

# 2004-2005 Fruit and Vegetable Grantee Nutrition Education Activity List

Grantees can meet the monthly education requirement by doing many creative activities. The following pages list numerous educational activities that meet this education requirement. We hope this document makes it easier for you to implement educational activities.

## **Monthly Educational Idea Index:**

- Education through marketing healthy options in the cafeteria and school **(page 2)**
- Education through advocating to parents, school staff and administrators **(page 3)**
- Education through school lunch menu mailing **(page 4)**
- Education through changing what food and beverages are served on school grounds **(page 5)**
- Education through partnering with teachers **(page 6)**

## **Other resources:**

- Team Nutrition provides professional development resources for Food Service Directors and personnel. **(page 7)**

**Target Audience Key:** E = Elementary School Students (K-6); M = Middle School Students (6-8); H = High School (9-12); A = Adults (School Staff, School Administration); P = Parent

<b>Educational Activity List</b>	
<b>Education through marketing healthy options in the cafeteria and school</b>	<b>Target Audience</b>
Provide nutrition information sheets when fruits and vegetables are served.	E, M, H
Highlight (i.e. gold star symbol or other simple logo) to denote this food choice is a healthy choice (create healthy food and beverage marketing system).	E, M, H
Download 5aday logo and place on menu, vending machines, school stores, etc. <a href="http://www.5aday.com/html/industry/guidelines.php">http://www.5aday.com/html/industry/guidelines.php</a>	E, M, H
Download Team Nutrition logo and place on menu, vending machines, school stores, etc. <a href="http://www.tn.fcs.msue.msu.edu/downloadlogo.html">http://www.tn.fcs.msue.msu.edu/downloadlogo.html</a>	E, M, H
Download Eat Smart Play Hard Logo on menu, vending machines, school stores, etc. <a href="http://www.fns.usda.gov/eatsmartplayhard/">http://www.fns.usda.gov/eatsmartplayhard/</a>	E, M, H
Hold a fruit and vegetable drawing contest – use results to promote fruit and vegetable eating in the cafeteria.	E, M, H
Use Team Nutrition posters to create positive nutrition message cafeteria, hallways, posters, stairwell: <ul style="list-style-type: none"> <li>▪ Feed Me and Move It! Posters- Feed Me and Move It! are companion posters, designed to deliver the healthy eating and physical activity messages to middle and high school students. <a href="http://www.fns.usda.gov/tn/Resources/feedmoveposters.html">http://www.fns.usda.gov/tn/Resources/feedmoveposters.html</a></li> <li>▪ Sense-ational Food Poster - Originally from the Food Works Scholastic Kit (Grades 3-5), the flip-side of this poster includes reproducible parent activity sheets for nutrition education in the home. <a href="http://www.fns.usda.gov/tn/Resources/sensational.html">http://www.fns.usda.gov/tn/Resources/sensational.html</a></li> <li>▪ It's Up to You Poster- This poster displays the Food Guide Pyramid and an Activity Pyramid, designed to help elementary-aged children understand the relationship between nutrition and physical activity. <a href="http://www.fns.usda.gov/tn/Resources/its_up_to_you.html">http://www.fns.usda.gov/tn/Resources/its_up_to_you.html</a></li> <li>▪ What Size Is Your Serving? - This poster could be used as part of a lesson plan in the classroom or displayed in a school cafeteria. <a href="http://www.fns.usda.gov/tn/Resources/whatsize.html">http://www.fns.usda.gov/tn/Resources/whatsize.html</a></li> <li>▪ Read It Before You Eat It - Developed in cooperation with the Food and Drug Administration, this poster provides a quick lesson on how to read a nutrition facts label. <a href="http://www.fns.usda.gov/tn/Resources/readit_eatit.html">http://www.fns.usda.gov/tn/Resources/readit_eatit.html</a></li> </ul>	E, M, H
Daily monthly PA announcement on the health benefits of eating fruits and vegetables (student do announcements)	E, M, H
Have older students read to younger students about healthy eating or how they like to eat their fruits and vegetables.	E, M, H
Have students write a fruit and vegetable cookbook.	E, M, H
The School Environment: Helping Students Learn to Eat Healthy- A brochure laying out in plain language the kinds of things that schools and communities can do to promote a healthy school nutrition environment. <a href="http://www.fns.usda.gov/tn/Resources/helpingstudents.html">http://www.fns.usda.gov/tn/Resources/helpingstudents.html</a>	E, M, H
Getting Your Message Out: A Media Guide for Team Nutrition - This guide compiles material previously developed for <i>Changing the Scene</i> , <i>Community Nutrition Action Kit</i> , <i>School Activity Planner</i> , and <i>Get Growing...from the Ground Up</i> . This Media Guide consolidates the information in one location, for easy reference and use. <a href="http://www.fns.usda.gov/tn/Resources/gettingmessageout.html">http://www.fns.usda.gov/tn/Resources/gettingmessageout.html</a>	E, M, H
Team Nutrition Days and Beyond: How To Kit -The Team Nutrition Days How-To Kit is a comprehensive guide which contains information on creating Team Nutrition activities: gardening, fair activities and publicity. <a href="http://www.fns.usda.gov/tn/Resources/howtokit.html">http://www.fns.usda.gov/tn/Resources/howtokit.html</a>	E, M, H
Team Nutrition Activity Calendar - A 1997-98 planning calendar for Team Nutrition Schools to plan activities in support of holidays and national annual events. The calendar includes activities and seasonal recipes and foods. <a href="http://www.fns.usda.gov/tn/Resources/activitycalendar.html">http://www.fns.usda.gov/tn/Resources/activitycalendar.html</a>	E, M, H
Team Nutrition Calendar Companion -This is a companion piece to our Activity Calendar, and is designed to help plan and conduct monthly activities. <a href="http://www.fns.usda.gov/tn/Resources/calendarcompanion.html">http://www.fns.usda.gov/tn/Resources/calendarcompanion.html</a>	E, M, H

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Education through advocating to parents, school staff and administrators	Target Audience
Present at school board meeting about the upcoming federal wellness policy.	A, P
Present at a PTO meeting about the role parents can play in promoting healthier eating.	A, P
Present at a staff meeting about the role staff can play in promoting healthier eating.	A, P
Healthy Eating Helps You Make the Grade brochure - A promotional brochure discussing the link between nutrition and learning, this is designed to inform school and community leaders about the Agency's nutrition programs. <a href="http://www.fns.usda.gov/tn/Resources/healthyeating.html">http://www.fns.usda.gov/tn/Resources/healthyeating.html</a>	A, P
Ten Steps for Parents Flyer - handout for parents encourages their involvement with their children's eating and physical activity behaviors. <a href="http://www.fns.usda.gov/tn/Resources/tenstep_flyer.html">http://www.fns.usda.gov/tn/Resources/tenstep_flyer.html</a>	P
Team Up at Home: Team Nutrition Activity Booklet - This is a collection of hands-on nutrition education activities for parents to use with their school-age children. <a href="http://www.fns.usda.gov/tn/Resources/teamupbooklet.html">http://www.fns.usda.gov/tn/Resources/teamupbooklet.html</a>	P
Host a Team Nutrition Workshop for interested staff and parents using the Team Nutrition PowerPoint Presentations developed by Dayle Hayes, M.S., R.D. They outline the benefits of promoting nutrition in schools, provide information on getting started and building a strong team, as well as highlight facts and research supporting the need for school nutrition programs. <a href="http://www.tn.fcs.msue.msu.edu/powerpoints.html">http://www.tn.fcs.msue.msu.edu/powerpoints.html</a>	A, P
Host a Healthy Weight staff meeting and discuss the Healthy Weight Paper. This document succinctly looks at what schools can do to promote healthy food choices and physical activity for children. <a href="http://www.emc.cmich.edu/products/misc/HealthyWeight.htm">http://www.emc.cmich.edu/products/misc/HealthyWeight.htm</a>	A
Organize a team to complete the Healthy School Action Tool (HSAT) and complete a fruit and vegetable action step identified in your HSAT action plan. Download HSAT at <a href="http://www.mihealthtools.org">www.mihealthtools.org</a> .	A, P
Team Nutrition School Activity Planner - Guide designed to involve supporters with school leaders in planning activities. It includes activity suggestions and reproducible materials that can be personalized, copied and distributed to children and parents. <a href="http://www.fns.usda.gov/tn/Resources/activityplanner.html">http://www.fns.usda.gov/tn/Resources/activityplanner.html</a>	A
Food, Family and Fun: A Seasonal Guide to Healthy Eating - This resource book is designed to help parents reinforce at home what their children are learning about healthy eating at school. Through healthy, tasty recipes; fun, children-oriented nutrition activities; and nutrition information, the book gives parents the tools to bring nutrition education into their homes. <a href="http://www.fns.usda.gov/tn/Resources/foodfamilyfun.html">http://www.fns.usda.gov/tn/Resources/foodfamilyfun.html</a>	P
Fun Tips: Using the Dietary Guidelines at Home - These easy-to-follow tips on making use of the Dietary Guidelines are targeted for parents and teachers for use with children. <a href="http://www.fns.usda.gov/tn/Resources/funtips.html">http://www.fns.usda.gov/tn/Resources/funtips.html</a>	A, P

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Education through school lunch menu mailing	Target Audience
Copy one article from the “Healthy Kids Health Weight” document ( <a href="http://www.emc.cmish.edu/healthyweight">www.emc.cmish.edu/healthyweight</a> ) and place it in your menu mailing to parents.	A, P
<p>Click on one of the Team Nutrition information articles below and include on your school menu or on the lunch line:</p> <ul style="list-style-type: none"> <li>▪ Families Get Fit, Have Fun! Suggestions for family-focused physical activity. <a href="http://www.tn.fcs.msue.msu.edu/getfithavefun.doc">http://www.tn.fcs.msue.msu.edu/getfithavefun.doc</a></li> <li>▪ What Food Am I? A guessing game for elementary students. <a href="http://www.tn.fcs.msue.msu.edu/whatami.doc">http://www.tn.fcs.msue.msu.edu/whatami.doc</a></li> <li>▪ Reading and Eating Healthy Suggestions (including book titles) for linking literacy with nutrition education, <a href="http://www.tn.fcs.msue.msu.edu/readingandeatinghealthy.doc">http://www.tn.fcs.msue.msu.edu/readingandeatinghealthy.doc</a></li> <li>▪ After School Fuel - Fast, fun and healthy after school snack ideas. <a href="http://www.tn.fcs.msue.msu.edu/afterschoolfuel.doc">http://www.tn.fcs.msue.msu.edu/afterschoolfuel.doc</a></li> <li>▪ Choose a Tip of the Day from the Michigan Surgeon General on your school menu <a href="http://www.michigan.gov/surgeongeneral">http://www.michigan.gov/surgeongeneral</a></li> </ul>	A, P
Feature a five a day recipe once a month. Send recipe home in Friday folders. <a href="http://www.5aday.gov">http://www.5aday.gov</a>	P
Hold a fruit and vegetable drawing contest – use results for calendar, feature on menu, on school network station, school web site.	A, P

**Target Audience Key:** E = Elementary School Students (K-6); M = Middle School Students (6-8); H = High School (9-12); A = Adults (School Staff, School Administration); P = Parent

Education through changing what food and beverages are served on school grounds	Target Audience
Host a non-food reward day (or more) in a school building. Use Team Nutrition's non food reward sheet as a guide: <a href="http://www.tn.fcs.msue.msu.edu/foodrewards.pdf">http://www.tn.fcs.msue.msu.edu/foodrewards.pdf</a>	A, P
Incorporate healthier <u>vending options</u> building wide. Healthy food and beverage lists can be found on page 12 of the Nutrition Tips and Tools document. <a href="http://www.tn.fcs.msue.msu.edu/toolkit.pdf">http://www.tn.fcs.msue.msu.edu/toolkit.pdf</a>	All
Host a healthy <u>school party</u> in a school building. Use page 15 & 16 of the Nutrition Tips and Tools document as a guide. <a href="http://www.tn.fcs.msue.msu.edu/toolkit.pdf">http://www.tn.fcs.msue.msu.edu/toolkit.pdf</a>	All
Offer healthier foods at the <u>school store</u> . Use page 18 of the Nutrition Tips and Tools document as a guide. <a href="http://www.tn.fcs.msue.msu.edu/toolkit.pdf">http://www.tn.fcs.msue.msu.edu/toolkit.pdf</a>	All
Offer healthier food <u>fundraisers</u> or nonfood fundraisers. Use page 19 and 20 of the Nutrition Tips and Tools document as a guide. <a href="http://www.tn.fcs.msue.msu.edu/toolkit.pdf">http://www.tn.fcs.msue.msu.edu/toolkit.pdf</a>	All
Offer healthier food and beverages during <u>student activities</u> . Use page 21 of the Nutrition Tips and Tools document as a guide. <a href="http://www.tn.fcs.msue.msu.edu/toolkit.pdf">http://www.tn.fcs.msue.msu.edu/toolkit.pdf</a>	All
Offer healthier food and beverages during <u>parent, teacher, and staff meetings</u> . Use page 22 of the Nutrition Tips and Tools document as a guide. <a href="http://www.tn.fcs.msue.msu.edu/toolkit.pdf">http://www.tn.fcs.msue.msu.edu/toolkit.pdf</a>	All
Organize and plan a school garden or farm to school project– link education activities to it. Use page 23 of the Nutrition Tips and Tools document as a guide. <a href="http://www.tn.fcs.msue.msu.edu/toolkit.pdf">http://www.tn.fcs.msue.msu.edu/toolkit.pdf</a>	All
Create a themed salad bar using the ideas presented on page 33-50 of the <a href="#">Fruits &amp; Vegetables Galore: Helping Kids Eat More</a> . <a href="http://www.fns.usda.gov/tn/Resources/fv_galore.html">http://www.fns.usda.gov/tn/Resources/fv_galore.html</a>	All
Create a salad shaker option for students using the ideas presented on page 51 of the <a href="#">Fruits &amp; Vegetables Galore: Helping Kids Eat More</a> <a href="http://www.fns.usda.gov/tn/Resources/fv_galore.html">http://www.fns.usda.gov/tn/Resources/fv_galore.html</a>	All
Serving Up Success -This booklet features actual nutrition education activities created by schools across the country. <a href="http://www.fns.usda.gov/tn/Resources/serving.html">http://www.fns.usda.gov/tn/Resources/serving.html</a>	All

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Education through partnering with teachers	Target Audience
Contact curriculum director to link nutrition education activities with other non nutrition classroom education.	
Hold a taste testing event with students and use the following easy to use evaluations: 1) WHAT DID YOU DO, LIKE, LEARN? 2) HEALTHY CHANGES -- MORE FRUIT AND VEGGIES! 3) Taste-Testing Survey. <a href="http://www.tn.fcs.msue.msu.edu/evaluation.html">http://www.tn.fcs.msue.msu.edu/evaluation.html</a>	E, M, H
Work with a teacher to implement the Team Nutrition Family Book bag program. This program is for children in grades K-2 and can be used in K-2 classrooms. Family Book bag Order Form. <a href="http://www.tn.fcs.msue.msu.edu/bookbagorder.doc">http://www.tn.fcs.msue.msu.edu/bookbagorder.doc</a>	A, P, E
Work with a teacher to implement the Five a Day Book bag program. This program is for children in grades pre K-4. For more information Contact, Diane Golzynski at 517-335-8980 or <a href="mailto:GolzynskiD@michigan.gov">GolzynskiD@michigan.gov</a>	A, P, E
Use the Fruit and Vegetable Challenge Packet and hold a five a day challenge. <a href="http://www.fns.usda.gov/tn/Resources/fvchallengepacket.html">http://www.fns.usda.gov/tn/Resources/fvchallengepacket.html</a>	E, M, H
Teach one or more Team Nutrition lessons in a classroom. Click one of the following children's book titles to download the Team Nutrition lesson that goes with the respective book: <i>I'm Growing</i> by Alik; <i>From Milk to Ice Cream</i> by Stacy Taus-Bolstad; <i>The Bicycle Book</i> by Gail Gibbons; <i>The Victory Garden Alphabet Book</i> by Jerry Palotta and Bob Thomson. <a href="http://www.tn.fcs.msue.msu.edu/healthyreading.html">http://www.tn.fcs.msue.msu.edu/healthyreading.html</a>	A, E
Hold a Team Nutrition healthy reading book day and lunch celebration where the lunch mirrors what the children read in the book. Download this booklist with over 300 books about food, healthy eating, and physical activity for children in K-3. Michigan Team Nutrition Booklist. <a href="http://www.tn.fcs.msue.msu.edu/booklist.html">http://www.tn.fcs.msue.msu.edu/booklist.html</a>	E
With help from a Physical Education, teacher hold a healthy eating event in conjunction with ACES day after the children exercise. Sign up for ACES (at: <a href="http://www.michiganfitness.org/aces/default.htm">http://www.michiganfitness.org/aces/default.htm</a> )	E, M
Order the Team Nutrition Pyramids Between the Pages mini-pack and have a teacher teach the curriculum. The curriculum is designed for use with children in grades K-3. <a href="http://www.tn.fcs.msue.msu.edu/pbpororderform.doc">http://www.tn.fcs.msue.msu.edu/pbpororderform.doc</a>	A, E
March is National Nutrition Month – <a href="http://www.eatright.org">www.eatright.org</a> . Consider linking it with National Reading Month and team up with your elementary RIF coordinator.	A, E, M
Hold a classroom fruit and vegetable taste test day – taste what will be on the school lunch line.	E, M, H, A
Food Guide Pyramid for Young Children <a href="http://www.fns.usda.gov/tn/Resources/fg_pyramid.html">http://www.fns.usda.gov/tn/Resources/fg_pyramid.html</a>	P
Food Guide Pyramid for Young Children Flyer <a href="http://www.fns.usda.gov/tn/Resources/kidsfgp.html">http://www.fns.usda.gov/tn/Resources/kidsfgp.html</a>	P
Hold classroom demonstrations on how to peel and prepare different fruit and vegetables	A, P
yourSELF Middle School Nutrition Education Kit - Contains materials for health education, home economics or family living classes that will help 7th and 8th grade students learn to make smart choices about eating and physical activity. <a href="http://www.fns.usda.gov/tn/Resources/yourself.html">http://www.fns.usda.gov/tn/Resources/yourself.html</a>	M
The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions - A Leader's Guide -It is intended for after-school program leaders working with young adolescents. Everything you need to know is in the Leaders' Guide, including most activity materials. It's full of quick, simple things to do with kids; many activities take little or no pre-planning. <a href="http://www.fns.usda.gov/tn/Resources/power_of_choice.html">http://www.fns.usda.gov/tn/Resources/power_of_choice.html</a>	E, M

**Team Nutrition provides the following professional development resources for Food Service Directors and personnel**

- Assisted NuMenus Guidance: School Lunch and Breakfast Menus - [http://www.fns.usda.gov/tn/Resources/assisted\\_numenus.html](http://www.fns.usda.gov/tn/Resources/assisted_numenus.html)
- Building Blocks for Fun and Healthy Meals -<http://www.fns.usda.gov/tn/Resources/buildingblocks.html>
- Child Care Recipes: Food for Health and Fun -[http://www.fns.usda.gov/tn/Resources/childcare\\_recipes.html](http://www.fns.usda.gov/tn/Resources/childcare_recipes.html)
- Choice Plus: A Reference Guide for Foods and Ingredients -<http://www.fns.usda.gov/tn/Resources/choiceplus.html>
- Cooking a World of New Tastes - [http://www.fns.usda.gov/tn/Resources/cook\\_worldtastes.html](http://www.fns.usda.gov/tn/Resources/cook_worldtastes.html)
- Equipment Guide - <http://www.fns.usda.gov/tn/Resources/equipmentguide.html>
- Fruits & Vegetables Galore: Helping Kids Eat More - [http://www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)
- Food Buying Guide for Child Nutrition Programs -<http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>
- Great Nutrition Adventure Action Packet - <http://www.fns.usda.gov/tn/Resources/greatnutrition.html>
- Healthy School Meals Training - [http://www.fns.usda.gov/tn/Resources/hsm\\_training.html](http://www.fns.usda.gov/tn/Resources/hsm_training.html)
- Menu Magic for Children - <http://www.fns.usda.gov/tn/Resources/numagic.html>
- Menu Planner for Healthy School Meals - <http://www.fns.usda.gov/tn/Resources/menuplanner.html>
- Offer vs. Serve - [http://www.fns.usda.gov/tn/Resources/offer\\_v\\_serve.html](http://www.fns.usda.gov/tn/Resources/offer_v_serve.html)
- School Lunch Challenge Recipes I and II - [http://www.fns.usda.gov/tn/Resources/lunch\\_challenge.html](http://www.fns.usda.gov/tn/Resources/lunch_challenge.html)
- Serving It Safe: A Manager's Tool Kit - [http://www.fns.usda.gov/tn/Resources/serving\\_safe.html](http://www.fns.usda.gov/tn/Resources/serving_safe.html)
- A Tool Kit for Healthy School Meals: Recipes & Training Materials
- Team Nutrition: Getting It Started and Keeping It Going -*Getting It Started and Keeping It Going* is a "how-to" guide for Team Nutrition School Leaders. <http://www.fns.usda.gov/tn/Resources/gettingitstarted.html>