



MAY ACTIVITIES

The following activity was taken from the Team Nutrition Community Nutrition Action Kit. See page 104 for information on the availability of this resource.

Food And Field Olympics



Take part in a series of physical activity challenges as well as nutrition “brain games” designed to build self-confidence in making food choices for a healthy diet. The Olympic games challenge participants’ fitness and knowledge about the Food Guide Pyramid, the Nutrition Facts Label, and the Dietary Guidelines for Americans.

Balancing the food we eat with physical activity helps us maintain or improve weight as well as keep bodies strong and healthy. Nearly all Americans need to be more active, because an inactive lifestyle is unhealthy.

What To Do: Advance Planning

Task 1.

Establish a small committee to coordinate the activity; name a member of the committee as coordinator.

Task 2.

The committee develops a plan for carrying out the activity.

Task 3.

Committee members decide which field day events will be used (see description that follows); committee members choose an event or two of which to be in charge.

Task 4.

Establish time and date for field day activity; secure a location for the activity (decide whether to be inside or out) and obtain any necessary approval, etc., in writing. Be sure to include time for setup and cleanup.

Task 5.

Contact local building material companies and supermarkets to seek donations of materials needed to construct some of the field day events.

Task 6.

Prepare flyers, etc., for promoting the field day activity to the community.

Task 7.

Recruit adult and teen volunteers to help set up the Olympic course, supervise each event, help with sign-in, help with food at the finale, and sponsor any awards.



What To Do: 2 Weeks before the Activity

Task 8.

Begin collecting materials needed to construct the Olympic events.

Task 9.

Divide teens and adults into groups to work on putting together materials, building, or designing the Olympic event course.

What To Do: 1 Week before the Activity

Task 10.

Develop and print copies of the Olympic course check sheet for participants. This will be used to help participants keep track of what events they have completed.

Task 11.

Convene meeting where adult and teen volunteers are instructed on their duties during the field day activity.

Task 12.

Check progress of Olympic events to assure their readiness for the day before the field day activity.

What To Do: Day before the Activity

Task 13.

Set up event course and signs for each event. (Or set up in early hours of the field day itself.)

Task 14.

Set up registration table for participants to sign in and receive their Olympic course check sheet.

Task 15.

Mark parking area with signs.

Task 16.

Set up table for the “Any Day is Sundae.” Bring throw-away bowls, plastic spoons, and napkins in amounts sufficient to handle the number of participants and some “extras.”

What To Do: Day of the Activity

Task 17.

Bring cold water and drinking cups in amounts sufficient to handle the number of participants.

Task 18.

Master of ceremonies (activity coordinator) announces the “Opening of the Olympic Games.”

Task 19.

Adult and teen volunteers staff each of the events and the snack table where participants create their own sundaes.

Task 20.

Cleanup by group volunteers who built each event.

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Participants check off on their Olympic course check sheet when they have finished a field event and then move on to another. These are suggested field events, and the “Olympics” may include all of them, some of them, or events made up by the committee.

Healthy Hopscotch

Players play hopscotch and name foods from the Food Guide Pyramid food groups.

Materials needed:

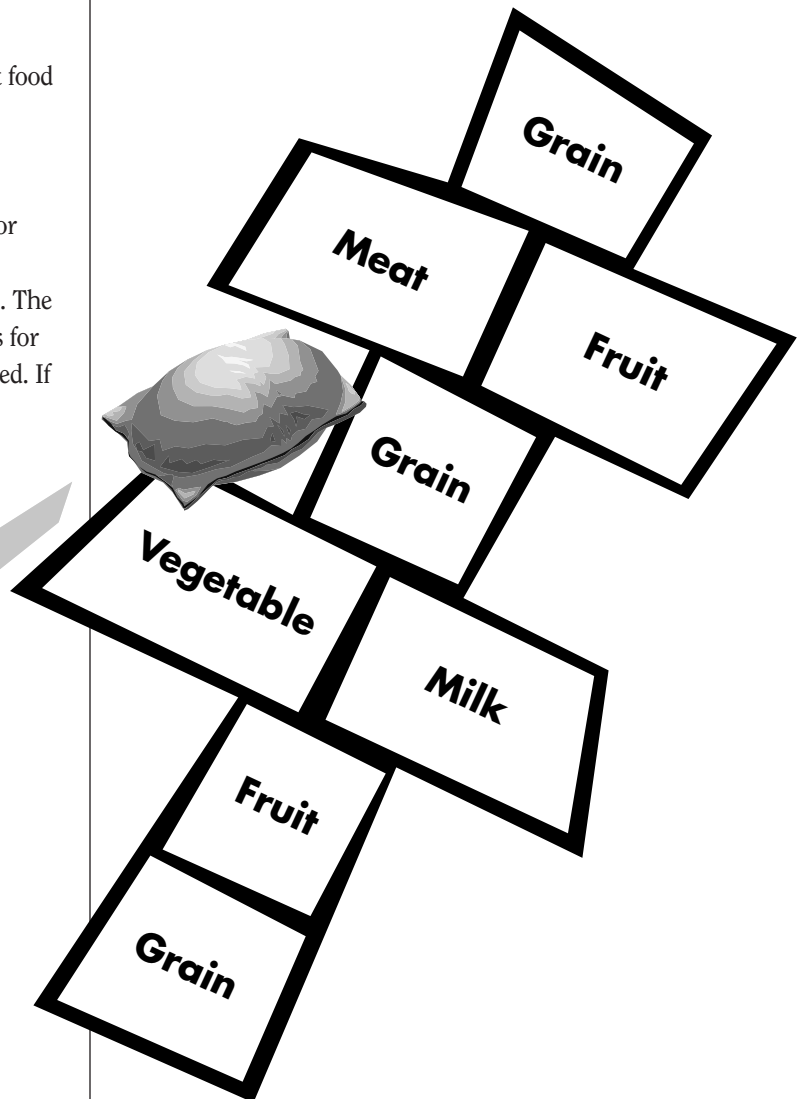
- Chalk
- Beanbags, hopscotch markers, or small flat rocks

Preparation:

Draw a hopscotch outline and write in the different food groups.

To Play:

A player throws the beanbag or hopscotch marker or small flat rock onto the first square. Before the player hops, he/she has to name a food from that food group. The player continues from square to square, naming foods for the indicated food groups, until the course is completed. If an incorrect answer is given, the player gets a second chance at naming a food.



Nutrition Wheel

Players choose a lunch which includes foods from at least three of the five major food groups of the Food Guide Pyramid.

Material Needed:

- Cardboard, oaktag board, or sturdy poster board to make the “wheel”
- Sturdy poster board to make game “spinner”
- One paper fastener, prong, 1/2”
- Velcro tape, 1’ diameter
- Pictures of foods
- Pictures needed: milk, cheese, yogurt, hamburger and bun, grilled chicken, ham slices, whole-wheat bread slices, tomato, carrots, baked potato, tossed salad, green beans, orange, banana, 1% fruit juice, pear, oatmeal raisin cookie
- Table
- Food Guide Pyramid poster

Preparation:

Make large circle for the “wheel” and make arrow spinner. Attach the spinner to the wheel using the paper fastener. Put small pieces of Velcro on the wheel, on the food pictures, and on the Food Guide Pyramid poster. Stick the pictures to the wheel randomly. Set up table to hold game board. Set up Food Guide Pyramid poster (attach to wall or set on a stand).

To Play:

Player spins the arrow to point to a food to build a meal for lunch. The player must get 3 foods, each one from different Food Guide Pyramid food group. As each food is selected, the food is taken off the wheel and placed on the proper food group on the Food Guide Pyramid poster. (This will help the youth keep track of what foods are needed for the meal.) If two players play, they take turns spinning and building their lunches.

Nutrition Facts Label Olympiad

Players read the Nutrition Fact Label total fat content on food packages. They then line up the packages in order from lowest amount of fat to highest amount.

Materials Needed:

- Empty food packages showing Nutrition Facts Label. You may use similar products such as all cookie packages, or all cracker packages, or all different food products. Just make sure that there is a range in fat content.
- Table at least 6 feet long.

Preparation:

Set up food packages in random order on a table.

To Play:

Player has two minutes to look at the total fat content on the food packages and line them up in order from least to most fat per serving.

The Great Grain Obstacle Course

Players run an obstacle course having a grain theme—wheat, corn, oats, rye, and rice are featured.

Materials Needed:

- Poster board
- Markers
- See each obstacle listed below. You may choose to do all or just a few.

Preparation:

Make posters to identify each obstacle course station. See descriptions of each obstacle listed below. Decide which ones you want to do.

To Play:

Players line up in single file at the starting line. At the whistle, the first player in line starts down the obstacle course, as the first player completes the first station, the

second player begins the course, then the third player, etc., until all players have completed the 6 stations.

Station 1: Bucket O' Oats

Materials Needed:

- Child size sand pail or bucket
- Oats or oatmeal
- 2 pieces of cardboard labeled A and B

Preparation:

Place the piece of cardboard labeled A and the piece labeled B 20 feet apart, fill pail with oats.

To Play:

Players runs from point A to point B and back, carrying a bucket full of oats.

Station 2: Popcorn Pop and Hop

Materials Needed:

- 10 or more tires
- Popcorn Pop and Hop

Preparation:

Place tires in a zigzag pattern.

To Play:

Player runs and hops (one leg at a time in each tire) along a zigzag tire course.

Station 3: Rigatoni tunnel

Materials Needed:

- Tunnel—seek donation of a plastic or cloth collapsible tunnel from a toy store or use cardboard boxes to make a tunnel.

Preparation:

Set up tunnel.

To Play:

Player crawls through the tunnel as fast as possible.

Station 4: Rice Tumble

Materials Needed:

- 6 or 12 boxes of rice
- 3 or 6 balls or bean bags

Preparation:

Set up boxes into triangle shape: 3 on bottom, 2 on mid level, and 1 on top.

To Play:

Players use a ball or bean bag to knock down the rice boxes.

Station 5: Measure to Measure

Materials Needed:

- Several boxes of ready-to-eat cereal
- Disposable bowls
- 1-cup measuring cups
- Table

Preparation:

Set out cereal, bowls and measuring cups on table.

To Play:

Player pours the amount of ready-to-eat cereal they usually eat into a bowl. Player guesses how much it is, and then pours the cereal from the bowl into a measuring cup to get the “real” measure.

Station 6: Spaghetti Limbo and Go

Materials Needed:

- Broom handle
- 2 chairs

Preparation:

Set up broom handle supported by the chairs

To Play:

Player must pass underneath the broom handle and the obstacle course is completed!!!

Any Day Is Sundae – A Finale To The Field Day Course

As a grand finale to the Olympic games, participants have the opportunity to create their own snack sundaes

Material Needed:

- Disposable bowls
- Plastic Spoons
- Napkins
- Ice cream scoops
- Frozen vanilla yogurt, large containers
- Granola cereal
- Fruits (fresh, frozen, or canned)
- Container of water
- Disposable cups

Preparation:

Set up a long table as work-area for creating sundaes. Set up tables and chairs or benches for eating area. As participants are ready, yogurt is scooped into bowls by the adult or teen staffing the event.

Activity:

Participants make sundaes.



What You Need To Know About Nutrition And Physical Activity

Most children do not consume a diet that meets the Dietary Guidelines.

- 35% of elementary school-age children eat no fruit, and 20% eat no vegetables on a given day.
- Less than one in five children eat the recommended amount of servings of fruit and vegetables daily.
- Children are consuming diets that are high in fat and saturated fat, high in sodium, and low in fruits and vegetables.
 - 27% of children 6-11 are considered obese.
 - 12% of school-age children report skipping breakfast.

Q. Why is nutrition education important?

A. Research has shown that classroom nutrition education can improve elementary school children's eating behaviors. This is particularly important if you consider the following facts:

- Most kids don't eat well.
- What you eat affects your health, cognitive ability, and physical performance. Students who eat well perform better in school.
- Some chronic diseases have roots in childhood.
- Good eating habits are easier to develop than trying to change poor ones.

Q. What is a healthy diet?

A. The Dietary Guidelines for Americans, published by the U.S. Departments of Agriculture and Health and Human Services, are designed to help healthy Americans aged 2 and over stay healthy. These Guidelines encourage you to:

Eat a variety of foods:

We need more than 40 different nutrients to maintain good health. These include the essential nutrients like vitamins, minerals, amino acids from proteins, essential fatty acids from fat, and protein, carbohydrates, and fat.

Balance the food you eat with physical activity; maintain or improve your weight:

The possibility of developing health problems increases when we weigh substantially above or below our recommended weight. Approximately one-third of American children and adults are overweight. Excess body weight is

linked to high blood pressure, cardiovascular disease, adult-onset diabetes, and certain cancers.

Choose a diet with plenty of grain products, vegetables, and fruits:

Vegetables, fruits, and grain products are important sources of complex carbohydrates, dietary fiber, and other food components linked to the prevention of chronic diseases. Many of the foods are also high in nutrients and lower in calories.

Choose a diet low in fat, saturated fat, and cholesterol:

Higher levels of fat, saturated fat, and cholesterol in the diet are linked to increased risk for cardiovascular disease. Since fat provides more than twice the calories of an equal amount of carbohydrates or protein, a diet low in fat makes it easier to include the variety of foods you need for nutrients without exceeding your food energy needs.

Choose a diet moderate in sugars:

The only health problem that has been directly linked with the excessive consumption of sugar is the increased risk of tooth decay. However, the problem with sugars is that many foods that contain them in large amounts supply calories yet few nutrients. Diets low in simple sugars (like white sugar) and high in complex carbohydrates are usually lower in fat and calories and higher in fiber than are diets that contain a large percent of refined sugars or sweets.

Choose a diet moderate in salt and sodium:

Most Americans eat more salt and sodium than the small amounts their bodies need. In addition to table salt,

What You Need To Know About Nutrition And Physical Activity



many fast foods and processed foods are sources of large amounts of sodium. About one in four Americans have hypertension (high blood pressure), which can be intensified with obesity and too much sodium in the diet. Since hypertension can be hereditary, it is wise to make moderate consumption of salt and sodium a habit.

If you drink alcoholic beverages, do so in moderation:

Alcohol contains almost as many calories as fat and provides few nutrients. Excess consumption of alcoholic beverages is related to liver disease, malnutrition, and some forms of cancer. Their consumption during a pregnancy can damage the fetus. Of course, it is illegal for children to consume any alcohol.

Use the Food Guide Pyramid as a tool to help you reach the goals outlined by the Dietary Guidelines.

Q. Why is physical activity important?

A. Although food is an important component of healthy living, smart eating should be accompanied by regular exercise. Your body needs activity as much as it needs food, and long-term health usually depends on both healthy eating and regular physical activity. Regular activity can strengthen the heart, lungs, and muscles and increase flexibility. Exercise also burns excess calories and can help to improve your shape by reducing body fat. In addition, exercise can help you to relieve stress and generally feel better about yourself. Active children tend to become active adults, and thus it is important for children to get into the habit of exercising regularly.

Q. How does the Food Guide Pyramid help you choose a healthy diet?

A. It's a general guide of what to eat each day based on the Dietary Guidelines. The Pyramid recommends eating a variety of foods to get the necessary nutrients and maintain a healthy weight. Starting from the base and working toward the top, here's how the Food Guide Pyramid is "built," including the recommended number of servings per day for each group and foods that represent one serving—the amount that counts as one portion of food.

The Food Guide Pyramid

Bread, Cereal, Rice, and Pasta Group (6-11 Servings)

- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked cereal, rice, or pasta

Vegetable Group (3-5 servings)

- 1 cup raw leafy vegetables
- 1/2 cup of other vegetables, cooked or raw
- 3/4 cup vegetable juice

Fruit Group (2-4 servings)

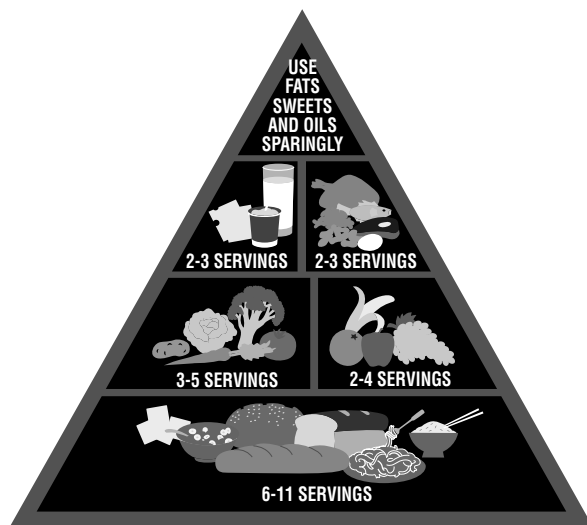
- 1 medium apple, banana, orange
- 1/2 cup chopped, cooked, or canned fruit
- 3/4 cup fruit juice

Milk, Yogurt, and Cheese Group (2-3 servings)

- 1 cup milk or yogurt
- 1½ ounces of natural cheese
- 2 ounces of processed cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (2-3 servings)

- 2-3 ounces cooked lean meat, poultry, or fish
- 1/2 cup cooked dry beans, 1 egg, or 2 tablespoons peanut butter count as 1 ounce of lean meat.





Recipe of the Month

The following recipe was taken from Team Nutrition's Food, Family & Fun: A Seasonal Guide to Healthy Eating. Turn to page 104 for ordering information.

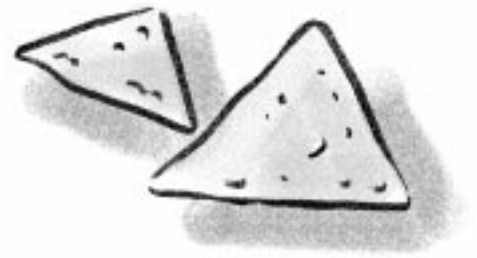


Cinco de Mayo Nachos

20 Minutes, Serves 4

“Cinco de Mayo” means the 5th of May. It is the anniversary date for the independence of Mexico, and it is celebrated throughout that country, by Mexican-Americans here, and by anyone who loves Mexican culture. If you make this treat with children, have one child look up the history of “Cinco de Mayo” to share with everyone. These days, you can buy excellent salsas in the supermarket. Look for those that are low in sodium. If you want to make fresh salsa, see the recipe in July (pg 85).

- 1 cup onions, finely diced
- 2 cloves fresh garlic, minced
- 1 Tbsp fresh or canned jalapeno peppers, chopped
- 1 whole green bell pepper, diced
- 1 lb can cooked red kidney beans, black beans, or pinto beans, drained and rinsed
- 1 10 ounce bag baked (lowfat) corn (tortilla) chips
- 1 fresh tomato, diced
- 3 ounces shredded lowfat mozzarella
- Toppings: more onions, nonfat sour cream, salsa, chopped olives (all optional)



Preheat oven to 350°F.

If kids are old enough to hold a knife, they can dice the onions (don't cry!) and garlic, and chop the jalapenos.

1. An adult heats a non-stick pan (or use 1 tsp oil in regular pan) to saute onions on medium high until clear. Add garlic and saute for one minute. Add beans, pepper, and jalapenos to pan, cook and stir for about 10 minutes.
2. The adult takes the pan off the stove, transfers the contents to a bowl. The kids mash bean mixture until smooth, only adding water if necessary to make puree smooth.
3. The kids place chips on a baking sheet. With adult supervision, kids can spread beans, onions and pepper mixture evenly on top of tortilla chips. Kids can then sprinkle cheese and diced tomatoes. Bake until cheese melts, about 10 minutes.
4. Kids can help put vegetables, more chopped onions, and toppings around serving dish. Each guest, child or adult, tops his or her own nacho.

Nutrients per serving

Calories 412	Saturated Fat. 2 g	Iron 1.3 mg
Protein. 18 g	Cholesterol 7 mg	Calcium. 286 mg
Carbohydrate. 78 g	Vitamin A. 56 RE	Sodium 721 mg
Total Fat. 5 g	Vitamin C 26 mg	Dietary Fiber 11 g

SCHOOL-SIZED

Recipe of the Month

This recipe was developed for The School Lunch Challenge, The 1994 American Culinary Federation National Championship. Adjustments have been made by USDA for institutional use.

Turn to page 104 for more information on this resource.



!NOT! Fried Rice



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
White rice	3 lb.	1 qt, 2½ cups	6 lb.	3 qts., 1 cup
Chicken stock		3 qt, 2 cups		1 gal, 3 qts.
Lean ham, diced	3 lb., 2 oz	3 qt	6 lb., 4 oz	1 gal, 2 qt
Onions, diced	12 oz	2 cups	1 lb., 8 oz	1 qt
Fresh celery, bias cut	4 oz	1 cup	8 oz	2 cups
Fresh carrots, diced	1 lb.	3½ cups	2 lb.	1 qt 3 cups
Fresh red pepper, diced	10 oz	2 cups	1 lb., 4 oz	1 qt
Fresh green pepper, diced	10 oz	2 cups	1 lb., 4 oz	1 qt
Garlic powder		1 Tbsp., 1 tsp.		2 Tbsp., 2 tsp.
Ground ginger		1/2 tsp.		1 tsp.
Low sodium soy sauce		1/2 cup		1 cup
Red pepper flakes		2 tsp.		1 Tbsp., 1 tsp.
Frozen green peas, thawed	1 lb., 3 oz	1 qt	2 lb., 6 oz	2 qt
Margarine or butter		1 Tbsp.		2 Tbsp.
Whole large eggs, whipped	8 oz	4 ea	1 lb	8 ea
Sesame seeds		1/4 cup		1/2 cup
Green onions, chopped		1/2 cup		1 cup

Directions

1. Cook rice in chicken stock in a covered stock pot or steam kettle until tender-firm, about 10 minutes.
2. Heat ham, onions, celery, carrots, red and green peppers, rice, garlic powder, ginger, soy sauce, and red pepper flakes for 20 minutes in a large sauce pan or steam kettle on low heat. Add peas and mix. Portion 1 gal 1 cup (7lb 8 oz) per 12"× 20"× 2½" steamtable pan.
3. Melt margarine in a sauce pan or tilting skillet. Add whipped eggs and scramble until firm. Set aside.

!NOT! Fried Rice



4. Toast sesame seeds in a pan over medium heat until lightly browned.
5. Chop scrambled eggs and sprinkle 1¼ cups (8 oz) over each pan of rice mixture. Sprinkle 2 Tbsp of sesame seeds and 1/4 cup of chopped green onions on each pan of rice to garnish.



Nutrients Per Serving

Calories	188 kcal	Protein	10 g	Carbohydrate	27 g
Total Fat	4.0 g	Saturated Fat	1.2 g	Cholesterol	31 mg
Vitamin A	2446 IU	Vitamin C	22 mg	Iron	2.1 mg
Calcium	4 mg	Sodium	1287 mg	Dietary Fiber	1 g

National Herb Week

A time to focus on the use and history of herbs—past and present. Annually the Monday-Sunday in May ending on Mother’s Day. Contact: International Herb Association (IHA), 1202 Allanson Rd., Mundelein, IL 60060. Tel: (847) 949-4372.

National Physical Fitness and Sports Month

National Physical Fitness and Sports Month was established in 1983. The observance is a nationwide campaign to promote physical fitness and sports. The President’s Council on Physical Fitness & Sports uses the month to encourage various organizations and constituencies who highlight their messages during May to work together. Contact: Christine G. Spain, MA, Director of Program Planning and Special Projects, President’s Council on Physical Fitness & Sports, DHHS, HHH Bldg., Room 738-H, 200 Independence Ave., SW, Washington, DC 20201. Tel: (202) 690-5148. Fax: (202) 690-5211.

National Physical Education and Sport Week

Each year the National Association for Sport and Physical Education produces a new kit to help promote National Physical Education & Sport Week. For more information, call 1-800-321-0789. Contact: Paula Keyes-Kun, National Association for Sport & Physical Education, 1900 Association Drive, Reston, VA 20191-1599. Tel: (703) 476-3410. Fax: (703) 476-8316.

National Salad Month

Americans celebrate salads and their role in today’s healthy lifestyle. Contact: The Association for Dressings and Sauces, 5775 Peachtree-Dunwoody Rd., Suite 500-G, Atlanta, GA 30342. Tel: (404) 252-3663.

Vegetarian Resource Group, May 1 – Deadline for Annual Essay Contest

See National Vegetarian Month, October.

