET**

YES

→ Make sure the schedule that includes 20 minutes of PA is posted.

ALL

→ Play outside as often as possible—free play outdoors is a great way to get kids moving vigorously.

ALL

→ Make sure that your staff knows what it means to be “vigorously active”—kids should be breathing hard and sweating. Running, jumping (e.g., jumping rope or jumping jacks), and dancing all gets hearts pumping fast! **SEE: PHYSICAL ACTIVITY TIP SHEET, FOOD & FUN UNIT 9**

ALL

→ Seek out community partners with special skills to lead activity classes like hip-hop and kickboxing. This can give staff a break and get kids excited about something new!

Do all children participate?

NO

→ Make sure that the schedule gives every group of children 20 minutes of vigorous PA at least three times a week. **SEE: SAMPLE SCHEDULE**

NO

→ Offer structured physical activity stations that kids can choose from. **SEE: FOOD & FUN UNIT 9**

YES

→ Use the Food & Fun Afterschool curriculum to teach healthy behaviors through physically active lessons. **SEE: FOOD & FUN**

ALL

→ Offer structured play with PA stations that kids can choose from. Allowing kids to make their own choices can spur participation. **SEE: EXAMPLE - FOOD & FUN UNIT 10 OBSTACLE COURSE**

ALL

→ Prohibit withholding of gym or other active play time as a form of punishment. Come up with alternative consequences for children who misbehave. **SEE: ALTERNATIVE SOLUTIONS TO WITHHOLDING RECESS**

ALL

→ Avoid elimination games (like dodge ball and Simon says) which may discourage kids from participating and limit the amount of PA everyone gets.

Do you have a policy about offering 20 minutes of vigorous PA to all children at least three times a week?

NO

→ Create a policy stating that all children should receive 20 minutes of vigorous PA at least three times a week. Communicate this policy to staff and families, and put the policy in appropriate places, like handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**

YES

→ Make sure that your policies are communicated to families and staff. **SEE: SAMLE LETTERS**

Improving Moderate Physical Activity (PA)

How to provide all children with at least 30 minutes of moderate to vigorous physical activity every day, including outdoor activity when possible

Use the following questions and the corresponding "Action Steps" to identify new ways to improve physical activity. The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word "SEE" in front refer to OSNAP resources to help you meet your goals.

Questions

Action Steps

Are there at least 30 minutes of physical activity scheduled into each day?

- NO** → Speak to whoever makes the schedule to see if at least 30 minutes can be scheduled for all groups of children every day. **SEE: SAMPLE SCHEDULE**
- NO** → Divide the PA time into smaller blocks. For example, do two 15-minute PA periods, or even shorter blocks during homework time. Be sure that you make time for transitions so students get the full 30 minutes of being active. **SEE: ENERGIZERS, BALANCING PRIORITIES TIP SHEET**
- YES** → Make sure a schedule including 30 minutes of PA every day is posted. **SEE: SAMPLE SCHEDULE**
- YES** → Train staff on making active and efficient transitions from one activity (e.g. snack) to the next (e.g. outdoor free play).
- ALL** → Seek out community partners with special skills to lead activity classes like hip-hop and kickboxing. This can give staff a break and get kids excited about something new!

Do all children participate?

- NO** → Make sure that the schedule gives every group of children 30 minutes of PA every day. **SEE: SAMPLE SCHEDULE**
- YES** → Use the Food & Fun Afterschool curriculum to teach healthy behaviors through physically active lessons.
- ALL** → Offer structured play with PA stations that kids can choose from. Allowing kids to make their own choices can spur participation. **SEE: EXAMPLE - FOOD & FUN UNIT 10 OBSTACLE COURSE**
- ALL** → Prohibit withholding of gym or other active play time as a form of punishment. Come up with alternative consequences for children who misbehave. **SEE: ALTERNATIVE SOLUTIONS TO WITHHOLDING RECESS**
- ALL** → Avoid elimination games (like dodge ball and Simon says) which may discourage kids from participating and limit the amount of PA everyone gets. **SEE: PLAYWORKS**

Do you have outdoor space for physical activity?

- NO** → Consult a map for green space that may be nearby. Find a park. Take a walk or jog around the block or campus. **SEE: JOINT USE OF DISTRICT AND CITY RECREATION FACILITIES**
- YES** → Offer PA at the start of your program, before it gets too dark or cold. **SEE: SAMPLE SCHEDULE**

Do you have indoor space for physical activity?

- NO** → Convert cafeteria or classroom areas into space for PA. Develop relationships with school administration or anyone else that may be able to provide additional space. **SEE: JOINT USE AGREEMENT: OPENING INDOOR AND OUTDOOR SCHOOL FACILITIES FOR USE DURING NON-SCHOOL HOURS**
- YES** → Make sure that you continue to have guaranteed access by signing an MOU or Joint Use Agreement with others who use the space. **SEE: JOINT USE AGREEMENT: OPENING INDOOR AND OUTDOOR SCHOOL FACILITIES FOR USE DURING NON-SCHOOL HOURS**
- ALL** → There are a lot of exercises that take up minimal space; even a classroom can become a dance or aerobics studio. **SEE: ENERGIZERS - CLASSROOM-BASED PHYSICAL ACTIVITIES**

Do staff join in the activities with children?

- NO** → Teach staff about their importance as role models. **SEE: STAFF ENGAGEMENT TIP SHEET**
- YES** → Formalize this great practice by creating a policy that outlines your expectations for how staff with participate in PA. **SEE: POLICY WRITING GUIDE**

Do you have a policy about offering 30 minutes of PA every day to all children?

- NO** → Create a policy stating that all children should receive 30 minutes of moderate to vigorous PA every day. Communicate this policy to staff and families, and put the policy in appropriate places, like handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**
- YES** → Make sure that your policies are communicated to families and staff. **SEE: SAMPLE LETTERS**

Improving Fruit & Vegetable Consumption

How to get your site to serve a fruit or vegetable every day

Use the following questions and the corresponding “action steps” to identify new ways to overcome fruit and vegetable consumption challenges. The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to OSNAP resources to help you meet your goals.

Questions

Action Steps

Do you/your program decide what snacks to serve?

- NO** → Speak with whoever has control over ordering/food service decisions. See about increasing the frequency the fruits and vegetables are served. **SEE: WORKING WITH SCHOOL FOOD SERVICE**
- YES** → Ensure that a fruit or vegetable is listed for each day (fresh, frozen, dried and canned are all options.) see: **sample menus**
- YES** → Ask for feedback on which fruits and veggies the kids like and don't like so that you can cater to their preferences. **SEE: FOOD & FUN UNITS 1 & 7**
- ALL** → If your program continues through the summer and has outdoor space, consider starting a garden so that kids can help grow their own fruits and veggies!

Do you have enough storage space for fresh produce?

- NO** → Serve canned, dried or frozen fruits and vegetables for cheaper, space-saving alternatives.
- YES** → Make sure the menu is matched to your delivery/shipping schedule so that fruits and veggies don't go bad.
- ALL** → Many fruits (oranges, apples and bananas for example) are fine at room temperature.

Do children eat the fruits and vegetables you currently serve?

- NO** → Keep trying! It can take a while for kids to like new foods. Create a “Produce Passport” where kids collect stamps or stickers for each new food they try. Offer a healthy reward (more play time, a chance to design the menu for the day, etc.) once they collect a certain number. **SEE: PRODUCE PASSPORT**
- NO** → Offer taste tests to understand kids' preferences and identify new snacks. **SEE: FOOD & FUN UNITS 1 & 7**
- NO** → Cut and peel fruits and veggies to make eating easier—bite-size pieces often go fast!
- YES** → Involve the children in preparing their own snacks. **SEE: FOOD & FUN UNITS 1 & 7**

Do staff model healthy eating behaviors?

- NO** → Implement policies that limit staff from bringing in outside food and drink. **SEE: FAST MAP TO IMPROVING STAFF ENGAGEMENT, HEALTHY STAFF/HEALTHY KIDS TIP SHEET**
- YES** → Encourage staff to sit and eat healthy foods with kids at snack. **SEE: SNACKS - A BRIDGE**

Does your budget limit your ability to serve fruits and vegetables?

- NO** → Make sure that a fruit and/or vegetable is on the menu every; try to order favorite fruits and vegetables that you know your kids will eat. **SEE: SAMPLE MENUS**
- YES** → Serve tap water instead of juices; use the money saved to purchase fruits & veggies.
- YES** → Look into affordable frozen, canned—and even fresh—options. **SEE: SNACK SENSE**


Do you have a policy about serving a fruit or vegetable every day?

- NO** → Create a policy stating your program will serve a fruit or vegetable every day. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**
- YES** → Make sure that you communicate your policy to families. **SEE: SAMPLE LETTERS**

Quick Map to Improving Staff Engagement

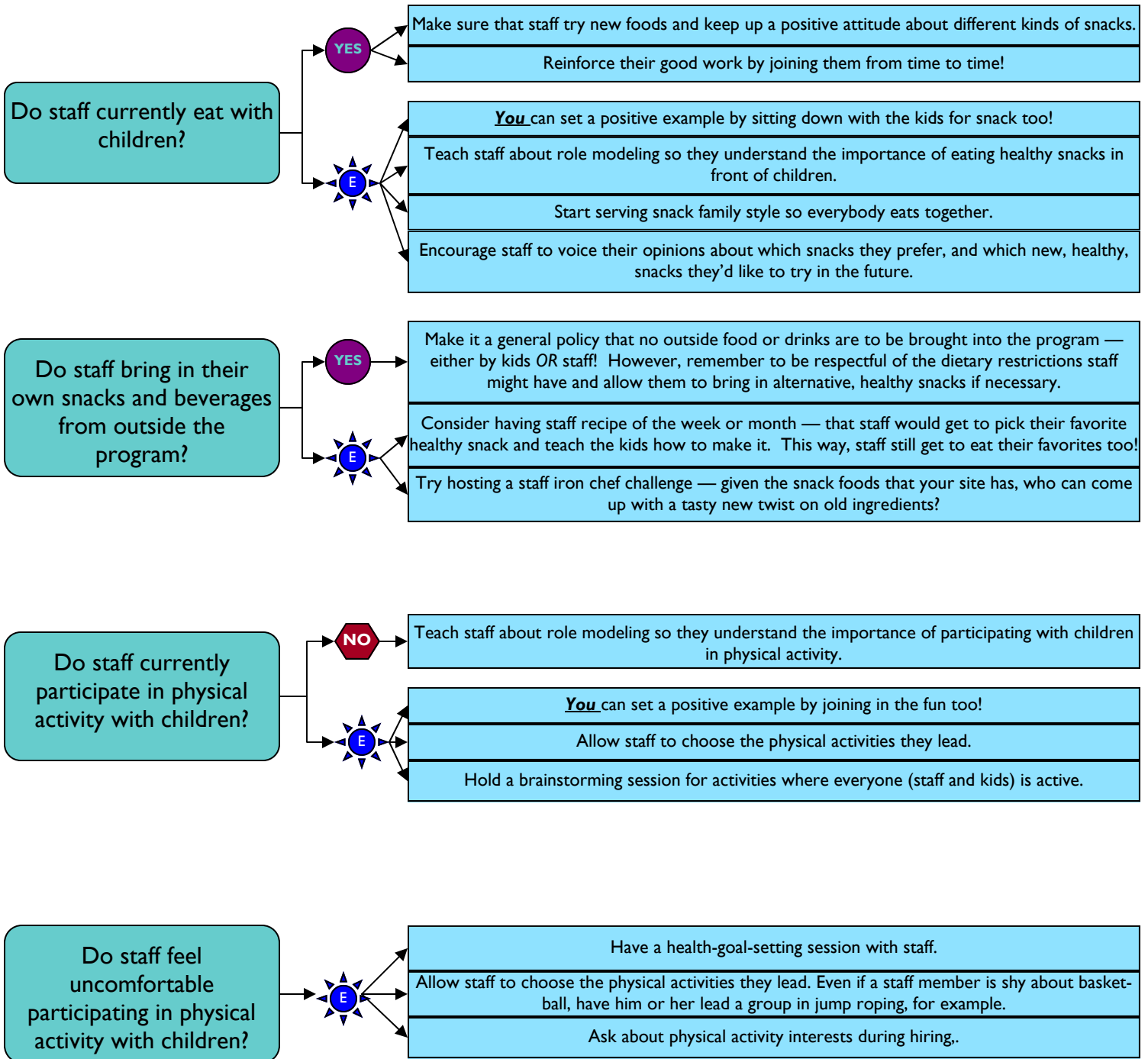
How to improve staff participation in healthy eating and physical activity.

Adapted from *Mapping School Food* by Public Health Advocacy Institute

Use the following questions and the corresponding 'things to think about' to identify new ways to improve staff participation and engagement around healthy eating and physical activity. The  symbols are tips and suggestions for everyone, no matter how

Questions

Things to Think About





A guide to help busy families develop healthier habits at home

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About Food, Fun & Family

Learning healthy behaviors begins at home. As a parent or guardian, you have the greatest influence over the foods your child eats and the activities that they do when out of school. Making sure your family has healthy habits can be a challenge when your time and budget are tight! The goal of **Food, Fun & Family** is to help busy parents provide a healthier home environment for their children. The Food & Fun curriculum contains 7 core standards for healthy afterschool programs. Below are some ways that you can adapt those program standards to your home.

Hints for a Healthy Home

- ★ Serve water at every meal and snack.
- ★ Do not allow sugar-sweetened beverages in your home.
- ★ Serve a fruit and/or vegetable at every meal and snack.
- ★ Choose foods with 0g of trans fat and do not have partially hydrogenated oils in the ingredient list.
- ★ When buying grains (like bread, crackers and cereals), choose whole grains.
- ★ Limit screen time (TV, video games, computer) to less than 2 hours each day.
- ★ Do not allow TV sets in children's bedrooms.
- ★ Provide opportunities for your child to engage in at least 1 hour of moderate physical activity every day.

Establishing a healthy and active lifestyle early on contributes to children's wellbeing in so many ways. This handbook contains lots of tips and ideas for meals and activities that are healthy and fun for the whole family! Inside you'll find information on how to make healthy food and drink choices when grocery shopping and planning family meals and snacks; recipes that are fast, inexpensive and child friendly; ideas for getting your family more active and limiting TV time; and easy-to-find resources that can help you find information, ideas and support for making your home a healthy environment.

Some days coming up with ideas to be healthy will be easy, with opportunities for cooking together or taking a walk. Other days will be harder, but setting up a routine with regular healthy habits may help you stay healthy. **Remember that as a parent or guardian, you are a role model to your children. Show your children that you enjoy healthy habits through the choices you make in your own life, and chances are they will too!**

Food & Fun 2nd Edition materials were created by the Harvard School of Public Health 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. For more information, visit Food and Fun at www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Healthy Food Is Fun!

What does it mean to “eat healthy”? Here are a few guidelines that you can use as a rule of thumb:



Eat your fruits and veggies.

Go for five! Try to eat at least five servings of fruits or vegetables a day. Make sure to serve a variety of fruits and vegetables in different colors. French fries and potatoes don't count as vegetables!



Include “whole grains”.

Whole grain breads, crackers and cereals as well as whole-wheat pasta and brown rice help you feel full longer. Check the ingredient list! Serve foods that list a whole grain (like whole wheat flour, oats, or barley) as the first ingredient, and which does not include sugar as one of the first 3 ingredients.



Choose healthy fats.

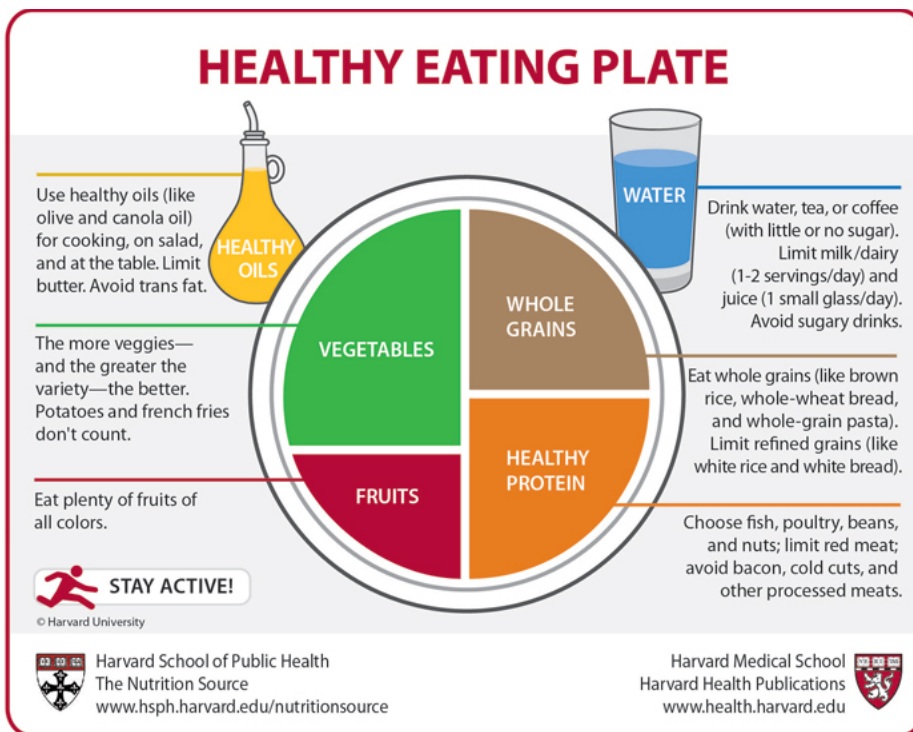
Eat “good for you” fats found in fish and plants like vegetable oils (such as olive and canola), nuts, and seeds. **Limit** saturated fats found in butter, whole milk, and red meat. **Avoid** foods with trans fats; choose foods with 0g of trans fat and check that partially “hydrogenated vegetable oil” or “shortening” are not in the ingredient list. Avoid fast foods with trans fats.



You're sweet enough already.

Sugar-sweetened drinks like soda, juice drinks, and sports drinks can cause cavities and increase the risk for overweight in kids and adults. In fact, even juice can have just as much sugar as soda! When your kids are thirsty, serve water and low fat milk. Do not serve juice drinks and limit 100% juice to 4 oz. per day (juice box size).

What, And How Much, Should I Have On My Plate?



½ of your plate should be vegetables and fruits.

¼ filled with a whole grain. Try whole wheat bread, whole grain pasta, brown rice, or quinoa

¼ should be a protein source. Try fish, chicken, beans, tofu, nuts, or eggs.

Use healthy fats! Drizzle your salad with olive oil, or sautee your veggies in vegetable oil.

Serve water with every meal. Water is a healthy and inexpensive choice.

Different sized bodies need different amounts of food. Children's portions should be about 2/3 the size of an adult portion. Start with small servings, and if kids have room for seconds, let them decide.

Hints for figuring out standard serving sizes:

- **A serving of whole fruit (an apple, banana, etc) should be about the size of a baseball.** For chopped or canned fruits and veggies, like pineapple or strawberries, a serving is about a half cup (the size of a light bulb). A serving of dried fruit is about half that amount.
- A serving of whole grains could be 1 slice of whole grain bread, 1 cup of whole grain cereal or 1/2 cup of cooked brown rice, whole wheat pasta or hot cereal like oatmeal. **One cup is the size of a tennis ball.**
- One serving of protein is three ounces of lean meat, chicken or fish. **Three ounces of meat looks like a deck of cards.** You can also try alternative proteins like: 1 egg, 1 tablespoon of peanut butter, 1/2 cup of cooked beans or 1/3 cup of almonds or mixed nuts.
- For dairy, a serving could be one cup of low fat milk or yogurt, or 1 ounce of cheese. **One cup of milk is the size of a small juice glass. One ounce of cheese is the size of four dice.**

For more information, visit www.hsph.harvard.edu/nutritionsource/index.html

How To Be A Smarter Shopper



When you're tight on time and money, being a savvy shopper can be a difficult task. But it's not impossible! Here are some tips to help you shop smarter and eat better.

Read the *Nutrition Facts* on food labels to help you make better choices, even when you are in a hurry!

Shopping for Fruits and Veggies:

- Buy fresh fruits and veggies on sale.
- Pick up pre-cut and washed fresh fruit or veggies, like bagged salad mixes. These mixes can save you time, but are usually more expensive than preparing fruits and veggies yourself.
- Stock up on frozen fruits and veggies. Add a handful of frozen veggies to soups, stir-fry or homemade pizza or frozen mixed berries to yogurt.
- Dried fruit makes a great snack!

Shopping for Whole Grains:

- Short on time? Pick up some whole-wheat pitas, whole wheat or corn tortillas, or whole-wheat English muffins for a change from sandwich bread.
- Try something new! Choose quick-cooking grains such as whole grain pasta, brown rice or quinoa.
- Select whole-grain foods by looking for key words on the food labels and ingredient list. Here's how you do it:

Read the ingredient list. Choose breads, crackers, and cereals that have a whole grain (like whole wheat, barley, oats, rye, or brown rice) listed first on the ingredients and contain no added sugars.

Don't be fooled! Foods that are "multi-grain," "100% wheat," or made with whole grains," often are *not* made with whole grains. Check the ingredients list to make sure that a whole grain is listed first!

Watch out for added sugar. Avoid foods that list sugar as one of the first 3 ingredients. Sugar comes in different forms: corn syrup, dextrose, fructose... it is all just sugar! A good rule of thumb is to choose whole grains with no more than 5 grams of sugar.

Try out these whole grain crackers and cereals with no added sugars!

Wheat Thins®
Carr's Whole Wheat Crackers®
Whole Grain Goldfish®
Triscuits®
Triscuit Thin Crisps®
Wasa Hearty or Light Rye crackers®
Mary's Gone Crackers Original Seed®
Post Grape Nuts®
Post Great Grains Cereal®
Post Shredded Wheat®
Post Shredded Wheat 'N Bran®
Cascadian Farm Multigrain Squares®
Kashi 7 Whole Grain Cereal Puffs®
Kellogg's or Post Raisin Bran cereal®
Cascadian Farms Purely Os®

Choosing Healthy Fats:

Fat:	What is it?	Where is it?	Advice?
Unsaturated	Oils found in plants & fish	Vegetable oils like olive & canola oil, fish, nuts, seeds, peanut butter	Eat more of these!
Saturated	Fats found mostly in animal foods	Butter, ice cream, red meat, sour cream, lard, palm & coconut oils	Eat low or non-fat dairy & lean meats
Trans	Vegetable oils that are chemically changed to increase shelf life of processed foods	Packaged snacks (cookies, crackers, etc.), fast food, baked goods, & stick margarine	AVOID these!

Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium	
Total C...	
Dietar...	
Sugar	
Protein	
Vitamin A	
Calcium	
* Percent Daily Values are based on a diet of other people's misdeeds.	
Total Fat	
Sat Fat	
Cholesterol	
Sodium	
Total Carbon	
Dietary Fib	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Shop for these easy substitutes to cut down on the unhealthy fat in recipes:

- Instead of cream, use low-fat milk
- Instead of melted butter, stick margarine, or shortening for baking, use vegetable oil
- Instead of butter or stick margarine for sautéing, canola, olive, or vegetable oil

Cutting Salt in the Shopping Aisle

- Look on the nutrition label of canned, boxed, frozen and prepared foods to ensure **sodium (salt) levels are below 300 mg/serving.**

Watch for hidden salt in bread: Compare different brands and types of bread for the lowest sodium content. Wonder Stoneground 100% Whole Wheat Bread® has 400 mg/serving, while Pepperidge Farm 100% Natural Soft 100% Whole Wheat Bread® has only 260 mg/serving.

Choose real cheese instead of cheese products: 1 ounce of Kraft Velveeta Cheese® contains 410 mg— that's 27% of your daily sodium intake! One ounce of Cabot Cheddar® has only 180 mg— 12% of your daily sodium intake, making it a healthier choice.

Compare lunch meats: Lunch meats are high in sodium, but can vary by brand. Also, consider sandwich options that are lower in salt, like low sodium peanut butter and bananas, or fresh vegetables with hummus!

Fresh is best: Most processed foods are high in salt, so choose fresh foods and try seasoning them with various spices, herbs and citrus instead of salt.

Eating Healthy Doesn't Have To Be Expensive

Tips for shopping on a budget

While there's a *big* difference between choosing whole wheat bread over white bread for your health, there is little to no difference for your wallet. You don't have to break the bank to eat healthy. Follow these tips to find out how you can load up your grocery cart with healthy food without blowing your budget!

Change your shopping habits

Plan ahead. Design a weekly menu, and match your grocery shopping to the meals on the menu. This will help avoid wasting food.

Eat before you shop. It will help you stick to your shopping list!

Shop around the edges of the store, where the food is healthier and fresher. The middle aisles have more processed and junk foods.

Try store brands. These are often cheaper and just as good!

Keep an eye out for sales, specials and coupons for healthy foods! Sign up for your grocer's bonus/discount card for additional savings.

Change what you buy

Choose your fresh fruits and veggies. Some produce costs less when it is in season. Other fruits and veggies like apples, bananas, carrots, and celery are available at a low price year round!

Convenience is key. Try frozen or canned fruits in light syrup or 100% juice, and frozen or canned veggies without added salt. They are great options that make eating healthy easier!

Buy in bulk, if you will use it and can store it.

Switch from brand names to generic store brands.

The Price is Right!

Check out these low-priced healthy foods:

Fruits

Apple slices
Apricots
Raisins
Banana
Applesauce
Canned fruit in 100% juice
Grapes
Oranges
Dried mixed fruit without added sugar
Avocados
Frozen berries

Vegetables

Celery
Salsa
Frozen peas
Canned corn
Cucumber
Colored pepper slices
Baby carrots
Broccoli
Salad
Tomatoes
Canned veggies without added salt

Protein

Canned black beans
Hard boiled egg
Peanut butter
Canned tuna
String cheese
Mixed nuts
Hummus
Yogurt
Cottage cheese

Whole Grains

Whole wheat bread
Triscuit® crackers
Quinoa
Whole wheat bagels
Whole Grain Goldfish crackers®
Corn tortillas
Whole wheat tortillas
Whole wheat English muffins

Water: The best choice for your wallet and your body!

Water is a great drink choice for kids. Make sure that a pitcher of water is available every day at the dinner table. Kids should also drink plenty of water when they are playing and being active.

Jazz up water with these simple tricks!

- Add sliced fruit like oranges to water for a light, yummy flavor
- Serve sodium-free seltzer water
- Mix 4oz of water or seltzer with 4oz of 100% fruit juice for a refreshing drink



Make Mealtimes Fun For The Whole Family!

Eating together as a family is not only a great way to stay close but has been shown to help children maintain healthy habits later on in life. Here are some tips to help make your mealtimes healthy AND fun for the whole family!



Be a role model!

- Turn off the TV! Dinnertime is Family Time!
- Even if your kids say they don't like "healthy foods," if YOU keep enjoying them, your child might try again. It might take months. It might take years. But keep trying!
- Ask for a salad or a side of veggies instead of fries whenever you eat out.
- Limit fast food to no more than once per week.

Set family goals and keep track of your progress!

- For example, one goal may be to eat five fruits and veggies a day, or to cook one new healthy dish each week!

Involve your child in healthy eating!

- Get your kids to help in planning meals. Make a weekly menu and shopping list together, and bring the kids with you to the store. Let them choose the fruits and veggies they would like to try!
- Cooking is an art, and kids love art. There's room to be inventive, creative, and colorful. If your kids see you having fun cooking, they will want to be part of it!

Have fun with your food!

- Have kids make menus for the table, take orders, and serve the food!
- Cut foods into creative shapes. Try out the cookie cutters!
- Try out new recipes. See the Food, Fun and Family Recipe Packet for ideas!

Tips for Parents of "Picky Eaters"

Be patient with kids who are shy about trying new foods. Children's tastes change as they grow, so introduce new foods more than once or twice.

Most fussy eaters will eventually come out of this stage on their own, particularly if their closest role models (parents!) have healthy eating habits. Your child will look for your reaction to new and different foods. Show them that trying new things can be yummy and fun!

Encourage kids to try everything on their plate! Don't force your child to eat if he or she is not hungry, but also make sure to offer your kids the fruits, vegetables, whole grains, and water that they need!

Don't be a short-order cook. Make ONE family meal but be sure to include one or two options you know your child likes. Parents of picky eaters tend to offer their child new foods less often. However, many kids will need to be offered a new food at least 10 times before they are willing to try it!*

Don't give up!

*Source: Carruth et.al 2004

Planning For The Week

Planning ahead can help you save time at night and spend your money wisely at the grocery store (preventing wasted food!). Plan your weekly dinner menu as a family:

- Include ideas from each family member.
- Include meals where leftovers can be stored and frozen (like soup and stews) or plan to fix a double meal and freeze the extra for later use.
- Not a fan of leftovers? Make meals that can be re-purposed into another dinner. For example, use leftover roast chicken to make chicken quesadillas.
- Remember—breakfast can be dinner sometimes. Try omelets or scrambled eggs!
- Try one new recipe at least once a month. Keep a folder of possible new recipes, but *don't add them to the list until they are table-tested!*

Tip: For a fun project, use a piece of cardboard or construction paper to record your family's weekly dinner menu. Let the kids decorate the paper and post it on the refrigerator so that everyone can see what's for dinner each day!

Here's an example of a weekly dinner menu that is healthy, yummy, and budget friendly! See the *Food Fun and Family Recipe Pack* for recipes

	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Whole wheat spaghetti with tomato sauce and shredded cheese Salad with carrots, bell peppers & cucumber	Roast chicken with vegetables Brown rice	Veggie Quesadillas with Chicken Note: use leftover chicken & veggies	Hearty Vegetable Soup Whole wheat rolls	Breakfast dinner! Whole-Wheat Banana Pancakes & turkey sausage Fruit salad
Beverage	Water	1% Milk	Seltzer water	Water	1% Milk
Price per serving*	\$1.02	\$0.78	\$0.74	\$0.88	\$1.11
Price for family of 4	\$4.08	\$3.12	\$2.96	\$3.52	\$4.44

*Prices are estimates based on national price averages. Prices in the area where you shop may be more or less expensive.

Now try making your own dinner menu for the week!

Monday	Tuesday	Wednesday	Thursday	Friday

Snack Time- A Bridge Between Meals

Snacks are an important part of your child's daily diet. Children need healthy snacks between meals to give them energy and nutrients. A good snack includes: at least one fruit or vegetable AND one whole grain or protein. Here are some tips for when your child says:

“I'm Hungry!”

- **Homemade snack packs!** Rather than buying more expensive and less healthy prepackaged snacks, assemble snacks at home in small baggies. Mix together nuts and seeds, whole grain cereal, and dried fruit.
- **Be prepared.** Have a supply of washed, cut up fruits and vegetables in the refrigerator. Store them in clear containers at eye level so kids can see them.
- **Cut out the trans fat!** Partially hydrogenated oils are often hidden in packaged foods like cookies and crackers as well as some popcorn and peanut butter.
- **Try naturally sweet.** Replace high-sugar options with snacks that don't have added sugar. Use fresh, frozen, or dried fruit in yogurt or to make smoothies!
- **Serve cereal?** A cup of whole grain cereal with less than 5 grams of sugar + low fat/skim milk + fruit (like cut up strawberries or bananas) = a great snack!
- **Try something new!** Bored with the same old thing? Wander the grocery aisles and check nutrition labels.
- **Don't forget the fun.** Try recipes that engage your child. See the recipe packet for fun and healthy snacks like *Bugs on a Log*, *Tasty Bug*, and *Butterfly Bites*.



“I'm Thirsty!”

- **Serve water or milk.** For added fun try:
 - Adding fruit or frozen 100% fruit juice ice cubes to water.
 - Making juice “spritzers”- Mix a splash of 100% juice with sodium-free seltzer water.
 - Making “sun tea” by placing teabags or fresh mint leaves in a pitcher of water and leaving it out in the sun for several hours.
- **Do not buy drinks with added sugars.** Remember that sugar is sometimes listed as sucrose, high fructose corn syrup, or dextrose. Don't be fooled, it's all just sugar!
- **Set limits.** Limit soda and other sugary drinks (sweetened ice teas, fruit punch, etc.) to one 8-ounce serving per week.
- **Skip the sports drinks.** Water is the best drink for active kids.
- **Avoid “diet” drinks** with sugar substitutes like saccharin, aspartame, sucralose, or Splenda.
- **Limit 100% juice** to 4 ounces per day (juice box size).



Helpful Hints for Healthy Choices

If your kids snack on:

Pop Tarts®
Potato chips
Ritz Bitz® crackers
Packaged muffins
Ice cream
Fruit snacks
Popsicles
Whole milk
Soda
White bread

Consider These Snacks Instead:

Granola bars*
Whole grain crackers with hummus
Air-popped popcorn, whole-wheat crackers and cheese
Homemade muffins with carrots, zucchini or oat bran
Yogurt popsicles (see recipe pack)
Dried berries, raisins, pineapples, or mangos
100% fruit juice pops or frozen bananas
Low fat or skim milk
Plain seltzer with a splash of fruit juice
100% whole wheat bread with peanut butter



**Health Valley®, Trader Joe's®, Nature's Valley® and Nature's Promise® brand granola bars contain no partially hydrogenated oils, and therefore no unhealthy trans fat.*

Active Families Have More Fun!



When adults think about exercise we imagine going to the gym or playing a sport. But being physically active can be anything from playing on a baseball or basketball team to taking the stairs instead of the elevator or playing at recess. Whenever you move your muscles, breath heavier and feel your heart beat faster you are engaging in physical activity. It's important to be physically active every day to stay healthy.

Kids should get at least **1 hour or more** of physical activity every day. This can be done all at once, like playing in a soccer match, or be spread out in periods of 10-15 minutes such as taking the dog for the walk, raking leaves, and playing on the jungle gym.

Physical activity can be moderate or vigorous. Kids should do vigorous activities at least 3 times each week (*Physical Activity Guidelines for Americans*). What's the difference between moderate activity and vigorous activity?

Here are some examples:

What is Moderate Activity?

Games and sports that are similar to fast walking

hopscotch
playground play
bike riding
walking to school
kickball
4-square
Frisbee™
skateboarding or
rollerblading

What is Vigorous Activity?

Games and sports that are more intense than fast walking. They make you sweat:

swimming
jumping rope
soccer
active games that
involve running or
chasing like tag
basketball
running
aerobic dancing
martial arts like Karate



Tip! Make getting more physical activity a family project. Encourage everyone to think of fun things to do during the week and plan for fun weekend activities. Making a physical activity log and posting it on the refrigerator can help everyone plan for and keep track of their activities each month!

Parents and caregivers are important role models!

Don't forget that grownups need to stay active too! Adults should try to do at least 2 hours and 30 minutes of moderate activity or 1 hour and 15 minutes of vigorous activity each week. *Show your kids that you enjoy being active and chances are they will follow your lead!* Kids with active families are more likely to stay active as adults.

When thinking about how to be more active, make sure to choose activities that are right for you and your family. This means getting to know what resources are available in your area and selecting activities that are safe and appropriate for your children's ages. Most importantly, find ways to incorporate more activity into your daily routine. Here are some tips to get you started:

Walk whenever possible

- 🚲 Walk (or bike!) whenever you can. To find safe routes for walking or biking to your child's school check out: www.saferoutesinfo.org
- 🚲 Take the stairs instead of the escalator or elevator
- 🚲 Go up hills instead of around them



Move more in your home and neighborhood

- 🚲 Involve kids in active chores, like putting away groceries or sweeping the house
- 🚲 Do yard work. Get your children to help rake, weed, or plant at home or at a park in your neighborhood

Play with your kids after school

- 🚲 Play a game of catch or tag after school, or help your child practice their favorite sport
- 🚲 Play a round of Simon Says with your kids
- 🚲 Go for a swim at your community pool or local YMCA



Plan active family weekends

- 🚲 Head to a nearby park for a family game of Frisbee™ or Wiffle ball™. If there's a good breeze, bring a kite with you!
- 🚲 Pack a healthy picnic and go on an adventure. Check out local spots nearby, including national parks and recreation areas. Go to www.nps.gov/findapark/index.htm to find sites near you!

Whatever your family chooses to do to stay active, make sure that you find activities that fit into your daily lives. Be sure to select activities that you enjoy and ask your children what activities they want to do. Don't be afraid to explore and try new things! For more tips and ideas check www.playworksusa.org and www.kidshealth.org/parent or head to your local community or recreation center. To find a playground in your neighborhood check out: <http://playspacefinder.kaboom.org>

Take Control of TV- And Other Screen Time



After a stressful day, kids and parents often look to the TV to help them relax and unwind. It's an easy way to beat boredom or get the kids to settle down. While we all enjoy watching TV sometimes, each day kids watch an average of 4 hours of television and then spend 2 additional hours using the computer or playing video games!

Why is this a problem? Sitting in front of a screen for hours on end leads to less physical activity, overeating, and a higher risk for becoming overweight. When we watch TV our bodies are still and we tend to snack more. While we watch we also see lots of advertising for high calorie, high sugar foods which have a big influence on kids. Spending time in front of the screen can also take away from time that could be spent reading or working on homework.

While taking control of your family's screen time may seem like a big task, it is one of the most valuable things you can do for your kids health now and as they grow into adulthood. Check out these suggested house rules that you can put in place to help everyone in your family reduce screen time!

Here are some tips to help you and your family work together to reduce screen time:

House Rules for TV

- 2 hours/day or less* of total screen time—TV, non-school related computer, and video games.
- No TV during homework.
- No TV sets in any bedrooms.
- Meal time = Family time. No eating while watching and no TV during meal times.
- No surfing—watch favorite shows only.
- Limit viewing to set days/times.

- **Be a good role model.** Tell your children that sitting less and moving more is an important way to stay healthy. They will have more energy and more fun. Most importantly, try to cut down on your own TV viewing habits. Your kids will follow your lead!
- **Don't use TV as a reward or a punishment.** This makes TV seem even more important to children!
- **Use technology.** Screening devices can remove commercials and limit the time kids spend on the computer or watching TV. TiVo, TV Allowance, and parental controls in Windows Vista are all helpful tools.
- **Be an active watcher.** Whenever you do spend time in front of the TV, try to do something active like yoga or lifting weights. Challenge your family to a push-ups, jumping jacks, or sit-ups competition during commercial breaks.

What can kids do instead of watching TV?

Provide your kids with alternatives to watching TV, such as playing outside, getting involved in a new hobby, or joining a sports team. Check into local sports and recreation programs that are offered after school and on weekends in your neighborhood. Some programs are free through schools or towns, and many offer scholarships. You may be surprised by the choices you find once you begin to look!

Here are some other ideas:

- **Get outside!** Go for a bike ride or roller-skate around the neighborhood. Check out nearby public parks or gardens. Bring a kite with you or a basketball to shoot some hoops.
- **Take up a new hobby!** Encourage your kids to learn to play a musical instrument, take dance or art classes at your local community center, try out for a part in the school play, or join a club!
- **In the summertime,** check out the community pool in your area or find a miniature golf course (you can also make your own in your back or front yard!)
- **Volunteer together!** Check with your community center or local soup kitchen and spend the day helping out and getting to know your community as a family.
- **Join the kids!** Try out old-fashioned games like hopscotch, tag, jump rope, and hide-and-seek. Set up a scavenger hunt around the house or your neighborhood.
- **On rainy days,** head to the library, a museum, or the zoo. These are often free and fun for the whole family! At home, work on an arts and crafts project like making bead necklaces or making your own play dough (www.playdoughrecipe.com). Card and board games as well as reading together are also great ways to spend time indoors as a family.



Did You Know?

American kids spend as much time watching TV as they spend in school or any activity besides sleep!

For more ideas of things to do instead of watching TV, check out “Do More, Watch Less” by the CA Department of Public Health: <http://www.cdph.ca.gov/programs/schoolhealth/Documents/FINAL%20English%20DMWL%204%2007.pdf>



Recipe Packet

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Cooking with Children

This recipe packet contains fun, healthy, and inexpensive recipes that are quick to prepare for both snack and dinner time. Each recipe contains serving size and price information as well as total preparation and cooking time. They are kid-tested and meet United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy meals.



Before selecting a recipe, consider your storage options, equipment, and shopping patterns. For instance, some recipes require equipment such as a blender, electric griddle or hotplate or stove.

Print out the 5"x7" cards and store them in a recipe box. Keeping a recipe box is a great way to get the whole family excited about looking for and trying new recipes! Check out your local newspaper or grocery bulletins for more recipe ideas!

Tips for cooking with kids:

All of the recipes in this packet are designed so that kids can help with the preparation. Making and trying new foods with children is a great way to get them excited and interested in healthy foods. Children who help with meal or snack preparation are more likely to try their own creations!

Let children do as much as possible! All recipes are designed to involve children (measuring, mixing, etc), but adults may need to do some advance preparation, such as chopping vegetables. Children can be involved with slicing soft items with a dull knife or grating vegetables. Whenever you prepare food with children, whether it is a simple snack or a more involved recipe, be sure to keep safety and sanitation in mind. Always wash hands and work surfaces before you start. Although recipes list specific ingredients, be flexible and creative! Most fruits can be part of the Fruit Kabob, just as different vegetables can be used for dipping. Purchase produce in season, and allow the children to choose what to add to their own creations!

Serve each meal with water or low-fat milk!

For more information, visit www.foodandfun.org

Snack Recipes

AWESOME GRANOLA

Serve with low-fat yogurt or milk as a healthy breakfast!

INGREDIENTS

3 cups	Oatmeal, uncooked
½ cup	Shredded or flaked coconut
1 cup	Chopped pecans, walnuts or peanuts
¼ cup	Honey
¼ cup	Canola oil
1 tsp	Cinnamon
1 cup	Raisins

DIRECTIONS

1. Combine all ingredients in a large bowl, except raisins, mix well.
2. *For oven:* Heat oven to 350° F. Bake in baking dish for 25-30 minutes or until golden brown. Stir once every 15 minutes.
For microwave: Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 mins.
3. Stir in raisins. Cool thoroughly. Top ¼ cup of yogurt with Awesome Granola and serve! Store extra granola in a tightly covered container.

Serving Size: ½ cup
Total Servings: 10
Prep time: 30 minutes
Price per serving: 72¢



BERRY BLAST FRUIT SHAKE

A delicious way to get in a whole serving of fruit!

INGREDIENTS

2 cups	Frozen berries (like strawberries, blueberries or mixed berries)
1 cup	Other mixed frozen fruit (like cantaloupe, honeydew, grapes, peaches or bananas)
1 ½ cup	Low-fat milk
1 Tbsp	Vanilla extract (optional)

DIRECTIONS

1. In a blender, combine the 2 cups frozen berries, 1 cup frozen mixed fruit, 1½ cups low-fat milk, and 2 tsp vanilla extract.
2. Puree until thick and smooth. If the mixture is too thick, thin out with a more milk.
3. Pour into glasses and serve.

Serving Size: ½ cup
Total Servings: 3
Prep time: 20 minutes
Price per serving: 45¢



Snack Recipes

BUGS ON A LOG

Serving Size: 3 "logs"
Total Servings: 2
Prep time: 5 minutes
Price per serving: 33¢

INGREDIENTS

- 2 stalks Celery, cut into 3 pieces
- 6 Tbsp Peanut Butter or cream cheese
- 1 ½ cup Raisins or Craisins®

DIRECTIONS

1. Spread about 1 Tbsp of peanut butter or cream cheese on each piece of celery.
2. Top with a row of raisins.



BUTTERFLY BITES

Not only is this snack fun to make but it contains a healthy dose of protein, whole grains and fruit/veggies! Kids of all ages will enjoy putting together this yummy snack.

Serving Size: 1 butterfly
Total Servings: 6
Prep time: 7 minutes
Price per serving: 35¢

INGREDIENTS

- 3 stalks Celery
- 12 Large twist pretzels
- 6 Tbsp Creamy peanut butter or cream cheese
- 3 Tbsp Raisins

DIRECTIONS

1. Cut celery in half cross wise.
2. Fill center of each celery stick with about 1½ Tbsp of peanut butter (or cream cheese). This is the body of the butterfly
3. Add two pretzels to form the butterfly's wings.
4. Use extra pretzel pieces for antenna and raisins for decoration.



Snack Recipes

CUCUMBER YOGURT DIP

This is excellent as a dip for veggies as well as pretzels, crackers or whole wheat pita bread. Serve it as a snack or have it as a side dish for dinner.

INGREDIENTS

2 cups	Plain yogurt
2	Large cucumbers, grated
½ cup	Non-fat sour cream
1 Tbsp	Lemon juice
Assorted dippers	Carrots, cherry tomatoes, broccoli florets, whole-wheat pita

DIRECTIONS

1. Mix yogurt, grated cucumber, sour cream, and lemon juice, in a serving bowl.
Optional: Refrigerate for at least 15 minutes.
2. Chop veggies and other dippers into bite-size pieces and arrange vegetables on a colorful platter. Serve with cucumber dip.

Serving Size: ½ cup
Total Servings: 6
Prep time: 20 minutes
Price per serving: 74¢



FROZEN BANANA POPS

INGREDIENTS

3	Bananas
6	Popsicle sticks
¼ cup	Peanut butter, softened
¼ cup	Chopped peanuts or walnuts, granola, crispy rice cereal or sunflower seeds

DIRECTIONS

1. Peel the bananas
2. Cut them in half, widthwise, and push a Popsicle stick through the cut end of each half.
3. Spread peanut butter on the bananas, and then roll them in the nuts, cereal or seeds.
4. Wrap them in waxed paper and freeze for 3 hours.

Serving Size: ½ banana
Total Servings: 6
Prep time: 3 hours
Price per serving: 31¢



Snack Recipes

FRUIT KEBOBS WITH SPICY YOGURT DIP

Let your kids pick and choose their favorite fruits to skewer!

INGREDIENTS

6	6-inch bamboo skewers
Assorted fruit	Try strawberries, grapes, blueberries, cantaloupe, papaya
1 cup	Vanilla or banilla yogurt
¼ tsp	Nutmeg
¼ tsp	Cinnamon
	Salt to taste (optional)

DIRECTIONS

1. Cut cantaloupe in half and scoop out seeds. Cut cantaloupe into squares or scoop into melon balls.
2. Alternating the fruits, thread them onto bamboo skewers. Place about 5 pieces of fruit per kebob.
3. To make dip, put yogurt in a bowl and mix thoroughly. Mix in spices and salt and serve with kabobs.

Try it warmed up! Microwave the yogurt topping on medium low (50%) power for 1 minute. Stir and check temperature of yogurt. Microwave in 10-second intervals until mixture is warm, but not boiling hot.

Serving Size: 1 kabob + 2 Tbsp yogurt dip
Total Servings: 6
Prep time: 15 minutes
Price per serving: 62 ¢



FRUITY PEANUT BUTTER PITAS

Adapted from: USDA SNAP-Ed Recipes
<http://recipefinder.nal.usda.gov>

INGREDIENTS

1	Whole wheat pita pocket
1 Tbsp	Chunky peanut butter or other nut butter
1	Large apple, cored and sliced
1	Banana, thinly sliced
1	Peach, thinly sliced (optional)

DIRECTIONS

1. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
2. Fill with a combination of apple, banana, and/or peach slices.
3. Serve at room temperature.

Modification: Warm pitas in the microwave for about 10 seconds to make them more flexible.

Serving Size: ½ pita
Total Servings: 2
Prep time: 10 minutes
Price per serving: 30 ¢



Snack Recipes

SALSA FRESCA

Adapted from: USDA SNAP-Ed Recipes
<http://recipefinder.nal.usda.gov>

Serving Size: ½ cup
Total Servings: 4
Prep time: 20 minutes
Price per serving: 73 ¢

INGREDIENTS

3 Tomatoes, chopped
½ Onion, finely chopped
½ cup Cilantro, chopped
1 Tbsp Lime juice
Salt (to taste)
Corn tortilla chips or whole wheat pita for dipping

DIRECTIONS

1. Chop the tomato, onion, and cilantro.
2. In a large bowl, mix tomatoes, onion, cilantro, lime juice, and salt.
3. Serve ½ cup Salsa Fresca with handful of corn tortilla chips or whole wheat pita bread.



TASTY BUG

Adapted from: CaféZOOM <http://pbskids.org/zoom/activities/cafe>

Serving Size: 1 "bug"
Total Servings: 1
Prep time: 7 minutes
Price per serving: 50 ¢

INGREDIENTS

½ Apple
1 Leaf romaine lettuce
1 Tbsp Raisins
1 Grape
1 Tbsp Peanut butter
1 Toothpick

DIRECTIONS

1. Core the apple and cut it in half.
2. Put half of the apple on a piece of lettuce, skin side up - that's the bug's body.
3. Using half a toothpick, put a grape on one end and stick it in the front of the apple -- that's the bug's head.
4. Using 1 Tbsp peanut butter as "glue", stick on raisins for spots and eyes. Let kids have fun doing this any way they want!
5. Have kids break a toothpick in half for the antennae and stick them on either side of the head!



Snack Recipes

TRAIL MIX

INGREDIENTS

- 1 cup Whole wheat mini pretzels, air popped popcorn or trans-fat free microwave popcorn
- 1 cup Whole grain cereal like Cheerios® or Mighty Bites®
- ½ cup Dried fruit like apricots, pineapple, or apples (look for brands with NO added sugar).
- ¼ cup Raisins or raisins
- ¼ cup Granola
- ½ cup Nuts (optional)

Serving Size: ½ cup
Total Servings: 6
Prep time: 7 minutes
Price per serving: 33 ¢

DIRECTIONS

1. Mix all ingredients together in a large bowl.
2. Scoop about ½ cup into small bowls, cups, or plastic snack bags and serve.

Note: Many different ingredients may be added, as long as there is a good mix of whole grains, dried fruit, and nuts if no allergies are present.



YOGURT POPS

INGREDIENTS

- 6-pack Low-fat mini yogurts, vanilla or banana flavor
- 6 Popsicle sticks

Serving Size: 1 pop
Total Servings: 6
Prep time: 3 hours
Price per serving: 67 ¢

DIRECTIONS

1. Open individual yogurts and place a Popsicle stick inside each container.
2. Place yogurt pack in freezer until fully frozen (approximately 3 hours)



Dinner Recipes

CRISPY FISH STICKS

Adapted from Eat, Play and Be Healthy by W. Allan Walker, M.D.

Serving Size: ½ filet
Total Servings: 2
Prep time: 20 minutes
Price per serving: 70¢

INGREDIENTS

1 filet	Tilapia or other white fish
1	Large egg, beaten
¼ tsp	Cumin
¼ tsp	Salt
¼ tsp	Pepper
½ cup	Almond meal (or make your own by grinding almonds)

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Rinse and dry chicken breast or fish filet. Cut into strips.
3. Dip in beaten egg and sprinkle with cumin, salt and pepper. Roll in almond meal and place on pan greased with canola or vegetable oil.
4. Bake 10-15 minutes.



HEARTY VEGETABLE SOUP

A great way to serve up your family's favorite veggies!

Serving Size: 1 cup
Total Servings: 8
Prep time: 1 hour
Price per serving: 76¢

INGREDIENTS

2 Tbsp	Olive oil
½ cup	Diced onions
¼ cup	Diced celery
¼ cup	Diced carrots
3	Garlic cloves
28 oz	Diced tomatoes (can)
32 oz	Low-sodium chicken or vegetable broth
1 cup	Leftover or frozen veggies (peas, corn, green beans)
2	Bay leaves
	Salt and pepper to taste

DIRECTIONS

1. In a large saucepan, heat oil on medium-low heat.
2. Sauté onions, celery, and carrot until soft.
3. Add garlic, sauté for 1 minute.
4. Add tomatoes with juice.
5. Add broth and bring to a boil
6. Add other vegetables, bay leaves, salt and pepper.
7. Reduce heat and simmer uncovered for 30-40 minutes, until carrots and celery are soft.



Dinner Recipes

MAC & CHEESE

Adapted from *Share Our Strength's Operation Frontline* and Chef Julia Shanks

INGREDIENTS

16 oz	Whole wheat elbow macaroni
3 Tbsp	Olive oil
3 Tbsp	Flour
1 $\frac{3}{4}$ cup	Low-fat milk
$\frac{1}{2}$ cup	Onion, chopped
1	Garlic clove, minced
1 cup	Broccoli florets or frozen peas
1 cup	Grated cheddar cheese
	Salt and pepper to taste

DIRECTIONS

1. Boil macaroni for 8 minutes. After 6 minutes add broccoli or peas. Drain and set aside.
2. Heat oil in large saucepan over medium heat.
3. Add onions and garlic and sauté until onions are soft, about 2 minutes.
4. Add flour, cook for 2 minutes.
5. Heat milk (over oven or in microwave) and stir into onion and flour mixture. Whisk until thick, about 2 minutes.
6. Take pan off the heat and add cheese gradually, stirring. Stir in macaroni, salt and pepper.

Serving Size: $\frac{1}{4}$ cup
Total Servings: 4-6
Prep time: 20 minutes
Price per serving: 73¢



MIGAS CRUMBS

Adapted from *USDA SNAP-Ed Recipes*

INGREDIENTS

5	Large corn tortillas
$\frac{1}{4}$ cup	Canola oil
$\frac{1}{2}$	Medium bell pepper
$\frac{1}{2}$	Medium onion
5	Eggs
$\frac{1}{4}$ cup	Shredded cheddar cheese

DIRECTIONS

1. Tear tortillas into small pieces.
2. Chop peppers and onions.
3. Lightly beat eggs in bowl with whisk or fork.
4. Heat oil in pan over medium heat.
5. Add tortillas and stir until they begin to brown.
6. Add chopped peppers and onion to pan.
7. Sauté until soft.
8. Add eggs and stir until cooked.
9. Remove from heat and sprinkle with cheese.

Serving Size: 1 cup
Total Servings: 5
Prep time: 30 minutes
Price per serving: 32¢



Dinner Recipes

ROAST CHICKEN AND GREENS

INGREDIENTS

- 1 (3 lb) Whole chicken
Salt and pepper
Optional: Other seasonings such as thyme, rosemary or onion powder
¼ cup Butter
1 pound Kale or collard greens
Splash Olive oil

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place chicken in a roasting pan, and season generously inside and out with salt and pepper (and other seasonings if desired).
3. Place 2 tablespoons butter in the chicken cavity and small dollops of remaining butter on outside of chicken.
4. Wash greens, remove stems and chop and arrange around the chicken. Sprinkle greens with a dash of olive oil and any desired seasonings.
5. Bake uncovered 1 hour and 15 minutes in the preheated oven. If you have a meat thermometer, make sure the chicken bakes at a minimum of 180 degrees.
6. Cover with aluminum foil, and allow to rest about 30 minutes before serving.

Serving Size: 1/6 of chicken
Total Servings: 6
Prep time: 2 hours
Price per serving: 76¢



TURKEY MEATLOAF

INGREDIENTS

- 1 pound Ground turkey breast
1 Small onion
1 cup Unsweetened apple sauce
¼ cup Bread crumbs
1 Egg, beaten
3 Tbsp Raisins
2 Tbsp Pine nuts (optional)
¼ tsp Cinnamon
1 tsp Salt, pepper and thyme

DIRECTIONS

1. Preheat oven to 400°
2. Grease pan with canola or olive oil.
3. Combine all ingredients in large bowl.
4. Press into loaf pan. Cook at 400° 50-55 minutes until bubbling at edges and brown on top.
5. Let sit for 5 minutes before serving.

Serving Size: ½ cup
Total Servings: 6-8
Prep time: 1 hour
Price per serving: \$1.25

Tip! Leftover meatloaf makes great sandwiches



Dinner Recipes

VEGETABLE QUESADILLAS

Serve them up with black beans for an easy way to add protein!

INGREDIENTS

	Cooking spray
1 Tbsp	Olive oil
6	Whole-wheat or corn tortillas (6")
1 ½ cups	Shredded low-fat cheese
1	Zucchini, grated
1	Carrot, grated
	Salt & pepper to taste
	Salsa or hot sauce, to taste

DIRECTIONS

1. Grate vegetables and add salt & pepper.
2. Add about ½ Tbsp of oil to the skillet and sauté carrots and zucchini until soft, then transfer back to bowl. Set aside.
3. Spray skillet with cooking spray and place 1 tortilla in skillet.
4. On half of one tortilla place about ¼ cup of cheese and 2-3 Tbsp of vegetables, sprinkle with a little more cheese.
5. Fold tortilla in half and press firmly with a spatula
6. Flip and cook over medium heat for about 2 minutes on each side until cheese is melted
7. Repeat spraying skillet each time with cooking spray and repeat with remaining tortillas.
8. Serve with tomato salsa (about 2 Tbsp per quesadilla).

Serving Size: 1
Total Servings: 6
Prep time: 45 minutes
Price per serving: 74¢



WHOLE WHEAT BANANA PANCAKES

INGREDIENTS

1 cup	Whole-wheat flour
2 Tsp	Baking powder
1 Tbsp	Cinnamon
2	Eggs, beaten
1 cup	Low fat milk
2	Medium bananas, very ripe
	Cooking spray or butter (to coat griddle)
	Fresh or frozen fruit like berries (optional)

DIRECTIONS

1. In a large bowl, mix flour, baking powder, and cinnamon.
2. In another bowl, mash bananas. Mix in the milk and beaten eggs. Add into the flour mixture and mix well. If mixture appears runny, add a little more flour; if too thick, add a little milk.
3. Coat a large, non-stick frying pan or griddle with non-stick spray or butter and heat pan over medium heat for 2 minutes.
4. Spoon ¼ cup of batter onto pan or griddle for each pancake.
5. Cook until the tops are bubbly then flip and cook for 2-3 minutes, or until golden on both sides. Place cooked pancakes on a plate and repeat steps until all of the batter has been used, using more nonstick spray as needed.

Serving Size: 3 pancakes
Total Servings: 4
Prep time: 45 minutes
Price per serving: 10¢



Dinner Recipes

WHOLE WHEAT MINI PIZZAS

Serving Size: 2 pizzas
Total Servings: 6
Prep time: 20 minutes
Price per serving: 43¢

INGREDIENTS

- 6 Whole-wheat English muffins, split and toasted
- 1 cup Chunky vegetable tomato sauce or plain pizza sauce
- 8 oz Shredded mozzarella cheese
- Assorted veggies, like shredded carrots, sliced mushrooms, peppers, onions, etc.

DIRECTIONS

1. Slice vegetables and arrange into bowls.
2. Preheat oven to 400° F
3. Line baking sheet with foil and spray with non-stick cooking spray
4. Place toasted English muffins on baking sheet.
5. Spread each muffin with about 2 Tbsp of tomato sauce.
6. Let the kids add some of their favorite sliced vegetables – encourage children to try at least one topping.
7. Top with some shredded cheese.
8. Bake for 10 minutes or until cheese is melted.



Side Dish Recipes

QUICK CORN ON THE COB

INGREDIENTS

Ears of corn on the cob
Spices: black pepper, lemon pepper, chili powder, taco seasoning

Cooking Timetable:

1 ear = 1 1/2 minutes
2 ears = 3 to 4 minutes
3 ears = 5 to 6 minutes
4 ears = 7 to 8 minutes

DIRECTIONS

1. Place corn on a paper towel and cook in microwave with husks and silk intact. They will cook in their own natural moisture.
2. Turn ears over and rearrange after ½ cooking time.
3. Remove and wrap in foil. Let stand at least 5 minutes to cool off. Remove husks and silk and cut into halves.
4. Serve and top with spices to taste!

Serving Size: ½ ear of corn
Prep time: 5 minutes
Price per serving: 53¢



OVEN BAKED CARROT STRIPS

Adapted from That's My Home: Cooking with Children

Tip: Try swapping out carrots for sweet potatoes & cut the sugar!

INGREDIENTS

1 lb Carrots or sweet potatoes
¼ tsp Sugar
1 Tbsp Olive oil
Pinch Salt & black pepper
Pinch Rosemary

DIRECTIONS

1. Cut carrots in half cross-wise, then cut length-wise, then cut length-wise again.
2. Preheat oven to 425° F.
3. In a mixing bowl, combine the carrot sticks, oil, rosemary, salt and pepper. Stir until carrots are evenly coated.
4. Place carrot sticks in shallow pan lined with aluminum foil, spreading them out as much as possible so they are a single layer.
5. Bake for 20-25 minutes or until carrots are tender. Serve hot or at room temperature.

Serving Size: ~12 strips
Total Servings: 4
Prep time: 30 minutes
Price per serving: 40¢



2 Minute Home Assessment for Parents

Working towards achieving these 8 relatively simple goals in your home can have a big impact on you and your family's health. You can assess how closely your home environment aligns with the Environmental Standards for Nutrition and Physical Activity by answering the questions below. You may choose to use this tool throughout the year to get a sense of the progress you and your family are making!



1. Do you serve water at every meal and snack?

YES

NO

IN PROGRESS

UNSURE



2. Do you avoid bringing sugar-sweetened beverages into your home?

YES

NO

IN PROGRESS

UNSURE



3. Do you serve a fruit and/or vegetable at every meal and snack?

YES

NO

IN PROGRESS

UNSURE

4. Do you choose foods with 0g of trans fat and do not have "partially hydrogenated oils" in the ingredient list?

YES

NO

IN PROGRESS

UNSURE



5. When buying grains (like bread, crackers, and cereals), do you choose whole grains?

YES

NO

IN PROGRESS

UNSURE



6. Do you limit screen time (TV, video games, computers) to less than 2 hours each day?

YES

NO

IN PROGRESS

UNSURE

7. Do you not allow TV sets in your child's bedroom?

YES

NO

IN PROGRESS

UNSURE



8. Do you provide opportunities for your child to engage in at least 1 hour of physical activity every day?

YES

NO

IN PROGRESS

UNSURE



More information on healthy homes can be found at the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

2 Minute Program Assessment for Parents

You can assess how closely your child's afterschool program aligns with the Environmental Standards for Nutrition and Physical Activity by answering the questions below. You may choose to use this tool throughout the year to get a sense of how your program is meeting these goals!



1. Do you serve a fruit and/or vegetable every day?

YES

NO

IN PROGRESS

UNSURE

2. Do you serve water every day?

YES

NO

IN PROGRESS

UNSURE



3. Have you eliminated sugar sweetened beverages?

YES

NO

IN PROGRESS

UNSURE

4. Have you eliminated foods with trans fat?

YES

NO

IN PROGRESS

UNSURE



5. When serving grains (like bread, crackers, and cereals), do you serve whole grains?

YES

NO

IN PROGRESS

UNSURE

6. Do you provide children with at least 30 minutes of physical activity every day?

YES

NO

IN PROGRESS

UNSURE

7. Do you offer at least 20 minutes of vigorous activities at least 3 days a week?

YES

NO

IN PROGRESS

UNSURE



8. Have you eliminated broadcast and cable TV or movies?

YES

NO

IN PROGRESS

UNSURE

9. Do you limit computer time to less than 1 hour per day?

YES

NO

IN PROGRESS

UNSURE



The complete Food & Fun After School Curriculum can be downloaded at no cost from the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Healthy Households, Healthy Families



- ✓ **Serve water at every meal and snack**
- ✓ **Do not bring sugar-sweetened beverages into your home**
- ✓ **Serve a fruit and/or vegetable at every meal and snack**
- ✓ **Choose foods with 0g of trans fat and do not have partially hydrogenated oils in the ingredient list**
- ✓ **When buying grains (like bread, cereals, and crackers) choose whole grains**
- ✓ **Limit screen time to less than 2 hours each day**
- ✓ **Do not allow TV sets in children's bedrooms**
- ✓ **Provide opportunities for your child to engage in at least 30 minutes of physical activity each day**





Snack Sense for Parents

A snack planning tool to provide fun, healthy, and budget-friendly snacks for children

About Snack Sense for Parents

Snack Sense for Parents aims to help parents incorporate the Environmental Standards for Healthy Eating into their regular snack time routine at a low price.

Hints for a Healthy Home

- ★ Serve water at every meal and snack
- ★ Do not allow sugar-sweetened beverages in your home
- ★ Serve a fruit and/or vegetable at every meal and snack
- ★ Choose foods with 0g of trans fat that do not have partially hydrogenated oils in the ingredient list
- ★ When buying grains (like bread, crackers, and cereals), choose whole grains

Snack Sense for Parents includes tips for buying healthy and inexpensive snacks, information on each of the Environmental Standards, budget-friendly sample snack menus, and a shopping guide.

Budgeting for Healthy Snacks

Although people worry that healthy foods can be expensive, there are a lot of healthy snack options that are inexpensive. When shopping, remember to select foods that are consistent with the

Environmental Standards for Healthy Eating.

- Buy fresh fruits and vegetables that are **inexpensive and available year-round**, like bananas and baby carrots. More examples are listed on page 8!
- Buy canned fruits in **100% juice or light syrup** and canned veggies **without added salt**. Stock up on canned fruits and veggies when they are on sale because they don't go bad!
- **Avoid highly processed and refined packaged foods** like cookies and animal crackers. These can be expensive, less healthy, and may contain trans fats.
- Serve **tap water** instead of sugar-sweetened beverages- tap water is a refreshing, healthy, no-calorie beverage that is virtually free!
- Buy foods that are **on sale**.
- **Buy in bulk**. If available, buy snacks from a wholesale retailer (e.g. BJ's®, Costco®, or Sam's Club®). Or, buy snacks in **large containers**; individually wrapped "single serving" sizes are expensive.
- Buy **generic or store brand foods**, which are usually less expensive than brand names.

More information on healthy homes can be downloaded at no cost from the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

The Environmental Standards for Healthy Eating

Do not allow sugar-sweetened beverages in your home



Why shouldn't you serve soda, juice drinks, or sports drinks? Because they all contain **sugar!** Sugar-sweetened drinks are the top source of added sugar in kids' diets. Drinking too many high sugar drinks increases the risk for

overweight in kids. These drinks add extra calories our bodies don't notice. Soda, juice, and sports drinks can also cause **dental cavities**. Diet sodas contain **artificial sweeteners**.

They train kids to crave

"sweetness" in drinks and foods. Their long-term safety is not fully known, so it is best to avoid them. All of these sugary drinks are much more expensive than tap water which costs only pennies! If you do serve 100% juice, limit to 4 ounces per day. But, juice doesn't substitute for whole fruit. Not buying sugar-sweetened beverages is the best way to make sure your kids don't drink them!

Do not allow these drinks in your home!

- ✗ Soda
- ✗ Sweetened iced teas
- ✗ Fruit punches and fruit-ades
- ✗ Fruit drinks
- ✗ Sports drinks
- ✗ Energy drinks
- ✗ Drinks with sugar substitutes, like diet soda

Serve water at every meal and snack



Water is a great drink choice for kids. It is **calorie-free and low cost** from your nearest tap! Make sure that a pitcher of water and cups are available every day at snack time.

Kids should also drink plenty of water when

they are playing and being active. Even with a slice of fruit or splash of 100% fruit juice, this is the most **inexpensive** beverage option.

Jazz up water with these simple tricks!

- ★ Add sliced fruit like oranges to the water fruit for a light yummy flavor
- ★ Serve sodium-free seltzer water
- ★ Mix a splash of 100% juice with sodium-free seltzer water
- ★ Mix 4oz of water with 4 oz of juice for a refreshing drink

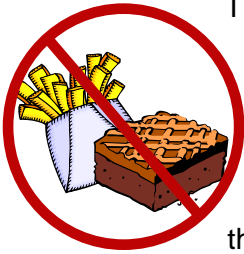


Serve a fruit and/or vegetable at every meal and snack

Fruits and vegetables are full of **vitamins, minerals, and fiber**. A diet high in fruits and vegetables can help kids grow and fight illness. The fiber and water in fruits and vegetables also help you to feel full. Serving 100% juice doesn't substitute for whole fruit! Some fruits and veggies are less-expensive in season, such as strawberries and blueberries. On the other hand, many fruits and veggies are

inexpensive year-round. Check out the **Snack Sense Shopping Guide** for some examples of inexpensive fruits and veggies!

Choose foods containing 0g of trans fat and do not have partially hydrogenated oils in the ingredient list



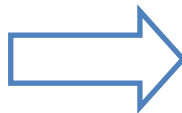
Trans fat is an unhealthy fat because it **increases the risk of certain diseases**.

Trans fat is often hidden in packaged foods like muffins, cookies, brownies, and crackers. Some brands of popcorn and peanut butter may have trans fat too.

Read nutrition labels and only select foods with 0g of trans fat. By law, products containing up to 0.49 grams trans fat per serving can still be listed on the nutrition label as 0 grams trans fat. Check the ingredient list and avoid buying any foods that list “**partially hydrogenated oils**”; this means there are trans fat in the food.

Look for and avoid trans fat in these popular after school snacks...

- × Saltine and oyster crackers
- × Ritz crackers
- × Animal crackers
- × Chex Mix
- × Fig Newtons
- × Graham crackers
- × Teddy Grahams
- × Vanilla Wafers
- × Cheese nips



...at similar prices, try these healthier options instead!

- ★ Whole wheat bread
- ★ Cheerios
- ★ Whole grain goldfish crackers
- ★ Whole wheat mini bagels
- ★ Triscuit crackers
- ★ Whole wheat pita bread
- ★ Whole wheat pita chips

When serving grains (like bread, crackers, and cereals), serve whole grains



Whole grains contain **fiber, vitamins, and healthy fats** that are good for you and help you feel full longer. Many of these nutrients are not contained in refined “white” flour or sugar. Whenever possible, substitute whole grain products for refined grain foods; whole grains are often available at the **same price as refined options**. These are some frequently served snack foods that are available as whole grain for a similar price!

Instead of serving these grains...

- × White bread
- × Bagel
- × English muffin
- × Tortillas
- × Goldfish crackers
- × Saltine crackers



...serve these whole grains instead!

- ★ Whole wheat bread
- ★ Whole wheat mini bagels
- ★ Whole wheat english muffins
- ★ Corn or whole wheat tortillas
- ★ Whole grain goldfish crackers
- ★ Triscuit crackers
- ★ Whole wheat pita bread

Snack Sense Ideas

Below are some sample snacks that YMCAs are serving at after schools. These menus are great because healthy AND inexpensive. Remember! Tap water should be served at every snack for virtually no cost. What a bargain!

Snack Foods	Beverages
Apple slices, Peanut butter	Water & 1% milk
Celery, Raisins, String cheese	Water
Oranges, Triscuit crackers	Water
Whole wheat crackers, Oranges	Water
Salsa, Beans, Corn tortilla chips	Water
Banana, Oatmeal	Seltzer water
Egg salad w/mayo, Whole wheat bread, Cucumber slices	Water & 1% milk
Broccoli, Couscous	Water with splash of 100% fruit juice
Tuna salad w/mayo, Baby carrots, Wheat Thins	Water
Banana, Peanut butter, Raisins	Water
Peanut butter, Whole wheat mini bagel, Raisins	Water
Applesauce, Popcorn	Water & 1% milk
Banana, Cheerios	Water & 1% Milk
Baby carrots, Hummus	Water
Tomato wedges, String cheese	Water
Whole wheat spaghetti, Tomato sauce	Water with orange slices
Colored pepper slices, Cheese	Water & 1% milk
Whole grain Goldfish crackers, Raisins	Water
Fruit canned in 100% juice, Whole wheat pretzels	Water
Trail mix (nuts, sunflower seeds, dried fruit)	Water with splash of 100% fruit juice

Snack Sense Shopping Guide



Fruits, vegetables, proteins, and grains are the building blocks of healthy bodies. Each day at snack, offer a fruit or veggie AND a protein or grain. Serving sizes are on the Nutrition Facts Label of packaged foods. In general, 1 medium fresh fruit or ½ cup of chopped or canned fruit counts as a serving. One serving of dried fruit is ¼ cup. 1 cup of raw leafy veggies, or ½ cup of other vegetables is one serving. These are standard serving sizes, but children may eat more or less of a food based on individual needs. For more information on serving sizes, see our *Snack Sense Serving Size Guide!*

Below are some examples of budget-friendly healthy options for fruits, veggies, proteins and grains that YMCAs are serving in their after school programs!

Offer a fruit or vegetable option every day!

Fruits

- Apple slices
- Apricots
- Raisins
- Banana
- Applesauce
- Canned fruit in 100% juice
- Grapes
- Oranges
- Dried mixed fruit without added sugar
- Avocado
- Frozen berries

Vegetables

- Celery
- Salsa
- Frozen peas
- Canned corn niblets
- Cucumber
- Colored pepper slices
- Baby carrots
- Broccoli
- Lettuce
- Tomatoes

* Avoid french fries and tater-tots.

Offer a protein or grain option every day!

Whole Grains

- Whole wheat bread
- Triscuit crackers
- Couscous
- Quinoa
- Whole wheat bagels
- Whole grain Goldfish crackers
- Cheerios
- Corn tortillas
- Whole wheat tortillas
- Whole wheat English muffins

*Avoid whole grain foods with trans fats. Make sure trans fat is 0g. Do not buy anything with "partially hydrogenated" in the ingredient list.

Protein

- Canned black beans
- Hard boiled egg
- Peanut butter
- Tuna
- String cheese
- Mixed nuts
- Hummus
- Yogurt
- Cottage cheese

*Nut allergies are a serious issue. Make sure no one is allergic before serving ANY products with nuts.

Snack Sense Serving Size Guide

What counts as a serving? It depends on the type of food! Check out the general guidelines below and a few examples for each type of food. For packaged foods, check the nutrition label- it lists the serving size! Note that serving sizes are standard serving sizes for planning purchases, but children may eat more or less of a food based on individual needs.

Fruits

In general, 1 medium fresh fruit or ½ cup of chopped or canned fruit counts as a serving. One serving of dried fruit is ¼ cup.

Here are some examples of 1 fruit serving!

- 1 medium banana
- 1 medium apple
- ½ cup of sliced strawberries
- ½ cup canned pineapple or peaches
- ¼ cup of raisins or dried cranberries
- ¼ of a medium avocado

Veggies

In general, 1 cup of raw leafy vegetables or ½ cup of other vegetables (cooked or raw) counts as 1 serving.

Here are some examples of 1 vegetable serving!

- 1 cup of baby spinach or lettuce
- ½ cup of baby carrots
- ½ cup of sliced cucumbers
- ½ cup of cherry tomatoes
- ½ cup of tomato sauce

Whole Grains

One slice of bread, about 1 cup of cereal, or ½ cup of cooked cereal, rice or pasta is one grain serving.

Here are some examples of 1 whole grain serving!

- 1 slice of whole wheat bread
- 1 whole wheat tortilla (7 inches in diameter)
- 1 cup of Cheerios
- ½ cup of couscous
- ½ whole wheat English muffin
- 6 Triscuit crackers
- 50 whole grain goldfish crackers

Protein

One cup of yogurt, 1½ ounces of cheese, 2 tablespoons of peanut butter, ½ cup of beans, and 1/3 cup of nuts is one serving.

Here are some examples of 1 protein serving!

- 1 hard boiled egg
- 1 cup of yogurt
- 1 stick of string cheese
- ¼ cup of shredded cheese
- 2 Tbs hummus
- ½ cup of black beans
- ½ can of tuna

Activate Your Family!

Physical activity. It helps you right away, no matter what kind you choose. Moving muscles and making your heart beat faster can help you feel better and reduce stress. It can give you more energy and improve your sleep and focus. Staying active over time helps your family members keep healthy weights. It also protects them from heart disease, diabetes, high blood pressure, stroke, and osteoporosis (weak bones). And, there's more! Kids who are active often do better in school. **Establishing an active lifestyle can help your family live longer, healthier lives.**



How much activity do kids need?

Kids should get **1 hour or more** of physical activity every day. This can be spread out in periods of 10-15 minutes. Physical activity can be moderate or vigorous. Below are some examples of each kind. Kids should do vigorous activity on at least 3 days each week. (Physical Activity Guidelines for Americans)

What is moderate activity?		What is vigorous activity?	
Games and sports that are similar to fast walking:		Games and sports that are more intense than fast walking. They make you sweat:	
hopscotch	kickball	swimming	basketball
playground play	4 square	jumping rope	running
bike riding	frisbee	soccer	aerobic dancing

Parents are important role models!

Don't forget that grown ups need to stay active too! Adults should do 2 hours and 30 minutes of moderate activity or 1 hour and 15 minutes of vigorous activity each week. Kids with active families are more likely to stay active as adults. You don't need to join a gym! Try these ways to enjoy physical activity together as a family:



- Play a game of tag or soccer after school.
- Plan at least 1 fun physical activity together on weekends.
- Involve kids in active chores, like putting away groceries or sweeping.
- Take the stairs when you're at your favorite museum or library.
- Turn off the TV and take a walk or dance around the house after dinner.

Your local community centers can help

Many community centers, such as the YMCA and the Boys and Girls Club, offer kids and families fun physical activities.

For more information: Check out www.hsph.harvard.edu/nutritionsource/exercise.html or the Physical Activity Guidelines for Americans at <http://www.health.gov/paguidelines/factsheetprof.aspx>

¡Active a su familia!

La actividad física. Le ayuda de inmediato, no importa el tipo de actividad que escoja. El mover los músculos y hacer que su corazón lata más rápido puede ayudarle a sentirse mejor y reducir el estrés. Puede darle más energía y mejorar el sueño y la concentración. Con el tiempo, el mantenerse activo ayudará a los miembros de su familia a mantener un peso saludable. También los protege contra las enfermedades del corazón, la diabetes, la presión alta, los derrames y la osteoporosis (huesos frágiles). ¡Y hay más! Los niños activos frecuentemente tienen más éxito en la escuela. **El establecer un estilo de vida activo puede ayudar a su familia a tener vidas más largas y saludables.**



¿Cuánta actividad necesitan los niños?

Los niños deberían tener **1 hora o más** de actividad física cada día. Ésta puede distribuirse en períodos de 10-15 minutos. La actividad física puede ser moderada o vigorosa. Abajo damos algunos ejemplos de cada tipo. Los niños deberían realizar actividades vigorosas por lo menos 3 días a la semana. (Pautas sobre actividades físicas para los americanos)

¿Qué es una actividad moderada?		¿Qué es una actividad vigorosa?	
Juegos y deportes que sean similares a caminar rápido:		Juegos y deportes que sean más intensos que el caminar rápido. Lo hacen sudar:	
rayuela	jugar a la pelota	natación	baloncesto
juegos en el patio de recreo	4 esquinas	saltar la cuerda	correr
montar en bicicleta	frisbee	fútbol	baile aeróbico

¡Los padres son importantes modelos de conducta!

¡No se olvide de que los adultos también necesitan mantenerse activos! Los adultos deberían dedicar semanalmente 2 horas y 30 minutos a actividades moderadas o 1 hora y 15 minutos a actividades vigorosas. Los niños de familias activas tienen más probabilidades de permanecer activos como adultos. ¡No se necesita hacerse miembro en un gimnasio! Pruebe estas maneras de disfrutar la actividad física juntos con su familia.

- Jugar un juego de "corre que te pilló" o de fútbol después de la escuela.
- Planificar por lo menos 1 actividad física divertida para hacer juntos los fines de semana.
- Involucrar a los niños en tareas domésticas, como guardar las compras de comidas o barrer.
- Subir por las escaleras cuando estén en su museo o biblioteca favorito.
- Apagar a la televisión y dar un paseo o bailar por la casa después de cenar.



Los centros comunitarios locales pueden ayudar.

Muchos centros comunitarios, como el YMCA y el Boys and Girls Club, ofrecen a los niños y familias actividades físicas divertidas.

Para más información: Visite www.foodandfun.org

Visite www.hsph.harvard.edu/nutritionsource/exercise.html o

las "Pautas sobre actividades físicas para los estadounidenses" en <http://www.health.gov/paguidelines/factsheetprof.aspx> o

http://latinonutrition.org/index_sp.html

全家运动起来！

运动，无论哪种形式的运动都有很大的好处，活动你的肌肉，提高你的心跳速率，使你放松并且减少压力。运动也可以帮助您保持充沛的体力和提高睡眠质量，而不论多运动运动可以帮助您的家人体重保持在相对健康的水平，也可以帮助他远离心脏病，肥胖，高血压，中风，甚至骨质疏松的困扰，当然益处还有很多！相对来说，活动的儿童成长更好。多运动可以让你的家人活得更健康。



孩子需要多少运动量？

每天保持至少一小部分的运动量，可以分次进行，每次10-15分钟。运动可分为低运动量型和高运动量型，下面是两种运动量的几个例子。保持孩子每周至少三次高能量运动。

什么是低运动量型运动？	什么是高运动量型运动？
与行走运动量相似的科目和游泳	会出汗，比行走更激烈的科目和游泳
跳房子	有氧操
踢球	跳绳
自由活动	跑步
四方	
	打球
	足球

父母的模范作用很重要！

千万不要忘记成年人也需要运动！成年人每周需保持2个半小时的低运动量型活动或者1小时15分的高运动量型运动。父母的示范作用能引导孩子运动。健身房并不必要！一家人可以参与以下活动项目：
放学后玩捉人游戏或者踢足球
周末至少玩一有趣味运动
让孩子多做家务，譬如整理物品或者拖地
到最喜欢的博物馆或者公园走走楼梯
放学后关掉电视，穿着房子散步或者跳舞
每天保持至少一小部分的运动量，可以分次进行，每次10-15分钟。运动可分为低运动量型和高运动量型，下面是两种运动量的几个例子。保持孩子每周至少三次高能量运动。



社区资源

很多社区中心，比如YMCA或者BGC通常向孩子和家庭提供趣味体育活动

更多信息，请访问：

www.hsph.harvard.edu/nutritionsource/exercise.html

或者全美运动指南：

<http://www.health.gov/paguidelines/factsheetprof.aspx>

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For more information, visit www.foodandfun.org or www.hsph.harvard.edu/prc/ymca/resources.html

Dietary Fats: The good, the bad, and the ugly

Did you know that the **type** of fat you eat is more important than the **total amount** of fat in your diet? Eat foods rich in plant and fish oils and low in fats from animal sources and *trans* fats. This can reduce the risk for heart disease and type 2 diabetes. **Making simple changes in your food habits can make a big difference for health.**

Eat MORE of these

UNSATURATED FATS — “The Good” →

What: Oils found in plants and fish.

Where: Vegetable oils like olive and canola oil.

Fish, nuts, seeds, peanut and other nut butters.

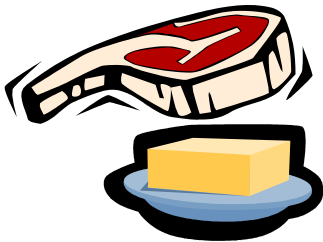


Eat LOW or NON fat dairy, lean meats

← SATURATED FATS — “The Bad”

What: Fats found mostly in animal foods.

Where: Whole milk, cheese, butter, ice cream, red meat, sour cream, lard, coconut and palm oils.

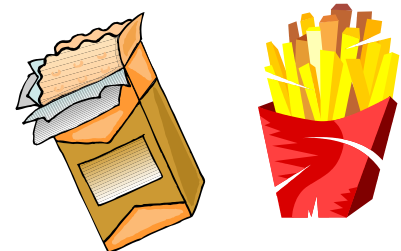


AVOID these

TRANS FATS — “The Ugly” →

What: Vegetable oils that are chemically changed to increase the shelf life of processed foods.

Where: Fast foods, packaged snacks (cookies, crackers, etc.), baked goods, and stick margarines.



Tips for making changes at home

- Read food labels to select foods with NO trans fat. Avoid foods with “partially hydrogenated vegetable oil” or “shortening” in the ingredients list.
- Limit fast food meals to once per week or less.
- Replace red meat with fish, chicken, nuts and seeds at meal times.
- Cook with liquid oils and trans fat-free tub margarine, instead of butter, stick margarine or lard.
- Select dairy products made with 1% or non-fat milk, instead of whole or 2% milk.

For more information: Check out www.hsph.harvard.edu/nutritionsource/fats.html

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For more information, visit www.foodandfun.org or www.hsph.harvard.edu/prc/ymca/resources.html

Grasas dietéticas: las buenas, las malas y las feas

¿Sabía usted que el **tipo** de grasa que come es más importante que la **cantidad total** de grasa en su dieta? Coma alimentos ricos en aceites de pescados y vegetales y bajos en grasas de animales y grasas *trans*. Esto puede reducir el riesgo de sufrir enfermedades del corazón y de la diabetes tipo 2. **Unos cambios sencillos en sus hábitos alimenticios pueden hacer una gran diferencia para su salud.**

GRASAS INSATURADAS — "Las buenas" →

Qué: aceites de vegetales y pescados.

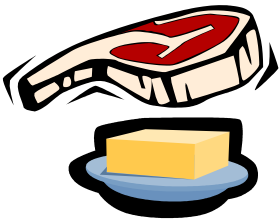
Dónde: aceites vegetales como el aceite de oliva y de canola.

Pescado, frutos secos, semillas o nueces y mantequilla de maní y de otros frutos secos.

Coma **MÁS** de estos



Consuma productos lácteos bajos en grasas y carnes magras



← GRASAS SATURADAS — "Las malas"

Qué: grasas que se encuentran principalmente en alimentos animales.

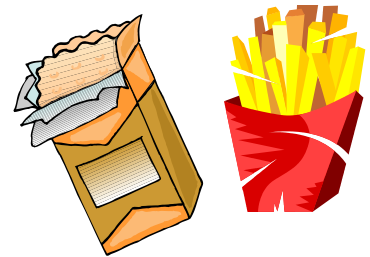
Dónde: leche entera, queso, mantequilla, helado, carne de res, crema agria, manteca, y aceites de coco y de palma.

GRASAS TRANS — "Las feas" →

Qué: aceites vegetales que han sido químicamente modificados para aumentar la duración en almacenamiento de los alimentos procesados.

Dónde: comidas rápidas, meriendas empacadas (galletas dulces y saladas, etc.), productos horneados y margarina de barra.

EVITE estos



Consejos útiles para realizar cambios en casa

- Lea las etiquetas de los alimentos para seleccionar aquellos que **NO** contengan grasas trans. Evite alimentos con "aceite vegetal parcialmente hidrogenado" o "manteca" en la lista de ingredientes.
- Limite las comidas rápidas a una vez por semana o menos.
- Reemplace la carne roja por pescado, pollo, frutos secos y semillas o nueces a la hora de la comida.
- Cocine con aceites líquidos y margarina en envase sin grasas trans, en lugar de mantequilla, margarina en barra o manteca.
- Escoja productos lácteos a base de leche descremada o de 1% de grasa, en vez de leche entera o de 2%.

Para más información: visite la página http://latinonutrition.org/index_sp.html

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For more information, visit www.foodandfun.org or www.hsph.harvard.edu/prc/ymca/resources.html

膳食脂肪：健康，非健康，和垃圾

你知道，您每天摄入的脂肪种类比您三餐摄入的脂肪总量更重要。多摄入植物脂肪和油，尽量少摄入动物脂肪和反式脂肪，以有效降低罹患心脏病和二型糖尿病的。适当调整饮食将使你受益匪浅。

不饱和脂肪----健康膳食脂肪 →

是什么？植物脂肪与油

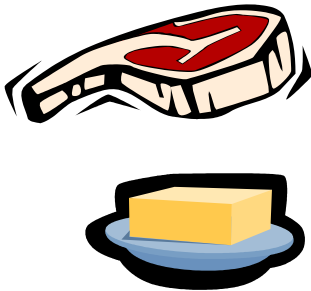
来自？植物油，譬如橄榄油和菜油

坚果，水果，种子，花生和其他果仁油脂。

Eat MORE of these



低脂或者无脂奶制品，瘦肉



饱和脂肪：----- 非健康膳食脂肪

是什么？动物脂肪。

来自？

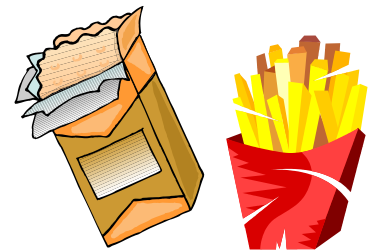
全脂奶，奶酪，黄油，冰淇淋，肉，酸奶油，猪油，椰子和棕榈油。

反式脂肪：----- 垃圾膳食脂肪 →

是什么？化学加工以延长保质期的植物油

来自？快餐，包装零食（曲奇，饼干等），烘焙食品，人造黄油。

AVOID these



健康小贴士

- 在挑选食品前仔细查看，选择不含反式脂肪的产品。在配料表上如有“半氢化植物油”或者直接省略某些成分的，尽量不要。
- 每周最多吃一次快餐。
- 以瘦肉，鸡肉，坚果，葵花籽代替肥肉。
- 尽量用植物油和无反式脂肪的黄油烹饪，尽量不使用黄油，人造黄油和猪油。
- 相比全脂奶或者脂肪含量达2%的牛奶，选择脱脂奶或含脂量只有1%的牛奶。

更多信息，请访问：www.hsph.harvard.edu/nutritionsource/fats.html

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For more information, visit www.foodandfun.org or www.hsph.harvard.edu/prc/ymca/resources.html

Fruits and vegetables: Eat 5 or more servings for health

Fruits and vegetables are full of vitamins, minerals, and fiber. A diet high in fruits and vegetables can help kids grow and fight illness. It also protects against heart disease, stroke, high blood pressure, and some cancers. The fiber and water in fruits and vegetables also help you to feel full.



How to boost fruits and vegetables in your family's diet

Parents have the most control over what children eat—or at least what foods they can choose from. You play a key role in modeling healthy eating habits. Kids notice the food you buy and meals and snacks you prepare. Try these simple ways to help your kids learn to enjoy fruits and vegetables.

TIPS FOR SUCCESS

- Introduce fruits and veggies **early** in life. Start serving new foods during infancy and the toddler years.
- Keep serving kids fruits and veggies **often**. Repetition is the key, so don't give up!
- **Be prepared**. Always keep a supply of cut up fruits and veggies in the refrigerator for snack. Store them in clear containers at eye level.
- Serve a vegetable or fruit at **every** meal and snack time. Don't forget foods sent to school.
- Try **canned** fruits and veggies. They cost less and are easy to store. Fruit should be canned in 100% juice and look for canned vegetables that are low in salt.
- Experiment with **frozen** fruits and veggies. They are low in price and easy to prepare.
- Try **dried fruits without added sugar**. Raisins, apricots, or pineapple are good choices.
- **Add extra** veggies to foods that you make from scratch or to prepared foods.
- **Don't overdo the juice**. Serving 100% juice doesn't substitute for whole fruit. Limit 100% juice to 4 ounces per day.
- **Serve fruit for snacks and dessert**—try blending frozen fruit into shakes.
- Plant a family **garden** in your backyard or on your window sill. Kids are more likely to try new foods if they help grow and prepare them.

For more information: Check out www.hsph.harvard.edu/nutritionsource/fruits.html or www.5aday.com

Frutas y vegetales: coma 5 o más porciones para la buena salud

Las frutas y vegetales son ricos en vitaminas, minerales y fibras. Una dieta alta en frutas y vegetales ayuda a los niños a crecer y a combatir las enfermedades. Les protege además contra las enfermedades cardíacas, los derrames cerebrales, la presión alta y algunos tipos de cáncer. Las fibras y el agua en las frutas y vegetales también ayudan a que se sientan llenos.



Cómo aumentar las frutas y vegetales en la dieta de su familia

Los padres tienen la mayoría del control sobre lo que sus hijos comen - o al menos sobre las comidas que pueden escoger. Usted juega un papel clave para modelar hábitos de alimentación saludables. Los niños se fijan en la comida que Ud. compra y las comidas y meriendas que les prepara. Siga estos consejos simples para ayudar a sus hijos a disfrutar de las frutas y vegetales.

CONSEJOS PARA TENER ÉXITO

- Déles frutas y vegetales desde pequeños. Empiece por servir nuevos alimentos durante la lactancia y los primeros años de la infancia.
- Sírvales a los niños frutas y vegetales **con frecuencia**. La repetición es clave, ¡no se dé por vencido!
- **Esté listo**. Mantenga siempre en el refrigerador una cantidad de frutas y vegetales ya preparados para merendar. Almacénelos en recipientes transparentes y póngalos donde se pueden ver fácilmente.
- Sirva una fruta o un vegetal a la hora de **cada** comida y merienda. No se olvide incluirlos en comida que les prepara para la escuela.
- Pruebe las frutas y vegetales **enlatados**. Cuestan menos y son más fáciles para guardar. La fruta debe estar enlatada en 100% jugo; compre los vegetales que sean bajos en sal.
- Experimente con las frutas y vegetales **congelados**. Son baratos y fáciles de preparar.
- Pruebe **las frutas deshidratadas sin azúcar añadida**. Las pasas, los albaricoques o la piña son buenas opciones.
- **Añada vegetales extras** a las comidas que cocine o a las preparadas.
- **No se exceda en el jugo**. El servir jugo 100% no sustituye a la fruta entera. Limite el jugo 100% a 4 onzas por día.
- **Sirva frutas de merienda y de postre** -pruebe mezclar frutas congeladas a los batidos.
- Siembre una **hortaliza** para la familia en el patio o en la repisa de la ventana. Hay más probabilidades de que los niños prueben comidas nuevas si ayudan a sembrarlas y prepararlas.

Para más información: Visite la página www.hsph.harvard.edu/nutritionsource/fruits.html o <http://www.5aldia.org/> o http://latinonutrition.org/index_sp.html

每日至少摄入5份水果蔬菜以保持健康

水果和蔬菜含有大量维生素，矿物质和膳食纤维。多吃水果蔬菜有利孩子的健康成长并提高免疫力，此外还可以有效降低心脏病，中风，高血压和某些癌症的风险。水果蔬菜中含有的膳食纤维和水份可以增强饱腹感。



如何提升水果蔬菜的地位

父母可以有效控制孩子的食物---

至少食物的1/3。父母应树立健康饮食的榜样。你所挑选的食物和零食对孩子有重要的影响。以下小贴士可使你的孩子喜欢上水果和蔬菜。

健康饮食小贴士

在孩子成长早期即食用水果蔬菜，在哺乳期或幼儿期即可引入一些新食物。

经常为孩子提供水果蔬菜。坚持很重要，不要放弃！

随时准备好切好的水果或者蔬菜作为零食，存放在干燥的容器里并放在易于取用的地方。

餐前餐后提供水果蔬菜，别忘了让孩子带着水果蔬菜去学校。

冷冻罐装果蔬，罐装果蔬便宜也易于存放，在您购物时挑选那些原汁水果罐装和低糖蔬菜罐装。

冷冻果蔬，既便宜也易于获取。

无糖果干。葡萄干，杏干，和菠萝干是非常不错的选择。

在正餐的食物中多放蔬菜。

果汁摄入量不要过量，100%果汁不等于水果，果汁摄入量每天不要超过4盎司。

把水果当成零食和甜点，您可以使用冷冻水果打成奶昔。

在您的后院或窗台开辟空地来作为家庭菜园，孩子会很乐意去亲手种植的食品。

更多信息，请访问：www.hsph.harvard.edu/nutritionsource/fruits.html 或 www.5aday.com

Quenchers!

Hints to keep happy, healthy kids hydrated!

What to drink? Water!

Water is a great drink choice for kids. It is calorie-free and low cost from your nearest tap! Water is also the best drink to keep kids hydrated. Make sure that water is available all day. Kids should drink plenty of water when they are playing and being active. Our bodies are the best judge of how much water we need. Teach kids to take a drink whenever they are thirsty.



Why not soda, juice drinks, or sports drinks?

- They all contain **sugar**! Sugar-sweetened drinks are the top source of added sugar in kid's diets. Drinking too many high sugar drinks increases the risk for overweight in kids and adults. These drinks add extra calories our bodies don't notice.
- Soda, juice, and sports drinks can also cause dental cavities.
- There is often **caffeine** in soda and energy drinks. When kids drink caffeine, they may get headaches, upset stomach, and disturbed sleep.
- Diet sodas contain **artificial sweeteners**. They train kids to crave "sweetness" in drinks and foods. Their long-term safety is not fully known, so it is best to avoid them.
- Sports drinks are only helpful for highly intense activities that last longer than 1 hour. For example, a day at basketball camp or a hike in the mountains would be a time that kids might have a sport drink.

Tips for Healthy Drinking

Kids drink more sugary drinks at home than anywhere else.

These tips will help you make good choices when you are shopping for your family.

Do Select:

- **WATER**- as much as you want!
For extra flavor and fun, add fruit or frozen 100% fruit juice ice cubes.
- Sodium-free **seltzer water**
- Skim or low-fat **milk**
- **100% juice**- Limit to 4 ounces per day (about the size of a juice box). Ideas for how to stretch your child's "juice budget":
 - **Juice spritzers**- Mix a splash of 100% juice with sodium-free seltzer water
 - **Diluted 100% juice**- Mix 4 oz of water with 4 oz of juice for a refreshing treat

Steer Clear:

- Drinks with **added sugar**, for example:

Soda	Fruit punches and fruit-ades	Sports drinks
Sweetened iced teas	Fruit drinks	Energy drinks
- Drinks with **sugar substitutes**, like diet soda

For more information: Check out <http://www.hsph.harvard.edu/nutritionsource/healthy-drinks>

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For more information, visit www.foodandfun.org or www.hsph.harvard.edu/prc/ymca/resources.html

¡Apague la sed!

¡Consejos para mantener a los niños contentos, saludables e hidratados!

¿Qué tomar? ¡Agua!

El agua es una excelente opción para los niños. No tiene calorías, es de bajo costo y sale del grifo más cercano! El agua es además el mejor líquido para mantener los niños hidratados. Asegúrese de que haya agua disponible todo el día. Los niños deben tomar mucha agua cuando juegan y están activos. Nuestros cuerpos son el mejor juez de la cantidad de agua que necesitamos. Enseñe a los niños a beber cuando sientan sed.



¿Por qué no gaseosas, jugos ni bebidas deportivas?

- ¡Todas contienen **azúcar!** Los refrescos azucarados son la fuente principal de azúcar añadida a las dietas de los niños. Tomar demasiados líquidos de alto contenido de azúcar aumenta los riesgos de exceso de peso en niños y en adultos. Estas bebidas añaden calorías adicionales que el cuerpo no necesita.
- Las gaseosas, los jugos y las bebidas deportivas también pueden producir caries.
- Las gaseosas y las bebidas energizantes suelen contener **cafeína**. Cuando los niños toman cafeína pueden sufrir dolores de cabeza, malestar estomacal y trastornos de sueño.
- Las gaseosas de dieta contienen endulzantes **artificiales**. Acostumbran a los niños a sentir la necesidad del "dulce" en las bebidas y las comidas. La seguridad a largo plazo de estos endulzantes artificiales se desconoce, por lo que es preferible evitarlas.
- Las bebidas deportivas son útiles solo para actividades altamente intensas que duren más de 1 hora. Por ejemplo, un día en un campamento de baloncesto o una caminata en los montes son momentos en que los niños podrían tomar la bebida deportiva.

Consejos para beber de manera saludable

Los niños consumen más bebidas endulzadas en el hogar que en ninguna otra parte. Estos consejos le ayudarán a escoger bien cuando compre para la familia.

Seleccione:

- **Agua** - ¡toda la que quiera!
- Para añadir sabor y divertirse, añada pedazos de fruta o jugo 100% en cubitos de hielo.
- **Agua con gas** sin sodio
 - **Leche** descremada o baja en grasas
 - **Jugo 100%** - limite a 4 onzas por día (como del tamaño de una cajita de jugo). Ideas para rendir más el presupuesto que ocupa en jugos para su niño:
 - **Jugos carbonatados** - mezcle una pequeña cantidad de jugo 100% con agua con gas sin sodio
 - **Jugo 100% diluido** - mezcle 4 onzas de agua con 4 onzas de jugo para una bebida refrescante

Evite:

- Bebidas con **azúcar añadida**, por ejemplo:

Gaseosas	Ponches de fruta y aguas de fruta	Bebidas deportivas
Té helado azucarado	Refrescos de frutas	Bebidas energizantes
- Bebidas con **sustitutos del azúcar**, como gaseosa de dieta

Para más información: visite la página www.hsph.harvard.edu/nutritionsource/healthy-drinks.html o http://latinonutrition.org/index_sp.html

保持滋润！

您的孩子保持健康活力的秘诀是什么？水！



相比其他饮品，水是孩子成长的最佳选择。水含量为零，成本低微，取用便利！同时水也是保持您孩子滋润的上品。保持每天充足的水分摄入非常重要。孩子在持续的体能消耗中需要充足的水分。我的身体能准确判断我对于水的需求。父母教育孩子口渴时随时补充水分。

为什么不选碳酸饮料，果汁饮品或是运动饮料？

首先它含糖，甜味剂在成长儿童饮食中糖分摄入最主要的来源之一，摄入过多的含糖饮料会增加成年人与儿童肥胖的几率，同时一些饮料也会悄无声息地增加卡路里的摄入量从而使身体处于负荷状态。

碳酸饮料，果汁饮品和运动饮料会导致肥胖。

碳酸饮料与运动饮料通常含有咖啡因，儿童摄入咖啡因可能会致头痛，胃痛以及睡眠紊乱。

所谓的“减肥”碳酸饮料含有人造甜味剂。人造甜味剂能使儿童甜味上瘾。学界不是很清楚人造甜味剂对人体长期的影响，因此尽量避免使用。

运动饮料适用于持续一小小时以上的高强度运动，比如一天的打球或者登山。运动饮料只适用于此高强度活动。

健康饮品小贴士

孩子在家的空闲时间摄入最多的含糖饮料。

下面的小贴士能帮助您在选择物品时做出更健康，更明智的选择。

必选：

水-----无限量！

如果需要添加额外的口味与趣味，可以加入水果或者百分之百果汁冰块。

无糖碳酸水

脱脂或低脂牛奶

百分之百果汁---- 每天限量4盎司（相当于一盒果汁）。如何增加您孩子的“果汁计算”：

果味汽水--- 将果汁与无糖碳酸水混合。

淡果汁----将4盎司的水与4盎司的果汁混合成一份可口的饮料。

严格控制：

含糖饮料，譬如：

碳酸饮品，果汁风味酒，运动饮料，含糖冰茶，果汁饮品和能量饮料。

含有代糖成分的饮料，譬如减肥碳酸饮料。

更多信息，请访问 <http://www.hsph.harvard.edu/nutritionsource/healthy-drinks>

Early to sleep to get your ZZZzzz's

Did you know? Children between 6-12 years of age should sleep 10-11 hours each night?* Getting that much sleep isn't always easy. It can be hard for children to get the sleep they need because they are busy with school, homework, sports, clubs, and social activities. Other behaviors make it hard for kids to fall asleep, like watching TV, surfing the internet, playing video games, or having caffeine.

It is important for children to get enough sleep because it affects their mood, behavior, learning, memory, and ability to pay attention. Not getting enough sleep has also been related to a higher risk for obesity.



TIPS FOR HELPING YOUR CHILD GET ENOUGH SLEEP:

- **Get into the routine!** Setting and sticking with a regular bedtime routine is important to help prepare children for sleep. Try to go to bed and wake up at the same time each day. Turning off the TV an hour before bedtime and doing a quiet activity like reading, coloring, or taking a warm bath may help children relax before they go to bed. Start the routine early so you can get your child to bed early!
- **Get cozy!** Talk with your child about what makes them comfortable at night. Would nightlights or soft background noise like music or a fan help them fall asleep? Use dark curtains or shades to keep street lights or early morning sun out of the room. Cozy blankets and pillows may also help your child look forward to bedtime and sleep better.
- **Eat and drink smart!** Avoid having caffeine (from coffee, soda, and chocolate, for example) and sugary drinks. Caffeine and sugary drinks may keep children up at night when they are ready for bed.
- **Unplug!** Keep TVs and other screentime tools (like computers, iPads, video games, and Smartphones) out of the room where your child sleeps. Kids who have TVs in their bedrooms see more violent and adult content, more ads for unhealthy junk food, don't sleep as well, and watch more TV. Having access to these in the bedroom may cause children lose sleep.

At first, you may find it challenging to change your child's bedtime routine. Don't give up! Stick with it and your child will greatly benefit from getting the sleep they need.



References: *National Sleep Foundation <http://www.sleepforkids.org>
Adapted from the STAR Study, Elsie Taveras, MD, MPH, Obesity Prevention Program,
Department of Population Medicine, Harvard Pilgrim Health Care Institute
KidsHealth from Nemours kidshealth.org/parent/general/sleep/sleep.html#cat190
YMCA Healthy Family Home <http://www.ymca.net/healthy-family-home/sleep-well.html>

SNACKS—A BRIDGE BETWEEN MEALS

Keeping kids energized and healthy includes more than meals—snacks are necessary, too! A morning or afternoon snack can chase away the “hungries.” Offering healthy snacks helps kids to “recharge” until the next meal. Since snack foods make up about 1/4 of the calories kids get every day, it’s important to choose food that can satisfy hunger and provide nutrients. Including a variety of foods ensures that snack time will be nourishing and fun.



Designing a solid bridge

- A good snack includes at least one fruit or vegetable and one grain or protein. Take a look at page two for some snacking ideas!
- It usually contains about 100-200 calories.
- Portion control is key. Some great snack foods have lots of calories!

Snack tips to build the bridge

- **Mix it up!** About five cashews, two domino-sized slices of low fat cheddar cheese and some apple slices make a great snack.
- **Try frozen fruits and vegetables**—they’ve come a long way. Check out peaches, berries, mangos, and edamame. You can eat them right out of the bag or thaw them in a plastic container in a lunch box. Just beware of added sugar and salt.
- **Avoid trans fats!** They are often hidden in packaged foods like cookies, brownies, and crackers. Some popcorn and peanut butter have trans fats too. Foods that have up to 0.49 grams of trans fat per serving can still be listed on the nutrition label as 0 grams. Check the ingredient list and avoid buying foods that list “partially hydrogenated oils”.
- **Try something new!** Bored with the same old thing? Wander the grocery aisles and ask questions.
- **Serve cereal?** A cup of whole grain cereal with less than 5 grams of sugar + low fat/skim milk + fruit = a great snack!
- **Have fun!** Fruit can be combined in a bowl for fruit salad or speared onto a stick for kabobs. Vegetables are fun with a dipping sauce. Plain yogurt mixed with herbs works well and adds nutrition.

SNACK ASSEMBLY: Helpful Ideas for Healthful Snacks

Use this list of suggestions to make up your own healthy snacks. Hang it on the fridge to help you to put together fun and nutritious snacks. Choose at least one fruit or vegetable and one grain or protein.

FRUITS!

- Mandarin oranges
- Canned fruits in light syrup or 100% juice
- Applesauce/Apples
- Grapes
- Bananas
- Cherries
- Pears
- Berries
- Tangerines/Clementines
- Oranges
- Apricots
- Pineapple
- Mangos (try them frozen!)
- Plums
- Avocados
- Melon chunks (all kinds!)
- Dried apple rings, apricots, raisins, berries (no added sugar)

Avoid fruit snacks, fruit leather, roll-ups, fruit chews or other artificial "fruit"

GRAINS! (No trans-fat)

- Dry cereal (whole grain, high fiber)
- Wheat crackers (like Triscuits or Wasa)
- Whole wheat graham crackers
- Oatmeal
- Whole wheat couscous or quinoa
- Soba noodles or whole wheat pasta
- Granola or trail mix (keep portions small)
- Oat bran mini muffins
- 100% whole wheat English muffins
- 100% whole wheat tortillas
- Popcorn
- Whole grain pita chips
- Whole grain toaster waffles

Avoid anything with "partially hydrogenated oil" in the ingredient listing.

VEGGIES!

- Raw broccoli and cauliflower
- Cucumber slices
- Carrot coins or sticks
- Sugar snap peas
- Green peas
- Corn
- Green or yellow string beans
- Spinach or cabbage
- Eggplant
- Sweet potatoes
- Okra
- Zucchini & yellow squash spears
- Red, green or yellow pepper slices
- Jicama sticks
- Collard or mustard greens
- Baby corn cobs
- Lettuce leaf wraps
- Nopales

Avoid French fries, fried vegetables

PROTEIN!

- Cheese
- Hard boiled eggs
- Yogurt
- Canned Tuna (white albacore only 1/wk)
- Canned chicken
- Hummus
- Cottage cheese
- Beans (black, kidney, garbanzo)
- Soymilk
- Peanut butter and other nut butters
- Nuts: almonds, walnuts, cashews, peanut (keep portions small)
- Seeds: sunflower, pumpkin

Avoid nut butter with "partially hydrogenated oil" on the ingredient list!

LA MERIENDA: UN PUENTE ENTRE LAS COMIDAS

Para que los niños se mantengan activos y saludables, se les debe brindar algo más que las comidas: las meriendas también son necesarias! Una merienda en la mañana o en la tarde puede evitar el hambre. Las meriendas saludables ayudan a que los niños "recarguen" energía hasta la comida siguiente. Ya que las meriendas representan aproximadamente 1/4 de las calorías que los niños consumen al día, es importante escoger alimentos que puedan saciar el hambre y proporcionar los nutrientes. Si se incluyen alimentos variados, la nutrición y la diversión a la hora de la merienda están aseguradas.



Cómo diseñar un puente sólido

- Una buena merienda incluye, como mínimo, una fruta o un vegetal y un alimento a base de granos o que contenga proteínas. Consulte la página dos si desea conocer algunas ideas para meriendas.
- Por lo general, una merienda contiene aproximadamente entre 100 y 200 calorías.
- El control de las porciones es clave, ya que algunas meriendas buenísimas contienen muchas calorías.

Consejos sobre meriendas para construir el puente

- **¡Combínelas!** Unos cinco anacardos, dos trozos de queso Cheddar de bajo contenido de grasa del tamaño de una ficha de dominó y algunas rodajas de manzana son una merienda buenísima.
- **Pruebe las frutas y los vegetales congelados:** han evolucionado mucho. Pruebe los melocotones, las bayas, los mangos y las judías de soja. Puede consumirlos directamente de la bolsa o descongelarlos en un recipiente de plástico en una fiambarrera. Sólo tenga cuidado con la sal y el azúcar agregado.
- **Evite las grasas trans.** A menudo están ocultas en los alimentos envasados, como las galletas dulces, las galletas saladas y los 'brownies'. Algunas clases de palomitas y mantequilla de maní también contienen grasas trans. La etiqueta de información nutricional de los alimentos que contienen hasta 0,49 gramos de grasas trans por ración puede indicar, no obstante, que los alimentos contienen 0 gramos de estas grasas. Consulte la lista de ingredientes y evite comprar alimentos en los que se indique "aceites parcialmente hidrogenados".
- **¡Pruebe algo nuevo!** ¿Está aburrido de comer siempre lo mismo? Recorra los pasillos del supermercado y haga preguntas.
- **¿Servirles cereales?** Una taza de cereal integral con menos de 5 gramos de azúcar + leche descremada o con bajo contenido graso + una fruta = una merienda excelente!
- **¡Diviértase!** Las frutas pueden combinarse en un tazón para hacer una ensalada o se las puede colocar en un palillo para preparar una broqueta de frutas. Los vegetales son divertidos para comer con una salsa como el yogur sin sabor mezclado con hierbas, que es una buena

combinación y añada nutrientes.

PREPARACIÓN: ideas útiles para meriendas saludables

Use esta lista para inventar sus propias meriendas saludables. Péguela a la heladera para que le ayude a elaborar meriendas divertidas y nutritivas. Recuerde escoger al menos una fruta o un vegetal y un alimento a base de granos o que contenga proteínas.

¡FRUTAS!

- Naranjas mandarinas
- Frutas enlatadas en almíbar con bajo contenido calórico o 100% de jugo
- Compota de manzanas o manzanas
- Uvas
- Bananos
- Cerezas
- Peras
- Bayas
- Mandarinas o naranjas clementinas
- Naranjas
- Albaricoques
- Piñas
- Mangos (¡pruébelos helados!)
- Ciruelas
- Aguacates
- Trozos de sandía o melón (de todo tipo!)
- Anillos de manzana, bayas, albaricoques y pasas secos (sin azúcar agregada)

Evite las barritas de fruta, las láminas de fruta, los rollitos, los masticables de fruta y cualquier otra "fruta" artificial.

¡VEGETALES!

- Brócoli o coliflor crudo
- Rodajas de pepino
- Rodajas o palitos de zanahoria
- Guisantes dulces
- Guisantes
- Elote
- Judías verdes o amarillas
- Espinaca o repollo
- Berenjenas
- Batatas
- Quingombó
- Lonjas de calabacín y calabaza amarilla
- Rodajas de pimiento rojo, verde o amarillo
- Palitos de jícama
- Hojas de berza o mostaza
- Mazorcas de maíz enanas
- Envoltorios de hojas de lechuga
- Nopales

Evite las patatas fritas y los vegetales fritos.

iGRANOS! (Sin grasas trans)

- Cereales secos (integrales, con alto contenido de fibra)
- Galletas de trigo (como Triscuits o Wasa)
- Galletas integrales de trigo
- Avena
- Cuscús de trigo integral o quinua
- Fideos soba o pastas elaboradas con harina de trigo integral
- Granola y mezclas de frutos secos y frutas desecadas (consume en porciones pequeñas)
- Panecillos pequeños de salvado de avena
- Panecillos ingleses elaborados 100% con harina de trigo integral
- Tortillas elaboradas 100% con harina de trigo integral
- Palomitas de maíz
- Tostaditos de Pan árabe integral
- Gofres integrales tostados

Evite los alimentos cuya lista de ingredientes contenga "aceites parcialmente hidrogenados".

iPROTEÍNAS!

- Queso
- Huevos duros
- Yogur
- Atún enlatado (albacora blanco, sólo 1 por semana)
- Pollo enlatado
- Pasta de garbanzos
- Requesón
- Habichuelas (negras, rojas; garbanzos)
- Leche de soja
- Mantequilla de cacahuete y otras mantequillas a base de frutos secos
- Frutos secos: almendras, nueces, anacardos, cacahuetes (consume en porciones pequeñas)
- Semillas: girasol, calabaza

Evite las mantequillas a base de frutos secos cuya lista de ingredientes contenga "aceites parcialmente hidrogenados".



Take control of TV (and other screen time)

American children spend as much time watching TV as they spend in school or any activity besides sleep.

Many kids watch TV for several hours each day. It can lead to less physical activity, overeating, and a higher risk for becoming overweight. Why? People are not active when they watch TV. They also snack more and see lots of advertising for high calorie, high sugar foods. Kids who watch several hours of TV each day are also exposed to the effects of violent content. School performance can also suffer if TV viewing gets in the way of time spent on reading and homework. **Setting limits on kids' TV time is important for their health now, and as they grow into adulthood.**

SUGGESTED RULES TO LIVE BY

- 2 hours/day or less* of total screen time—TV, non-school related computer, and video games.
- No TV during meal times.
- No TV during homework.
- No TV sets in any bedrooms.
- No eating while watching.
- No surfing—watch favorite shows only.
- Limit viewing to set days/times.

TIPS FOR SUCCESS

Use technology: Screening devices can remove commercials and limit the time kids spend on the computer or watching TV. TiVo, TV Allowance, and parental controls in Windows Vista are all helpful tools.

Be a good role model: Keep a check on your own TV viewing habits. Kids take their cues from you!

Endure kids' complaints: This may be a parent's biggest challenge. But, stick with it!

Help kids deal with boredom: Be prepared to suggest other activities. Over time, kids will start to enjoy other pastimes even more!

What can kids do instead?

Keeping kids busy with fun, enriching activities can be a challenge. Check into local sports and recreation programs that are offered after school and on weekends. Some programs are free through schools or towns, and many offer scholarships. You may be surprised by the number of choices you find once you begin to look. You can also check out the TV Free Network website at www.tvturnoff.org for ideas on how to improve quality family time without TV.

Toma control de la televisión (y tiempo en frente de las pantallas)



Los niños americanos le dedican tanto tiempo a ver televisión como el tiempo que dedican a la escuela o a cualquier otra actividad menos dormir.

Muchos niños ven televisión durante varias horas cada día. Esto puede resultar en menos actividad física, comer de más y un mayor riesgo de obesidad. ¿Por qué? Las personas no están activas al ver televisión. También comen más y ven mucha publicidad de alimentos de altas calorías y alto contenido de azúcar. Los niños que ven televisión durante varias horas al día también están expuestos a los efectos de contenido violento. El desempeño escolar también puede ser afectado si el tiempo viendo televisión interfiere con el tiempo dedicado a leer y a las tareas. **Poner límites a los horarios de televisión de los niños es importante para su salud ahora, y cuando sean adultos.**

REGLAS SUGERIDAS

- 2 horas/día o menos* de tiempo de pantalla total - televisión, computadora (en actividades no escolares) y juegos de video.
- Nada de televisión durante las horas de comida.
- Nada de televisión mientras se hace la tarea.
- Ningún televisor en las habitaciones.
- No comer mientras se ve televisión.
- No cambiar canales - ver solamente los programas favoritos.
- Limitar el ver televisión a días/horas fijos.

* Academia Americana de Pediatría

CONSEJOS PARA TENER ÉXITO

Utilice la tecnología: dispositivos de filtración pueden eliminar los comerciales y limitar el tiempo que los niños dedican a estar frente a la computadora o a ver televisión. TiVo, TV Allowance, y los controles para los padres en Windows Vista son todas herramientas útiles.

Sea un buen modelo de conducta: mantenga a raya sus propios hábitos de ver televisión. ¡Los niños siguen el ejemplo que usted les da!

Soporte las quejas de los niños: éste podría ser el reto más grande para un padre. Pero, ¡sea consistente!

Ayude a los niños a abordar el aburrimiento: esté preparado para sugerir otras actividades. ¡Con el tiempo, los niños comenzarán a disfrutar otros pasatiempos aún más!

¿Qué pueden hacer los niños en vez de mirar tele?

El mantener a los niños ocupados con actividades divertidas y enriquecedoras puede ser un reto. Revise los programas locales de deportes y de recreación que están ofrecidos en horarios después de la escuela y en fines de semana. Algunos programas son gratuitos a través de las escuelas y el municipio, y muchos ofrecen becas. Puede que le sorprenda el número de opciones que encontrará una vez que empieces a buscarlas. También puede consultar el sitio web TV Free Network en www.tvturnoff.org para ideas de cómo mejorar el tiempo dedicado a la familia sin necesidad de la televisión.

控制□□及□□□□

美国的孩子□除了睡□之外，花在看□□的□□和花在学校和运□上的□□一□多



□大多数孩子每天都会看几个小时的□□，□就会减少他□的运□□□，食物□入□剩，随之体重超□的□□也随之上升，□什么？人□看□□□基本上不会活□，除了□量□入零食和看那些高□量，高糖食品的宣□广告，那些每天看几个小时的□□的孩子会多少受到暴力内容的影响并占用了他□□□和做功□的□□，从而学□成□会受到影响。从他□的健康和成□角度出□，限制孩子□每天看□□的□□是非常重要的。

建□需要采取的措施：

限制□□，
□□和游□□□于2小时以内，
吃□不允□看□□，
做作□□不允□看□□，
不要在卧室里□放□□，
不允□□看□吃

成功小□士：

高科技：一些□子□□可以有效屏蔽广告和限制孩子□花在□□，数字□目的□□。同□，VISTA系□中自□的父母□也是很有效的工具。

□立良好的榜□：要注意你自己的看□□的□□，□影响也会潜移默化到孩子身上。

容忍孩子的牢□：□□父母可能是最具挑□性的，但是容忍一下。

帮助孩子□打□无聊□□：您可以□□其他活□，孩子□在一定□□内会□□喜□花□□和父母一起。

取代□□□□的活□？

□孩子在学□的忙碌的同□享受丰富有趣的活□可能是一□挑□。看看当地的文体中心在□后和周末都提供哪些□目，有些□目□学生和居民是完全免□的，也有很多□目也提供□学金，你□□可能会□眼前的□□目不暇接，当然你也可以到www.WW.TVTURNOFF的免□网站□看取代□□的好主意。

Eat more whole grains, less added sugar for good health

Did you know that eating a diet rich in **whole grains** can lower your risk for heart disease and diabetes? Whole grains contain fiber, vitamin E, and healthy fats. They help to keep your blood sugar steady and your arteries clear. Whole grains also make you feel full longer. Refined “white” flour and sugar do not have these nutrients or health benefits. Eat whole grain products instead of refined ones whenever possible. You should also avoid the “empty calories” of added sugars. They offer no benefit other than energy.



Which grain foods are good choices?

Read the nutrition label—Choose 100% whole grain breads and cereals that have at least 3 grams of fiber per serving and no more than 5 grams of sugar per serving.

Read the ingredient list—Choose breads and cereals that list a whole grain first. Examples are whole wheat, barley, oats, rye, and millet.

Eat more whole grains

Whole grain breads and tortillas
Whole grain breakfast cereals and English muffins
Whole wheat pasta
Brown rice, bulgur, barley
Whole grain crackers and trail mix

Eat less refined flour and sugar

White flour breads and tortillas
Sweetened and “instant” cereals
Plain pasta
White rice, potatoes, “instant” grains
Cookies, cakes, candies

Added sugar: a special concern for kids

Soda, fruit drinks, sugary cereals, fruit snacks, cookies—the list goes on and on. Kids are eating and drinking more of these and less of the healthy foods they need. High sugar drinks and snacks add calories. They can also lead to overweight and dental cavities. Try these simple ways to reduce the sugar your kids get from snacks and drinks.

- Read food labels to avoid added sugars. Choose foods and drinks without sugar as one of the first three ingredients. Remember that sugar comes in different forms—dextrose, glucose, fructose, sucrose, cane sugar, maltose, corn syrup, malt syrup, lactose, or rice syrup. They're all just sugar!
- Beware of added sugar hiding in your favorite “healthy” foods and drinks like yogurt, flavored milk, and cereal. Try to buy cereals with 5 grams or less of sugar per serving.
- Limit soda and other sugary drinks to one 8-ounce servings per week. No soda in the house and no “super-sizing it” when out at a restaurant.
- Serve water, low fat or skim milk during meals and snack times.

For more information: Check out www.hsph.harvard.edu/nutritionsource/carbohydrates.html

Para una buena salud, coma más granos integrales y menos azúcar añadido.



¿Sabía usted que comer una dieta rica en **granos integrales** puede reducir el riesgo de sufrir enfermedades del corazón y de la diabetes? Los granos integrales contienen fibra, vitamina E y grasas saludables. Le ayudan a mantener un constante nivel de azúcar en la sangre y las arterias destapadas. Los granos integrales también hacen que se sienta lleno durante más tiempo. La harina refinada "blanca" y el azúcar no cuentan con estos nutrientes ni brindan beneficios a la salud. Cuando sea posible, coma productos a base de granos integrales en vez de refinados. También debería evitar las "calorías vacías" de los azúcares agregados. No ofrecen ningún otro beneficio aparte de la energía.

¿Cuáles alimentos a base de granos son buenas opciones?

Lea la etiqueta de información nutricional - escoja panes y cereales 100% integrales que tengan por lo menos 3 gramos de fibra por porción y no más de 5 gramos de azúcar por porción.

Lea la lista de ingredientes - escoja panes y cereales que listen primero un grano integral. Ejemplos son el trigo, la cebada, la avena, el centeno y el mijo integrales.

Coma más granos integrales

Panes y tortillas de granos integrales (o de maíz)
Cereales de desayuno y molletes ingleses de granos integrales
Pasta de trigo integral
Arroz integral, trigo bulgur, cebada
Galletas saladas y muesli de granos integrales

Coma menos harina refinada y azúcar

Panes y tortillas de harina blanca
Cereales endulzados y al "instante"
Pasta normal
Arroz blanco, papas, cereales "instantáneos"
Galletas, pasteles, caramelos

Azúcar agregada: una preocupación especial con respecto a los niños

Gaseosas, bebidas de frutas, cereales azucarados, meriendas de frutas, galletas - la lista sigue y sigue. Los niños están comiendo y bebiendo más de estos y menos de los alimentos saludables que necesitan. Las bebidas y meriendas de alto contenido de azúcar suman calorías. También pueden causar exceso de peso y caries dentales. Pruebe esta sencilla manera de reducir el azúcar que sus niños obtienen de las meriendas y las bebidas.

- Lea las etiquetas de los alimentos para evitar los azúcares agregados. escoja alimentos y bebidas que no contengan azúcar como uno de sus primeros tres ingredientes. Recuerde que el azúcar viene en diferentes formas - dextrosa, glucosa, fructosa, sucrosa, azúcar de caña, maltosa, jarabe de maíz, jarabe de malta, lactosa o jarabe de arroz. ¡Todos son simple y llanamente azúcar!
- Tenga cuidado del azúcar agregado escondido en sus alimentos "saludables" favoritos y en bebidas como el yogur, la leche con sabores y los cereales. Trate de comprar cereales con 5 gramos o menos de azúcar por porción.
- Limite las gaseosas y demás bebidas azucaradas a una porción de 8 onzas por semana. Nada de gaseosas en la casa y nada de pedir el tamaño de gaseosa más grande cuando se sale a comer a un restaurante.

Para mas información consulte: www.hsph.harvard.edu/nutritionsource/carbohydrates.html o http://latinonutrition.org/index_sp.html

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For more information, visit www.foodandfun.org or www.hsph.harvard.edu/prc/ymca/resources.html

多吃全谷物食品，少吃含糖食品，有益身体健康

你知道吗，多吃全谷物食品可降低罹患心脏病和肥胖的风险。全谷物含有纤维素，维生素E和健康油脂。这些可以帮助你清理动脉并保持稳定的血糖水平，同时谷类可以减缓饥饿感的来临。精面粉和糖则没有这些优点，也不含有上述的营养。所以尽可能多摄入全谷物食品。同时要避免一个误区，不要摄入所谓0热量的糖类添加剂。此类添加剂除了提供能量之外没有任何好处。

哪些谷物食物是最佳选择？

仔细看看营养成分表，挑选每份含大于3克纤维素和小于5克糖的谷物面包和麦片。仔细看看配料表，一定要挑选包装上先列出全谷物的面包和麦片，比如全麦，全大麦，全燕麦，全黑麦或全小米。

多吃全谷物食品：全谷物面包或者卷饼，全谷物早餐麦片或英式松饼，全麦意面，糙米，小麦粉，大麦，全谷物饼干和坚果仁。
少摄入精加工面粉和糖：白面包和卷饼，即溶甜麦片，普通意面，白米，土豆，“即食”谷物，曲奇，蛋糕和糖果。



糖类添加剂对孩子尤其不利

碳酸饮料，果味饮料，含糖麦片，果味零食，曲奇---品种数不胜数。现在的孩子似乎对一些食品情有独钟而忽略了身体必需的健康食品。高糖饮料和零食不断增加摄入量，而且可导致超重和肥胖。以下列方式来减少您孩子的糖份摄入。

仔细看看食品标签以避免添加糖的食品。如果糖列于食品成分表的前三位，就不要购买。糖以不同形式存在的，白糖，葡萄糖，果糖，蔗糖，麦芽糖，玉米糖浆，麦芽糖，乳糖或者淀粉。所有这些都是糖！

同时注意糖也会藏在您最喜欢的健康食物和饮品中，比如酸奶，风味奶和麦片，尽量选择含糖量每份低于5克的麦片。

将碳酸饮料和含糖饮品的摄入量限制在每周8盎司，在家里避免碳酸饮料，在外消费避免超大尺寸的碳酸饮料。

在正餐或加餐时多喝水，低脂或无脂牛奶。

更多信息，请点击：www.hsph.harvard.edu/nutritionsource/carbohydrates.html