Nutrition Resources

*The purpose of the following resources is to support our*

*school's wellness policy and help us meet national health standards. At the same time, this program aligns with other healthy school national goals and initiatives — all of which share the goal of reducing childhood obesity.*

*Helping students prioritize healthy eating may help them perform better and contribute to their long-term health. And as an added bonus, Fuel Up to Play 60 (2012) Nutrition components can also get staff and students eating healthy.*

*A healthier school benefits* everyone!

Fuel Up Committee

We will pick one student from each 3rd -5th grade homeroom to be on the Fuel Up to Play 60 Committee. These students have shown an interest in nutrition and fitness via the Fuel Up Application they will fill out. These students will be responsible for running surveys during breakfast and lunch, organizing nutrition challenges, and handing out prizes. In addition, these students will be representatives during Fuel Up Events. This committee will meet on Friday mornings.

Nutritional Game Packs

We have game packs that you can check out from us. These VERY nice game packs include bags, instructions, and equipment. These games can be easily implemented in small areas with very little effort on your part. Depending on the grade level, we could help you vary the skill level. The Nutriplay games are Nutringo, Healthy in a Hurry, and Portion Pursuit.

**Nutringo** - Teach food groups and nutrition facts in this active variation of bingo! Nutringo™ mats are divided into 5 food group columns, with corresponding foods underneath each food group. The caller chooses a food card and announces the type of food and a fun food fact. After locating the item on their mat, teams must complete a specified exercise to mark off that spot. Pack includes 6 vinyl Nutringo™ mats (3' x 3'), 200 student markers to cover squares, 50 Nutringo™ cards for caller, 1 vinyl teacher reference mat (3' x 2'), storage bag, and activity instructions.

**Healthy in a Hurry** - Teaches students the difference between healthy and unhealthy foods, while reinforcing the positive effects of exercise. 100 beanbags depicting graphics of healthy and unhealthy foods are spread out on the floor. Teams race to collect the beanbags, returning the healthy foods to their own shopping bag while adding unhealthy foods to other teams' bags. Once a team receives an unhealthy food, they can complete the exercise noted on the outside of their shopping bag to "burn off" the unhealthy food, then add it to another team's bag or return it to the center. Keep your class learning and entertained in this fun, non-stop action game! Includes 100 beanbags, set of 6 Rainbow® shopping bags, storage bag, and activity instructions.

**Portion Pursuit** - Each of the six station identifiers contains a flipchart with 10 cards that contain portion sizes of a food. Teams view pictures of food and determine which picture is the correct portion size, then do an exercise associated with that food/portion size. Once complete, team moves on to the next station. The first team to complete all six stations wins! Includes 6 flip charts, 60 portion size cards, wheeled storage bag, and game instructions with game play variations.