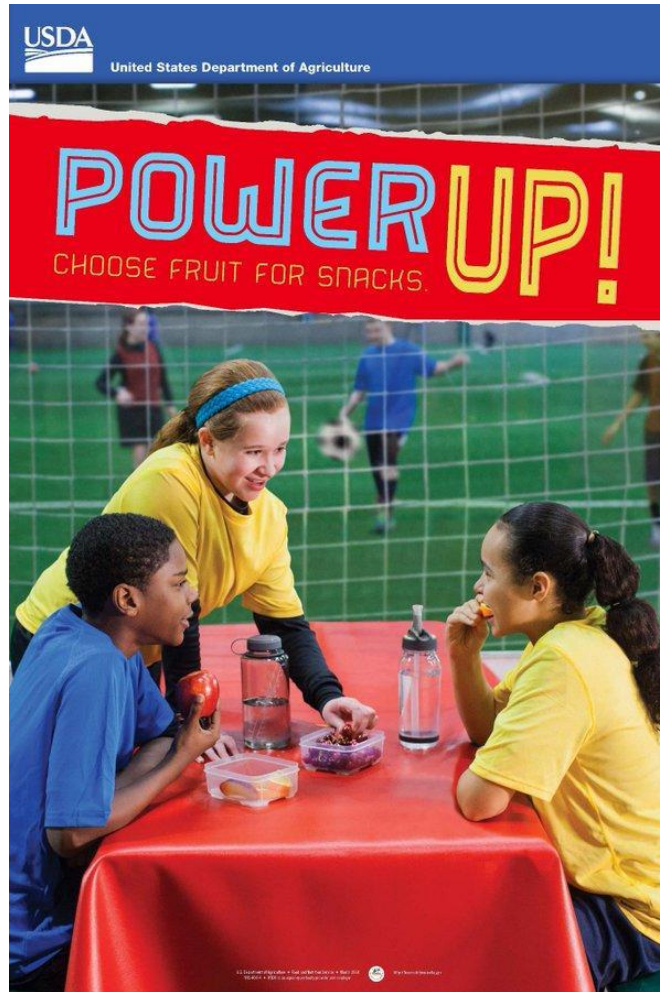


# Get Involved with Team Nutrition! Toolkit

## Quarter 2 Nutrition Message:

“Power Up! Choose Strong Snacks!”



## Overview of Message to Administrators

Dear Administrative Personnel,

We hope that the first quarter has been successful and that you are feeling excited and prepared for quarter two. We hope that you have found the Team Nutrition easy to use and have had fun integrating the activities and messaging into your weekly announcements! Each toolkit has the **quarterly nutrition message** and **“Weekly Nutrition Announcements”** to build students’ knowledge and improve behavior related to the quarterly message. This toolkit also includes suggested **“Weekly Nutrition Classroom Activities,” “Weekly Social Media Nutrition Messages,” “Eat Well Be Well” parent newsletter,** and **“Supplemental Team Nutrition materials.”** Each component of the toolkit builds on the weekly announcements so that students learn how to incorporate the message into the school day and at home.

For utilizing each component of the toolkit you can claim points on the checklist as follows:

**Weekly Nutrition Announcements:** *Establishing a Wellness Culture #1- 1 pt*

**Weekly Nutrition Classroom Activities:** *Nutrition #23- 2 pts*

**Weekly Social Media Nutrition Messages:** *Establishing a Wellness Culture #20- 1 pt*

**Eat Well Be Well parent newsletter:** *Establishing a Wellness Culture #24- 3 pts*

The nutrition message for the second quarter of the school year is **“Power up! Choose Strong Snacks!”** The message of this quarter is focused on improving the types of snacks kids are choosing and teaching them how snacks fuel their day. Use the additional resources to get points on your wellness checklist and to improve the knowledge and behavior of your students and community. We wish you the best of luck with the Toolkit and we look forward to hearing about how this enhances your culture of wellness!

Go Team Nutrition!

LCFB & MUSC Boeing Center for Children’s Wellness

## Weekly Nutrition Announcements

*For Wellness Checklist points claim: Establishing a Wellness Culture #1- 1 pt*

**Week 1.** Snacks should fuel you, not fool you. Choose snacks that include two or more food groups like hummus and carrots or whole grain chips and salsa. Snack foods we see in the convenience store are usually full of fat and salt that will slow you down. Smart snack choices will give you the energy and nutrients you need to power through school and after school activities. Don't be fooled, make snack choices that fuel you!

**Week 2.** Keep an eye on your snack size. Snacks help keep us fueled between meals, NOT replace meals. How much is enough? Your snacks should fit into a snack size bag or the palm of your hand without overflowing. Pre-portioned snack packs are great easy grab-and-go options.

**Week 3.** Did you know we often mix up thirst with hunger? Sometimes we grab for a snack when all we really are craving is water. Before snacking, try drinking a glass of water. Add some fresh fruit like strawberries to your water for some flavor! If you still feel hungry, that's when you can grab your healthy snack and wash it down with refreshing water.

**Week 4.** Be a strong snack role model! Select strong snacks throughout the day to show your friends or family members that choosing snacks that include a fruit or vegetable will keep you fueled longer. Some snack suggestions are yogurt and berries or cucumbers and cheese.

**Week 5.** Team up your snack foods. Two food groups are better than one! There's "NUT"-thing better than apples and peanut butter! Berries are always merry when they are with yogurt! Carrots get cheesy with string cheese. What's your favorite snack team?

**Week 6.** Who knew cereal isn't just for breakfast? Jazz up your favorite whole grain cereal with nuts and dried fruit for a delicious snack mix. Or keep it old school and eat it in a bowl with some protein and calcium packed milk.

**Week 7.** Fruits and vegetables make great, nutrient rich snacks. Bring them with you to after school activities like sports or clubs to keep your fueled and playing hard. An added bonus is that fruits and vegetables also help keep you hydrated because of their water content!

**Week 8.** Be adventurous! Expand your tastes to enjoy a variety of foods. Make it a weekly goal to try a new fruit or vegetable – it may end up being one of your favorites! Don't forget to pair it with a protein such as peanut butter, cheese, or nuts.

**Week 9.** Anytime, anywhere have a great snack ready! Prepare delicious snacks ahead of time so they are ready to go whenever you need a little extra fuel. Make your cereal mix and put it into snack size bags or slice up vegetables to enjoy with some cheese. Planning ahead sets us up for success!

## Weekly Nutrition Classroom Activities

For Wellness Checklist points claim: Nutrition #23- 2 pts

### Classroom Activity Week 1.

Video (4:52): <https://ed.ted.com/lessons/how-the-food-you-eat-affects-your-brain-mia-nacamulli>

Discussion: Ask students how the foods they eat affect them, including snacks. Their energy levels, cognitive function, the way they feel, etc. Have students share their favorite snacks. Discuss how they can make simple swaps to make strong snacks including two or more food groups. Challenge students to eat healthier snacks this quarter and have them to take note of how the foods they eat affect them over the next 9 weeks.

### Classroom Activity Week 2.

Resource: <http://www.nourishinteractive.com/nutrition-education-printables/585-estimate-portion-size-food-groups-kids-information-household-items>

<https://www.superhealthykids.com/myplate-guide-portion-sizes/>

Discussion: Discuss snack size portions. They should fit into a snack size ziplock bag or be about ½ cup. Use visuals in the classroom or in the gym to show different serving sizes: ½ cup is half = a tennis ball, 1 cup = a baseball, 2 tablespoons = a ping pong ball (8 make up a cup).

Interactive activity: Discuss food measurement equivalents- 3 teaspoons in 1 tablespoon, 8 tablespoons in a ½ cup. Challenge students to estimate what each serving size looks like using a small food such as cheerios or raisins. Try to put a ½ cup of the items into a bowl without the measuring cup to see if they can visualize a proper serving size.

### Classroom Activity Week 3.

Video (5:02): <https://ed.ted.com/lessons/how-sugar-affects-the-brain-nicole-avena>

Resources: <http://www.actionforhealthykids.org/tools-for-schools/find-challenges/cafeteria-challenges/1274-rethink-your-drink>

Discussion: Ask the students if they have been drinking 8 glasses of water as you discussed during Week 5 of the first quarter toolkit. Ask if they've noticed they are less hungry and have more energy when they drink more water.

Activity: Have the students make flavored waters to enjoy during class. Invite them to flavor their water with any mixture of the ingredients you offer. Possible ingredients: berries, cucumber slices, lemon, mint, basil, etc.

### Classroom Activity Week 4.

Video (4:52): <https://ed.ted.com/lessons/how-the-food-you-eat-affects-your-brain-mia-nacamulli>

Discussion: Talk about the students about role models and what it means to be a role model. Discuss how their eating behavior can influence the people they care about. Brainstorm ways in which the students can model strong snacking behavior.

Activity: Have students write a newsletter or an educational handout for a specific audience about the benefits of healthy snacking and healthy snack ideas. Have them choose their audience – teachers, elementary school kids, family members, peers. Encourage them to be creative by drawing pictures, cutting pictures out of magazines, or writing poems about healthy snacks. If possible, distribute the newsletters!

### Classroom Activity Week 5.

Video (5:05): <https://www.youtube.com/watch?v=mgjk7HUG1y4>

Discussion: Brainstorm delicious snack pairings. Discuss easy to prepare snacks like apples and peanut butter as well as snacks that take some preparation. What type of nutrients are in the snacks that the students suggested?

Activity: Prepare a snack tasting using a fruit or vegetable the students have not eaten before. Encourage students to get creative with snacks that are easy to prepare and take with them for daily activities.

### Classroom Activity Week 6.

Video: (5:10) <https://ed.ted.com/lessons/how-do-carbohydrates-impact-your-health-richard-j-wood>

Resource: <https://www.superhealthykids.com/myplate-update-grains/>

Discussion: Discuss whole grains with the students and the importance of choosing whole grain snacks. Invite the students to share some of their favorite cereals and snacks that are in the grain food group. Bring in or show on the smart board examples of nutrition labels for whole grains and refined grain foods to learn which of the students' favorite cereals and snacks are whole grain.

**Classroom Activity Week 7.**

Resource: <http://kids.sworkit.com/>

Discussion: Discuss snacks that would be easy to prepare and bring to after school activities or sporting events.

Activity: Download the SworkIt Kids app and use it to incorporate different physical activity into the day/week.

**Classroom Activity Week 8.**

Resources: <http://www.actionforhealthykids.org/what-we-do/703-fresh-fruit-a-vegetable-taste-test-ideas>

Discussion: Start a fruit and vegetable challenge. Set a goal of the number of fruits/vegetables to try each week and reward students when they reach their goal. Each week, try a new fruit/vegetable as a class, ask the students to choose a new fruit or vegetable they will try with their family, or assign a specific fruit or vegetable for the students to try with their family. Once they try the F/V, discuss how they prepared the food, if they liked it or not, and what they would do next time to try the food in a new way. If they didn't like the food, ask them to think of ways in which they could prepare it to be more their food style.

**Classroom Activity Week 9.**

Resource: <http://www.seventeen.com/teen-recipes/>

<https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>

Discussion: At the end of the quarter, revisit all of the weekly nutrition messages, and applaud all of the new concepts they learned. Encourage the students to practice what they learned at home and relay the nutrition education to their parents.

## Weekly Social Media Nutrition Messaging

*For Wellness Checklist points claim: Establishing a Wellness Culture #20- 1 pt*

**Social Media Message Week 1.** Snacks should fuel you, not fool you. Choose snacks for your family that include two or more food groups. Try snacks like hummus and carrots or whole grain chips and salsa. Smart snack choices will give your family the energy and nutrients needed to power through school and after school activities. Don't be fooled, make snack choices that fuel you! [Smart Snacking Tips for Adults and Teens](#)

**Social Media Message Week 2.** Keep an eye on your snack size. Snacks help keep us fueled between meals, NOT replace meals. How much is enough? Snacks should fit into a snack size bag or the palm of your hand without overflowing. Pre-portioned snack packs are great easy grab-and-go options. [When should your kids snack?](#)

**Social Media Message Week 3.** Did you know we often mix up thirst with hunger? Sometimes we grab for a snack when all we really are craving is water! Before snacking, try drinking a glass of water. Add some fresh fruit, vegetables, or herbs to your water for some flavor! [Food Network has great tips on making water delicious!](#)

**Social Media Message Week 4.** Be a strong snack role model! Select strong snacks throughout the day to show your family that choosing snacks that include a fruit or vegetable will keep you fueled longer. [13 Fruit & Veggie Snack Ideas](#)

**Social Media Message Week 5.** Make eating fun. Team up your kid's snack foods. Work together to make strong snack teams like apples and peanut butter, berries and yogurt, or carrots and string cheese. [Check out some healthy snack ideas that are great for the whole family!](#)

**Social Media Message Week 6.** Does your child have a favorite whole grain cereal? They can enjoy it for more than breakfast. Whole grains help keep you full and fueled longer so jazz up your family's favorite cereal with nuts and dried fruit for a delicious snack mix that keeps you going strong. [Try some of these healthier snack mixes!](#)

**Social Media Message Week 7.** Fruits and vegetables make great teammates. Work together as a family to prepare fruits and vegetables for the week. Once they are prepared, they are easy to grab to make sure everyone stays fueled for after school activities. [Boost Nutrition with After School Snacks!](#)

**Social Media Message Week 8.** Be adventurous! Expand your family's tastes to enjoy a variety of foods. Make it a weekly goal to try a new fruit or vegetable prepared in your favorite way. Work together as a family to decide on which fruit or vegetable you will try and how you will prepare it. Write down it down so you don't forget and make it a fun tasting event for everyone to enjoy. You may surprise yourself and your family when you find out all of the fruits or vegetables you enjoy. [10 Tips to Get Your Family to Eat More Fruits and Veggies](#)

**Social Media Message Week 9.** Anytime, anywhere have a great snack ready! Prepare delicious snacks ahead of time so they are ready to go whenever you need a little extra fuel. Make your cereal mix and put it into snack size bags or slice up vegetables to enjoy with some cheese. Planning ahead sets us up for success! [Meal Prep Snack Ideas!](#)

# Eat Well. Be Well.

TEAM NUTRITION FEATURE OF THE QUARTER:

## Power Up. Choose Strong Snacks!

Do your kids love to snack? Make sure they are getting strong snacks. Strong snacks include:

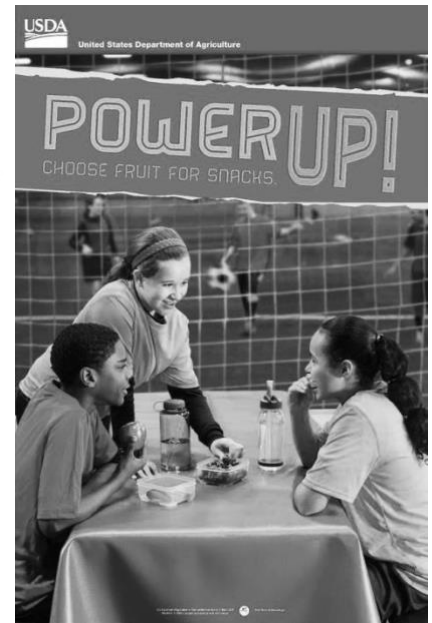
**At least 2 food groups** - focus on incorporating fruits, vegetables, low fat dairy, whole grains, and protein.

**Snack-size portions** – make sure it fits into a snack size Ziploc bag or the palm of your hand – without overflowing.

Strong snacks fuel you and your kids so you can perform your best at work, school, and play. Below are some snack combos you can enjoy with your kids.



Did you know that we sometimes think we are hungry when we are actually thirsty? Make sure your family is reaching for a snack that will fuel you when you are truly hungry – not when they are bored or thirsty. Before grabbing a snack, try drinking a glass of flavored water and then decide if you are truly hungry.



### Quick Snack Tips

- Cut up vegetables at the beginning of the week so they are easy to grab on the go.
- Make or buy yogurt-based dip to enjoy with your vegetables.
- Prepare trail mix by putting together whole grain cereal, dried fruit and nuts. Portion out the mix into snack-sized bags.
- Set a goal with your family to try a new fruit or vegetable each week. Write down the list and check them off as you try them.