

LEARNING THE 5 FOOD GROUPS

Mock Grocery Store

OBJECTIVE

Students will learn which foods fall under each food group through an interactive mock grocery store. Students will compare less healthy vs. more healthy options in each food group. This will include an introduction to the benefits of each food group and how to read a food label.

THE EVENT

The instructor will begin with a brief lesson on the 5 food groups. Students will then break into groups. Each team will be assigned a food group. In the front of the classroom, there will be a mock grocery store. Students will be asked to "purchase" the foods that belong to their food group. They will then present their products to the class and explain which foods are more healthy or less healthy and why.

Example:

Milk Group- Comparing flavored milk to non-flavored milk and whole fat milk to 1% milk. Explore milk alternatives.

5 FOOD GROUPS RELAY RACE

Get Active while Learning

OBJECTIVE

Stay active while learning which foods fall into each food group. Activity will include an introduction of the 5 food groups.

THE EVENT

Players team up into groups of five and line up together. Thirty feet from the starting line, place five open shopping bags, each labeled with a different food group name. Prepare a separate bag filled with images of various foods from each of the five food groups. (Do not include pictures of foods such as pizza that include more than one food group). When the relay starts, the first player in each line reaches into the picture bag and grabs one picture, running to place the picture in the correct food group bag. After successfully placing his or her picture in the right bag, each player runs back to the start and tags the hand of the next player in line. Play continues until all players have completed the relay. The team that finishes first and places its pictures in the correct food group bags wins.

FOOD CRUSADE

A Food Video Challenge

Middle School Oriented

OBJECTIVE

Increase students' knowledge about fruits and vegetables, as well as drive their preference for these food groups, by watching peers' videos and creating their own.

THE EVENT

Each group of students creates a campaign video to promote their favorite fruit or vegetable, aiming to convince other students that it is a food worth eating. The videos should convey the nutritional benefits in a fun and competitive way, as well as communicate the visual aspects, taste, texture, and other relevant details of the food. On event day, students can view all video entries and vote for their favorite. For the grand prize, the winning team's fruit or vegetable can be featured on the school menu.

FOOD EXPLORER

Elementary or Middle School

*A Scavenger Hunt
to Power Up*

OBJECTIVE

Raise students' awareness of the components of a nutritious snack and encourage them to build their own healthy snacks in a fun, memorable way.

THE EVENT

Students are divided into teams and led by teachers and parent volunteers through a premapped scavenger hunt. Their task is to “find” various healthy ingredients that will ultimately be combined into a healthy snack. Multiple stations are set up along the route, and at each stop, students receive a series of clues that guide them to guessing the station’s food. When a team identifies the correct food, each student on that team receives a ticket with the name of the food on it. Teams move through the remainder of the scavenger hunt until all food tickets are collected and all ingredients for the healthy snack are found. Once students have completed their entire clue worksheet, they can redeem their tickets for the healthy snack they “created” during the scavenger hunt – for example, a fruit salad featuring all of the ingredients they “found,” a vegetable salsa and wholegrain chips, a whole-grain and dried fruit snack mix, yogurt parfaits, or smoothies.

<http://www.fns.usda.gov/team-nutrition-popular-events-idea-booklet>

TRY DAY FRIDAYS

All Ages

*Try Something New
this Friday*

OBJECTIVE

Introduce students to new foods. Discuss the benefits of the food or the origin of the food. Foods may include exotic fruits, unique vegetables, or international dishes.

THE EVENT

Students will have the opportunity to try a new food. The food being tested can be selected by the Nutrition Education Coordinator or by the teacher. Try Day Fridays will include an introduction to the food, to familiarize the students with the item. The lesson may include nutrition benefits, cooking or preparation techniques, origin, or historical significance.

<http://www.fns.usda.gov/team-nutrition-popular-events-idea-booklet>

TASTY TUESDAYS

All Ages

*Taste Test New Products
and Vote!*

OBJECTIVE

Tasty Tuesdays give students the opportunity to help create their lunch menu. School Nutrition is always looking for students to try new products or recipes. Taste tests include a brief survey to determine whether or not the item would be successful on the menu.

THE EVENT

Gather in the cafeteria or in the classroom to test a new item or recipe. The event can be planned for single classes, groups of classes, or the entire school. All materials will be provided by School Nutrition.