

Weekly Nutrition Classroom Activities

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

Classroom Activity Week 1. After the morning announcements, review the MyPlate food groups. Have students share their favorite snacks. Discuss how they can make simple swaps to make their snacks more nutritious by including two or more food groups. Have them identify which food group their snack fits into.

Resource: https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf

Classroom Activity Week 2. Discuss snack size portions. They should fit into a snack size bag or be about ½ cup. Use visuals in the classroom to show different serving sizes: ½ cup is half of a tennis ball, 1 cup is a baseball, 2 tablespoons is a ping pong ball.

Interactive activity: Use Legos, beads, etc. to have students measure out a ½ cup portion. Challenge students to put a ½ cup of the items into a bowl or bag without measuring to see if they can visualize a proper serving size.

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

Classroom Activity Week 3. Ask the students if they have been drinking 8 glasses of water as you discussed during Week 5 of the first quarter toolkit. Use a water tracker to get students on track with reaching their goal. Bring in different fruits for students to add to their water. Ask students to vote on which type of water is their favorite.

Video (4:51): <https://ed.ted.com/lessons/what-would-happen-if-you-didn-t-drink-water-mia-nacamulli>

Classroom Activity Week 4. Have kids create a MyPlate snack guide they can share with their family. Encourage them to be creative by drawing pictures, cutting pictures out of magazines, or writing stories about strong snacks.

Resources: https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet1_MakingGreatTastingSnacks.pdf
<https://choosemyplate-prod.azureedge.net/sites/default/files/myplate/mystate/ServingMyPlateToMyFamily.pdf>

Classroom Activity Week 5. Brainstorm more snack food teams. Watch the Banana Banana Meatball video by Go Noodle's Blazer Fresh and have the kids make up their own patterns using their snack teams.

Video (2:49): <https://family.gonoodle.com/activities/banana-banana-meatball>

Classroom Activity Week 6. Discuss whole grains with students and the importance of choosing whole grain snacks. Ask students to share some whole grain snack ideas.

Lower Elem Video (1:44): <http://pbskids.org/video/fizzys-lunch-lab/1325970368>

Upper Elem Video (5:11): <https://ed.ted.com/lessons/how-do-carbohydrates-impact-your-health-richard-j-wood>

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

Classroom Activity Week 7. Discuss easy snack ideas students can eat to fuel their afterschool activities. Discuss what the students can select from the vending machine that would be a strong snack.

Resource: <https://fruitsandveggies.org/stories/iv-for-092110-heidi-diller/>

Classroom Activity Week 8. Set a goal for the number of fruits or vegetables to try each week. 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 each week. Once they try the fruit or vegetable, ask them to be a "food critic" and describe the taste, texture, sound, and smell of the food. Celebrate when they achieve their goal and become an official F&V adventurer.

Resource: https://fns-prod.azureedge.net/sites/default/files/tn/Food_Critic_508.pdf

Classroom Activity Week 9. At the end of the quarter, revisit all of the weekly nutrition messages and applaud all of the new concepts they learned. Encourage students to practice what they learned at home and relay the nutrition information to their friends and family.

Resource: https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet1_MakingGreatTastingSnacks.pdf

Weekly Social Media Nutrition Messaging

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

Social Media Message Week 1. Be a snack hero. Save the day by preparing a snack that refuels you and your family. Choose snacks that include two or more food groups like peanut butter and celery or whole grain chips and salsa. [Try some of these simple, yet nutritious snack ideas for kids!](#)

Social Media Message Week 2. Choose snack size portions. Snacks help keep you fueled between meals but are not as big as breakfast, lunch, or dinner. Snacks should fit into a snack size bag or the palm of your hand without overflowing. [Talk with your child about what a healthy portion size looks like using these visuals!](#)

Social Media Message Week 3. Wash down your favorite snack with refreshing water. Add sliced fruit into a pitcher of water and make it available in your fridge for your family to enjoy. [Make some fruit infused water for the whole family to enjoy this week!](#)

Social Media Message Week 4. Be a strong snack role model! Help your friends and family choose snacks that include a fruit or vegetable. Suggest eating yogurt and berries or cucumbers and cheese for a strong, tasty snack. [When should your kids snack?](#)

Social Media Message Week 5. 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. [Nifty after school snack ideas for your kids to enjoy!](#)

Social Media Message Week 6. Does your child have a favorite whole grain cereal? They can enjoy it for more than just 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 making some healthier snack mixes for the whole family to enjoy!](#)

Social Media Message Week 7. Fruits and vegetables make great teammates! Work together as a family to prepare fruits and vegetables for the week so they are easy to grab to make sure everyone stays fueled for their afterschool activities. [10 tips for healthy snacking!](#)

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. Work together as a family to decide on which fruit or vegetable you will try and how you will prepare it. Make it a fun tasting event for everyone to enjoy. You may be surprised which fruits or vegetables you enjoy! [Get creative with your fruits and veggies!](#)

Social Media Message Week 9. Anytime, anywhere have a great snack ready! Prepare healthy and delicious snacks so they are ready to go at all times. Make your cereal mix and put it into snack size bags or slice of vegetables to enjoy with some cheese. This will cut down on those last-minute trips to the store, help you save money, and keep your family fueled and strong! [10 tips on making great snacks!](#)

Eat Well. Be Well.

TEAM NUTRITION FEATURE OF THE QUARTER:

Power Up. Choose Strong Snacks!

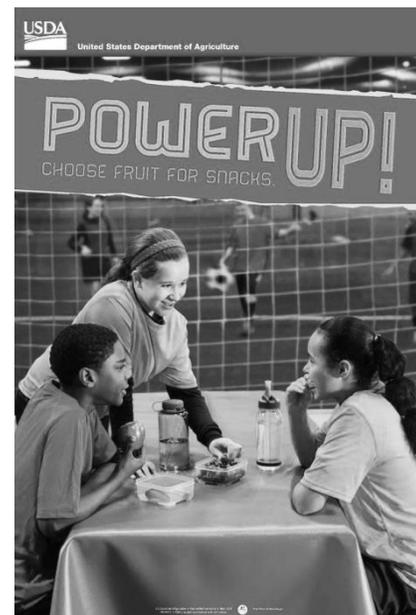
Do your kids love to snack? Make sure they are getting strong snacks. Strong snacks include:

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.