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Popular Team Nutrition Events An Idea Book

Michigan State University

Michigan State University Extension

Michigan Team Nutrition

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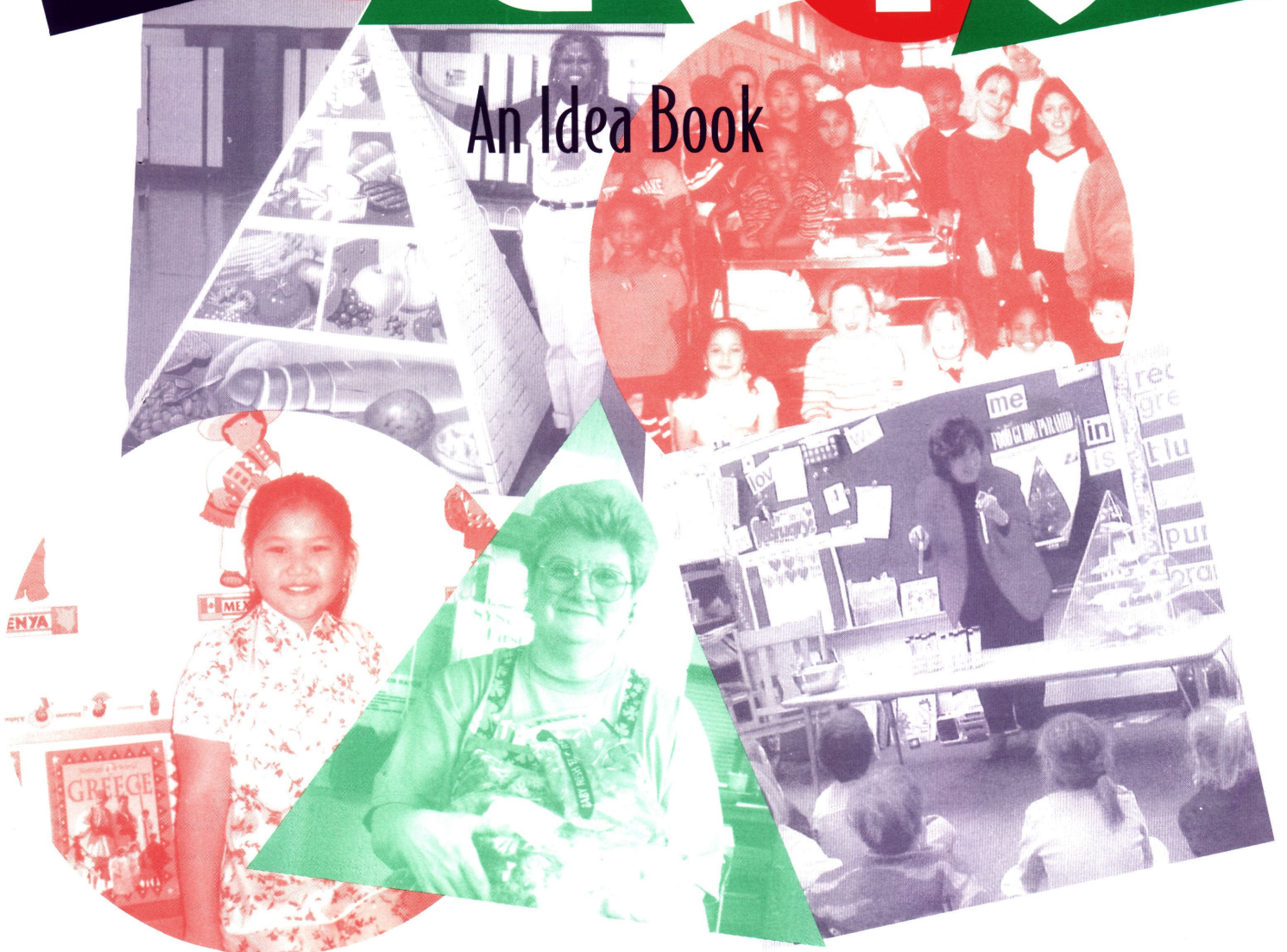
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Popular Team Nutrition

EVENTS

An Idea Book



Promoting the Goals of Team Nutrition in...

- schools
- classrooms
- cafeterias
- homes
- communities
- the media



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About Team Nutrition

Team Nutrition is a USDA nutrition education initiative that supports schools in providing healthy school meals and nutrition and physical activity education to students and families.

The mission of Team Nutrition is:

To improve children's lifelong eating habits by using the principles of the Dietary Guidelines for Americans and the Food Guide Pyramid.

Team Nutrition focuses on these four basic goals:

- Eat a variety of foods;
- Eat more fruits, vegetables, and grains;
- Eat lower fat foods more often;
- Be physically active.

If your school is enrolled in USDA's Team Nutrition program you're in good company – almost 30,000 schools in the nation have joined Team Nutrition!

Find out more about Team Nutrition and join today!

- Visit the national Team Nutrition Web site:
www.fns.usda.gov/tn
- In Michigan, check out the Michigan-specific Team Nutrition Web site:
www.msue.msu.edu/fnh/tn





About This Book

■ **This book was written for Team Nutrition School Leaders** or anyone else who is interested in organizing and conducting a Team Nutrition event. Inside, you'll find creative ideas and how-to instructions to implement 22 different Team Nutrition events! Who you want to involve, or how big you choose to make the event, is up to you. All of the ideas can be successfully conducted on a small scale, involving a few classrooms or grade levels, or on a larger scale involving an entire school or community.

▲ Results from USDA pilot studies revealed that the most successful way to reach students, families, and community members with Team Nutrition messages, and to bring about positive behavior change, is to use as many of Team Nutrition's **Six Communication Channels** as you can.¹ Communicating through these channels offers a comprehensive network for delivering consistent nutrition and physical activity messages to students, families, and the community. Tips to incorporate these six channels (**school, foodservice, classroom, home, community, and media**) are in the following sections provided for each event idea:

- **What is it?:** A short description of each event.
- **Getting started:** How to organize a planning team and prioritize what you should do first.
- **Next steps:** Specifics on what you should do as the event date gets closer.
- **Foodservice link:** Ways you can involve your foodservice director and staff members in strengthening the link between the classroom and the cafeteria.
- **Home link:** Suggestions for ways to involve parents and other family members in Team Nutrition events at home and at school.
- **Classroom link:** Tips for teachers and students to link the event with other subject areas including math, reading, language arts, science, social studies, art, music, and technology.
- **Involve your community:** Ideas to creatively involve community members and organizations in your event.
- **Involve the media:** A plan for contacting the media to promote and cover your event.

■ In this booklet you will also find an evaluation section: **Evaluation Tips and Tools for Team Nutrition Events**, that includes an evaluation tip sheet and six ready-to-use tools for evaluating your Team Nutrition events.


¹ *The Story of Team Nutrition: Case Studies of the Pilot Implementation Communities. (Final Report.)* Alexandria, VA; US Department of Agriculture, Food and Nutrition Service, 1999.



Students' Eating & Physical Activity Habits Are Not What They Should Be

Did you know...?

- On any given day, less than 15% of school children eat the recommended serving of fruits; less than 20% eat the recommended serving of vegetables; less than 25% eat the recommended servings of grains; and only 30% consume the recommended milk group servings.
- The percentage of children and adolescents who are overweight has more than doubled in the past 30 years; most of the increase has occurred since the late 1970s.
- About 12% of students report skipping breakfast.
- Of young people ages 6-17, 64% eat too much total fat, and 68% eat too much saturated fat.
- Teenagers today drink twice as much carbonated soda as milk and only 19% of girls ages 9-19 meet the recommended intakes for calcium.
- The percentage of students who attended a daily physical education class dropped from 42% in 1991 to 27% in 1997.

 Nutritionists, dietitians, principals, school board members, educators, physicians, and other child health experts across the country agree that creating a Healthy School Nutrition Environment is important. Conducting fun, educational, hands-on activities and events that support the Dietary Guidelines and the goals of Team Nutrition can help you do just that.

The time for Team Nutrition is now.

Use this book and start planning a Team Nutrition event to reach students, families, and community members – today!

Enjoy!

References:

Changing the Scene – Improving the School Nutrition Environment.
Alexandria, VA; US Department of Agriculture, Food and
Nutrition Service, 2000



Team Nutrition – Across the Airwaves

What is it?

Middle school or high school students create catchy, age-appropriate, health education messages then broadcast them over the school's public address (PA) system during National Nutrition Month (March).

Getting started

Form an event planning team. You might want to involve your food service director, the life skills teacher, the creative writing teacher, a media specialist and anyone else who is interested in helping you plan and prepare the announcements. Decide how many announcements you want to create for the month, e.g. weekly, bi-weekly, or every day during National Nutrition Month (March). Consider choosing a specific theme for the announcements such as *The Goals of Team Nutrition*, *5 A Day*, or *School Lunch is Nutritious*, or you might want to create a variety of more general announcements. Schedule a date for each announcement to air.

Next steps

In the classroom, teach students what they need to know about nutrition and physical activity in order to prepare the announcements (use *yourSELF*, the middle school Team Nutrition teaching kit). Give students a worksheet for developing an announcement that includes the subject or focus, how long the announcement should be, and who the intended audience is. Instruct students to work in pairs or small groups. Decide whether you want to play taped or live announcements over the school public address system.

Foodservice link

Your school foodservice director and staff members can offer students a special “*feature of the week*” that relates to what’s being promoted in the announcements. He or she can also provide students with additional nutrition information on the school menu that fits the theme.

Home link

Invite parents to come to school and help prepare the announcements, and/or to read the announcements with the students over the public address system.



Classroom link

- Language Arts teachers can assist students with writing the announcements.
- Speech teachers can teach students public speaking skills by practicing the announcements and reading them out loud.
- Technology students can help write, create, edit, and tape the announcements.

Involve your community

- Ask local businesses to sponsor one announcement or a week's worth of announcements for a small fee. Include the sponsor's name in the announcements.
- Invite a local celebrity, e.g. a high school athlete, the mayor, a local politician, a news reporter, or a radio personality to appear in an announcement.

Involve the media

Contact your local radio station and ask them to air the taped announcements during National Nutrition Month.

Team Nutrition Resource Link:

yourSELF, The Team Nutrition middle school teaching kit.

To order call the National Food Service Management Institute at (800) 321-3054, or visit their

Web site at:

www.nfsmi.org

Web Link: Want to link your announcements with other health-related happenings? Download a copy of the *Team Nutrition Activity Calendar* (updated yearly) and *Calendar Companion* at:

www.fns.usda.gov/tn

Books for Kids:

Good Enough to Eat,
A Kid's Guide to Good Nutrition
by Lizzy Rockwell



Around the World in Bread

■ What is it?

Students take part in a series of fun, hands-on, cross-curricular activities that teach them where bread comes from, how different types of bread look and taste, how bread can be part of healthy meals and snacks, and that bread is a staple eaten all around the world! After the students complete the classroom component, the entire school is invited to take part in an *Around the World in Bread* tasting party where they can taste and rate a variety of different breads.

▲ Getting started

Form a planning committee to help organize the classroom component and the bread tasting party. Include your foodservice director, interested classroom teachers, and anyone else who is willing to help with either the classroom component (see *Classroom link* for suggestions) or the tasting party such as your physical education teacher, parents, your comprehensive school health coordinator, a local baker, or someone from your county Extension office. Choose a date to start the classroom component and a date and place to hold the bread tasting party.

● Next steps

Decide on the classroom activities. You can use one of the ideas listed in the classroom section (opposite page), or you can come up with one of your own. Regardless of what you decide, the classroom component should always include a discussion of the Food Guide Pyramid, pointing out that the bread group is the base of the pyramid, and sharing ideas on how you can eat 6-11 servings from this group every day. Meet with the foodservice director and decide what types of bread to offer at the tasting party. Create a simple evaluation form so that participants can taste and rate the different types of bread. (See the evaluation section of this booklet, *Tips and Tools for Team Nutrition Events* for great ideas and sample surveys.) Compile evaluation results and add the favorites to the school lunch menu if possible.

■ Foodservice link

Your school foodservice director and staff members can prepare and order bread for the tasting party, print nutrition information about bread on school menus, and send home nutritious bread recipes to parents.



● Home link

- Challenge students and their family members to keep track of how many servings from the bread group they eat each day for a week. Send home a copy of the Food Guide Pyramid with serving sizes on it. Students can compile the results as a math project and post in the classroom.
- Invite family members to attend the tasting party.
- Encourage families to send in their favorite bread recipe (the more unusual, the better!) and make a classroom or school-wide *Around the World in Bread* cookbook.

▲ Classroom link

- Science students can trace the origin of bread, from field to table and make bread-in-a-bag (See page 147 of *The Community Nutrition Action Kit*.)
- Social Studies students can study other countries and find out what types of bread are eaten there.
- Reading students can read books that focus on preparing and eating different types of bread.

■ Involve your community

- Plan a field trip to a local bakery so students can see how bread is made.
- Ask a local grocery store manager to donate different types of bread for tasting.
- Invite community members to attend the tasting party.

Team Nutrition Resource Link:

The Community Nutrition Action Kit.
Call the National Team Nutrition office to order: (703) 305-1624, or download a copy at the National Team Nutrition Web site:
www.fns.usda.gov/tn

Web Link:

You “knead” to check-out this site to learn more about the history of bread, take an on-line bakery tour, and understand the role of bread in a variety of diets.

www.bread.com

Books for Kids:

Bread, Bread, Bread
by Anna Morris

Thundercake
by Patricia Polacco

Pass the Bread – A World of Difference

by Karen Luisa Badt

Everybody Bakes Bread
by Norah Dooley

▲ Involve the media

Ask a reporter from your local newspaper to attend, take pictures of, and write an article about the *Around the World in Bread* tasting party.



Bring a Fruit to School or Work

What is it?

Students, families, and community members are exposed to a campaign that encourages them to *Bring a Fruit to School or Work*. This campaign can be implemented in just one classroom, a whole school building, or an entire community.

Getting started

Form a *Bring a Fruit to School or Work* event planning team. Determine who you want to reach with your message. *Is it just the students at school, or is it their parents and other community members as well?* If you decide you only want to reach students, revise your message to read: *Bring a Fruit to School*. Hold a brainstorming meeting to come up with several different promotional activities that fit the campaign theme, using a variety of media to get the message out to the target audience. Decide when to launch your campaign and how long it will last. You will want to keep the campaign and promotional activities going for at least one month to increase the opportunity for behavior change.

Next steps

Fine-tune and finalize campaign promotional activities. You might want to use some of the ideas listed in the foodservice, home, classroom, school, and community sections that follow. Have everything ready to go at least two weeks before you want to launch your campaign. Marketing campaigns are most successful when the target audience is exposed to a variety of media that support your message all at once.

Foodservice link

Your school foodservice director can make the *Bring a Fruit to School or Work* campaign come alive in the cafeteria. **Ask him or her to...**

- conduct a fruit taste-testing activity to find out which types of fruit students like best. (See *Tips and Tools for Evaluating Team Nutrition Events*.)
- offer a new fruit each week during the campaign for students to taste and rate at lunch.
- offer low-cost or free fruit for students that cannot bring a fruit from home.
- send fruit recipes and reminders about the campaign home to parents.

Home link

- Invite the event organizer to present the campaign to PTA/PTO members.
- Send a note home to parents explaining the campaign and asking them to participate by sending a fruit to school with their child, and bringing a fruit to work.
- Invite parents to come to school to enjoy a fruit break with their child.

Classroom link

- Art students can design posters that feature the slogan *Bring a Fruit to School or Work*, to put up at school and in the community.
- Language Arts students can write a press release or public service announcement that promotes the *Bring a Fruit to School or Work* message.
- Science students can look up the vitamin content of various fruits for display in a poster or handout.

- Physical Education teachers and coaches can talk to students and sports teams about the importance of eating healthy snacks, including fruit.
- Nutrition and Health Education teachers can use Team Nutrition materials to teach students about why they should eat more fruits.

At school

- Choose a specific time of day, every day, that students will be allowed to eat their fruit at school; make a *Fruit Break!* announcement over the public address (PA) system. Have fruit available in each room for students who did not bring a fruit.
- Decorate school bulletin boards and display cases in colorful, interesting ways that support the *Bring a Fruit to School* message.
- Use the public address system to remind students to *Bring a Fruit to School* the next day.

Involve your community

- Local businesses can post the *Bring a Fruit to School or Work* slogan on their marquees during kick-off week.
- Gas stations and convenience stores can display fruit in baskets, and sell single-serving fresh fruits.
- Vendors at local farm markets can put up a sign on their stand encouraging shoppers to buy fruit for good health.
- Doctors, dentists, or other health care professionals can work with grocery store managers to purchase, and offer to clients for FREE, fruit coupons to be redeemed at the grocery store.
- Grocery stores can create a *Bring a Fruit to School or Work* display and can mark single serving fruit with stickers that have the slogan printed on it.

Team Nutrition Resource Link:

Changing the Scene: Improving the School Nutrition Environment. Call the National Team Nutrition office to request an order form: (703) 305-1624, or download a copy at the National Team Nutrition Web site:

www.fns.usda.gov/tn

Web Link:

www.dole5aday.com

Explore the wide world of fruits and veggies! Kids can play produce games, meet cartoon friends, and learn all about the tasty benefits of 5 A Day. Teachers can preview 5 A Day resources and find out how to order cookbooks and CD-ROM games for use in the classroom.

Books for Kids:

Oliver's Fruit Salad

by Vivian French

Bananas from Manola to Margie

by Maria Ginsberg

Involve the media

- Develop a PSA for your local radio station that promotes the campaign and its message.
- Create a press release about the campaign for your local newspaper.
- Contact your local TV news station and ask them to come to the school and interview students and school staff when they are taking a fruit break.



Team Nutrition Cookbook

■ What is it?

Students, school staff members, and families submit their favorite healthy recipes and create a school-wide Team Nutrition Cookbook.

▲ Getting started

Decide whether or not you want your cookbook to have a specific theme, e.g. *Healthy Snacks*, *Tastes of the World*, *The Food Guide Pyramid*, *10-minute Meals*, *Fabulous Fruits and Vegetables*, etc. Ask your school foodservice director to help you come up with the criteria for a “healthy” recipe e.g. low-fat, low-salt, or low in added sugar. Develop a letter or flyer and ask each family to submit one or two of their favorite “healthy” recipes.

● Next steps

Ask at least three people to proofread each recipe. If you have a nutrient analysis software program analyze the recipes for their nutrient content according to the foodservice director’s recommendations. Determine who will print your cookbook (in school or an outside source) and how many copies you will need. Consider selling the cookbook to cover the cost of printing.

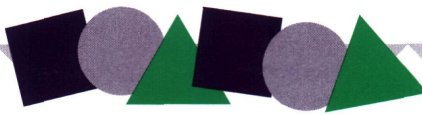
In addition to featuring healthy recipes you might also want to include other information in your cookbook such as: a graphic of the Food Guide Pyramid (you can download one at: www.nal.usda.gov/fnic/fpyr/pyramid.html), a copy of the Dietary Guidelines for Americans, food safety information, or a tip sheet on buying, storing, and preparing fresh produce.

■ Foodservice link

Your school foodservice director can assist with setting the criteria for a “healthy” recipe and can prepare a few recipes from the cookbook for students to taste.

▲ Home link

Encourage classrooms to have a potluck dinner and invite families to bring the dish they submitted for the cookbook for others to taste.



Classroom link

- Art students can design and create a cover and artwork for the cookbook.
- Language Arts students can practice spelling and grammar skills by proofreading and editing recipes.
- Technology students can analyze recipes using a nutrition analysis software program.

Involve your community

- Ask a local printer to offer you a discount on printing and binding the cookbook.
- Invite your local grocer to provide a “healthy” coupon to put in the back of the cookbook, e.g. 10% off a 5-pound bag of apples, or 50 cents off a loaf of whole grain bread.

Involve the media

Ask a reporter from your local newspaper to write an article about your cookbook and to feature a few recipes from the cookbook in the newspaper.

Team Nutrition Resource Link:

Food, Family and Fun: A Seasonal Guide to Healthy Eating. Cost is \$4.25 each. Order by calling the National Foodservice Management Institute at (800) 321-3054, or visit their Web site at:
www.nfsmi.org

Web link:

www.mealsforyou.com
Plan health-conscious meals for you and your family. This site contains hundreds of recipes that are automatically adjusted based on the number of servings desired.

Books for Kids:

Encourage children to try new foods! Read the books

Bread and Jam for Frances
by Lillian Hoban

Yoko

by Rosemary Wells



Family Food & Fun Night

■ What is it?

Students and families come together at an already scheduled school-wide event (such as a school open-house or PTA/PTO sponsored activity) for a night of food, fun, and physical activity.

▲ Getting started

Form a planning committee to help organize the event. Include students, parents, teachers, food-service staff members, county Extension staff members, local health professionals, your school nurse, the school principal, and PTA/PTO members. Choose a date and a place (e.g. school gym, cafeteria, hallways) to hold *Family Food and Fun Night*.

● Next steps

Choose (or create your own) fun, interactive games and activities for families to take part in that promote the goals of Team Nutrition (see page 1 of this booklet). Look in the *Community Nutrition Action Kit* (by downloading from www.fns.usda.gov/tn) for some great ideas, including:

- Favorite Fruit Collages
- Great Grain Obstacle Course
- Silly Syllable Scramble

Once you know what games and activities you will offer, design a simple evaluation form that will allow participants to comment on what they've done. (See the evaluation section of this booklet, *Evaluation Tips and Tools for Team*

Nutrition Events, for great ideas and sample surveys.)

In addition to activities and games, you can also set up an “Education Station” that students and parents can visit to receive information about other school or community programs that also support the Team Nutrition goals, such as community education programs, intramural sports programs, after-school clubs, and others.

■ Foodservice link

Your school foodservice director can set up a table and...

- answer parents' questions about school meals.
- create a display that shows the nutritional value of one or two favorite school lunches.
- provide samples for parents and students to taste and rate new food items that are being considered for the school lunch or breakfast programs.

▲ Home link

Get the word out about *Family Food and Fun Night* to parents and families in lots of different ways: advertise on school menus, write an article for your school newsletter, post flyers on school doors, and send home an invitation with students. Give a copy of the Team Nutrition family cookbook *Food, Family and Fun: A Seasonal Guide to Healthy Eating* to the first ten families that attend the event. To order this book, call the National Food Service Management Institute at (800) 321-3054.



Classroom link

- Art students can decorate the cafeteria (or wherever you decide to hold the event) with posters and artwork that promote eating healthy and being physically active. If you have a Team Nutrition school banner be sure to use that too.
- Language Arts students can create a game based on the Food Guide Pyramid or another nutrition-related theme.
- Math teachers can help students tally the taste-testing evaluation forms.

Involve your community

- Invite community supporters to help run a booth or station.
- Ask health-related agencies (e.g. county Extension office, local office of the American Cancer Society, etc.) to provide resources for the Education Station, such as pamphlets or brochures.
- Ask business owners to put up posters to publicize the event.

Involve the media

Prepare a public service announcement to promote *Family Food and Fun Night*. Contact your local radio station and ask them to air your announcement. Invite a reporter from your local newspaper to attend, take pictures of, and write an article about the event.

Team Nutrition Resource Link:

Do you have a Team Nutrition school banner for your school? Call the national Team Nutrition office at (703) 305-1624 to order. Available while supplies last.

Web Link:

www.familyfoodzone.com

This is one refrigerator you will want to visit in the middle of the night because it is full of nutrition information to help busy families make healthful food choices.

Books for Kids:

Rabbit Food

by Susanna Gretz



Team Nutrition Field Day

■ What is it?

During National Physical Fitness and Sports Month (May) students and school staff take part in a school-wide *Team Nutrition Field Day* to promote the Team Nutrition goal: *Be Physically Active*. Participants rotate through a series of stations where they can play games, watch skilled athletes demonstrate a sport, or take part in a beginner's lesson that focuses on aerobic conditioning, strength training, flexibility, or balance.

▲ Getting started

Form a planning committee to help organize your *Team Nutrition Field Day*. Choose a date, time, and location (gym, playground, football field, etc.) for the event. Contact school and local physical activity professionals and ask them if they would be willing to provide a demonstration, or lead a small group of students in a beginner's lesson. You might want to contact someone who coaches or participates in these sports: skating, gymnastics, skateboarding, rock climbing, running, skiing, swimming, bicycling, soccer, volleyball, aerobics, dance, weight-lifting, kick-boxing, or any other sport students express an interest in. Find funding to cover any costs you might have e.g. stipends for station leaders, incentives, food, printing, or prizes. Check with your physical education teachers for any special precautions that need to be taken.

● Next steps

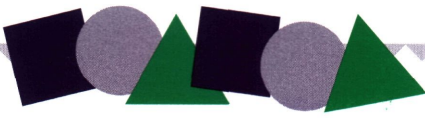
Once you know how many stations you will have, decide where you want to set them up. Make signs for each station. Send a letter to everyone who has agreed to be in charge of, or help with a station. Remind them of the date and time of the event, and what they will be doing. Tell them how many participants to expect at their station. Develop a short evaluation tool that will tell you which sport participants liked watching the best, and which sport they liked doing the best. (See the evaluation section of this booklet, *Evaluation Tips and Tools for Team Nutrition Events*, for great ideas and sample surveys.)

■ Foodservice link

Your school foodservice director can provide healthy snacks and drinks for *Field Day* participants, or he or she could develop a take-home piece for parents that contains recipes for healthy after-school snacks.

▲ Home link

Ask parents to be in charge of a station, game, or demonstration. Invite them to take part in the beginner's lessons.



● Classroom link

- Math students can create a poll to see how active students usually are and can tally the results.
- Art students can create posters and/or signs to identify each station.
- Science students can investigate why physical activity is important for good health.

■ Involve your community

- Invite community supporters to be station leaders.
- Ask local business owners to donate fitness-related prizes for participants such as jump ropes, sun visors, shoelaces, or water bottles.

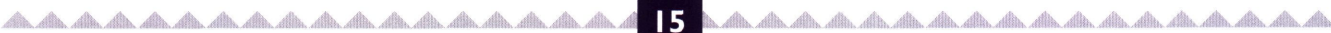
▲ Involve the media

Invite someone from your local TV station to interview and film families that take part in the *Field Day*. Prepare a press release and take pictures of families and students attending the event. Submit the article and photographs for publication in your school newsletter or local newspaper.

Team Nutrition Resource Link:
Cut and paste the information from the *Get Fit, Have Fun* section of the Team Nutrition resource *Target Your Team!* onto your school menu. Don't have it? Go to www.msue.msu.edu/fnh/tn and download a copy.

Web Link:
www.projectACES.com
Can you imagine millions of children from all 50 states and over 50 countries exercising together? What a great way to motivate children to exercise! Find out how your school can participate in ACES (All Children Exercising Simultaneously) Day, learn more about why physical activity is important, and download an ACES participation certificate.

Books for Kids:
Field Day Friday
by Judith Caseley
I Can Move
by Mandy Suhr





Funny Fruit Faces

■ What is it?

Students use a variety of colorful and interesting fruits to create (then eat!) their own *Funny Fruit Faces*.

▲ Getting started

Form a planning committee that includes your school foodservice director and any teachers or other school staff members who are interested in taking part in this activity. Discuss ways that teachers can link this activity with other subjects they are already teaching (see *Classroom link*). Decide on a date and time to hold the activity.

● Next steps

Choose a spot in your school cafeteria or dining room where students can create their *Funny Fruit Faces*. Provide each student with a brightly colored disposable plate (the flatter the better). Arrange your salad bar or serving counter so that students can easily walk by, pick up their plates, and choose a variety of cut-up fruits to create their own edible art. Hold a “Funniest Fruit Face” contest and allow students to cast their votes as to which fruit face is the funniest, and which they would most like to eat. Allow students enough time to create and eat their masterpieces. Take pictures!

■ Foodservice link

Your school foodservice director and staff members can help plan the activity and order, prepare, and display the fruit. He or she can provide 5 A Day tips or Team Nutrition recipes for parents on school menus that feature seasonal or locally grown fruits. Use the *Tips for Eating 5 A Day* from the Team Nutrition resource *Target Your Team!* Download this resource at: www.msue.msu.edu/fnh/tn

▲ Home link

Invite parents to attend the event, help with picture taking, and vote for the funniest fruit face.

● Classroom link

- Math students can compile the results of the “Funniest Fruit Face” contest.
- Art students can create mats or frames for the pictures and help arrange a bulletin board for display.
- Science teachers can talk about how fruits grow and the importance of eating fruit for good health.
- Social Studies teachers can show students which parts of the world specific fruits come from.



Involve your community

- Ask the produce manager at a local grocery store or your community librarian to display your fruit face pictures during national 5 A Day week in September, or National Nutrition Month in March.
- Ask your school food supplier to donate fruits for the activity.

Involve the media

Contact a reporter from your local newspaper and ask him or her attend your event and to take pictures of the funniest fruit faces.

Team Nutrition Resource Link:

Check out the recipes that contain fruit in the Team Nutrition resource, *Food, Family and Fun: A Seasonal Guide to Healthy Eating*. You can access the recipes according to season at the National Team Nutrition Web site:

www.fns.usda.gov/tn

or, to order call the National Food Service Management Institute at (800) 321-3054, or visit their Web site at:

www.nfsmi.org

Web Link:

www.motts.com

This juicy site allows you to wander through the cyber-orchard where you can “pick” the Parents’ Place or the Kids’ Room and find a basket full of tips, games and recipes.

Books for Kids:

How Are You Peeling?

by Saxton Freymann

and Joost Elffers



International Café

■ What is it?

Students are welcomed into a melting pot of food, art, and music from other countries when their school cafeteria is transformed into an *International Café*.

● Getting started

Form an *International Café* planning team. Decide how often you would like to open the café, e.g. once a week for a month, the first Friday of every month, three times a semester, etc. Meet together with foodservice staff members, teachers, students, and others interested in the project, and choose the countries you would like to feature, integrating the study of that country into as many subject areas as you can. Meet with the foodservice director to finalize the schedule and to plan the menu selections for each country. Find funding and solicit donations for any supplies you need.

▲ Next steps

Promote the *International Café* and the foods that will be served on your school menu. Decorate the cafeteria to fit the theme of the country you are featuring. Create a simple evaluation form for students to rate the foods they taste. (See the evaluation section of this booklet, *Evaluation Tips and Tools for Team Nutrition Events*, for great ideas and sample surveys.) Compile evaluation results and add the favorites to the school lunch menu or a la carte line. Invite the superintendent and school board members to attend the event.

■ Foodservice link

Your school foodservice director and staff members can be in charge of choosing and preparing the food for the *International Café*. Foodservice staff members can dress in costumes of the culture that is being studied.

● Home link

Invite families to eat lunch at school each time the *International Café* is open. Provide multicultural Team Nutrition recipes for parents to take home. Ask families to submit recipes for the *International Café* menu that represent their ethnic origin.



▲ Classroom link

- Art students can create artwork (posters, paper maché, collages, etc.) that fits the theme of the country being featured to decorate the cafeteria.
- Social Studies teachers can teach students about the food, customs, and practices of the country being featured.
- Reading/Language Arts students can read books that focus on the country being featured.
- Science students, using the *International Café* menu, can determine which food groups are being represented using the Food Guide Pyramid.

■ Involve your community

- Invite a guest storyteller from another country to come to school and tell students one of their country's traditional folk stories.
- Contact your local librarian and ask him or her to create a display of books about the countries you are featuring, with assistance from the school librarian.
- Ask your local travel agent to donate pictures, posters, or videotapes that feature the countries being represented.

● Involve the media

Contact a reporter from your local newspaper and ask him or her to attend, eat at, and write a story about the *International Café*.

Team Nutrition Resource Link:

A Tool Kit for Healthy School Meals.
This resource for school foodservice contains lots of ethnic recipes and creative ideas to turn your cafeteria into an *International Café*.

To order call the National Food Service Management Institute at (800) 321-3054, or visit their Web site at:

www.nfsmi.org

Web Link:

www.mixingspoon.com

Get your passport and take a trip to *Tastes of the World* and you will find Italian, French, Chinese, and Mexican recipes, to name a few. The adventure doesn't end there! You can enter the Kid's Kitchen and get recipes for *Banana Push-Ups* and *Monkey Bread*.

Books for Kids:

Too Many Tamales

by Gary Soto

All Kinds of Children

by Diane Paterson



Taming the Snack Monster...

■ What is it?

Parents come together at an already scheduled event such as school open house, parent/teacher conferences, or a PTA/PTO meeting, and take part in a fun, hands-on workshop where they learn about, prepare, and sample nutritious, great-tasting after school snacks.

▲ Getting started

Form a planning committee to help organize the workshop. Include your foodservice director and anyone else who might be interested in helping to plan or conduct the workshop, such as your school nurse, an interested teacher, a parent, someone from your PTA/PTO, your school health coordinator, a community health/nutrition specialist, and a home economics or life skills teacher. Choose a date and a location for the workshop.

● Next steps

Divide the job responsibilities among members of your workshop planning team. You will need someone to...

- prepare a short oral presentation for parents on why snacking is important.
- choose easy-to-prepare, low-cost snack recipes. (Use Team Nutrition recipes!)
- determine how you will pay for and purchase food for snacks.
- conduct the hands-on, snack-making portion of the workshop. Don't forget to taste!

Once you know what your presentation will consist of, develop a short survey for parent participants that asks them what they liked about the workshop, what they did not like, and what else should be included next time. (See the evaluation section of this booklet, *Evaluation Tips and Tools for Team Nutrition Events*, for great ideas and sample surveys.)

■ Foodservice link

Your school foodservice director can...

- explain to parents why healthy snacking is important.
- choose snack recipes and obtain food for the workshop, and conduct the hands-on portion of the workshop.
- promote the After-school Snack Program (if your school has one).



...A Workshop for Parents

Home link

Invite friends and family members as well as parents to attend the workshop, such as grandparents, childcare providers, older siblings, and others. Send home the handout *Super Good-for-You Snacks* (see Team Nutrition Resource Link, this page).

Classroom link

- Language Arts students can bring in a recipe for their favorite healthy, homemade snack. The teacher can assemble all the recipes into a classroom cookbook for each family. Each recipe can be coded to show the Food Guide Pyramid food group it best represents.
- Math teachers can assist students in making charts or graphs that will show which snack-foods students eat most often, Food Guide Pyramid food groups represented by snack choices, their favorite snack choices, and how many times a day (or week) students eat snacks.

Involve your community

- Grocery stores/school food vendors can donate food for the workshop.
- Community agencies can inform parents about resources available to them that focus on nutrition, parenting education, and stretching their food dollars.
- Local businesses can put up posters to publicize the workshop.

Team Nutrition Resource Link:

Use the copy-ready hand-out, *Super Good-for-You Snacks from Team Up at Home*. Download this resource at: www.fns.usda.gov/tn

Web Link:

www.npin.org
Visit the National Parent Information Network and search their archives for articles on nutrition and food.

Books for Kids:

The Magic School Bus: Inside the Human Body
by Joanna Cole

Involve the media

Ask a reporter from your local newspaper to attend, take pictures of, and write an article about the workshop for publication in the family section of the newspaper.



Team Nutrition Walk-About Parade

■ What is it?

Students, teachers, and foodservice staff members introduce Team Nutrition to parents, families, and the community by conducting a Team Nutrition *Walk-About Parade*.

▲ Getting started

Form a parade planning committee. Choose a date, time, and path for the parade. Call your city manager's office to make sure the route you have chosen is approved, safe, and handicapped accessible. Ask the teachers (by grade level) to choose one of the Team Nutrition goals to promote during the parade. For instance, the third grade might choose the goal *Be Physically Active* and during the parade they could walk, skateboard, jump rope, bounce balls, roller skate, dance, or ride bikes behind a banner that states that goal. Find funding to cover any costs you might have for the parade, such as materials to make the banners, parade give-a-ways, etc.

PROMOTE THE GOALS OF TEAM NUTRITION

- Eat a variety of foods;
- Eat more fruits, vegetables, and grains,
- Eat lower fat foods more often;
- Be physically active.

● Next steps

Decide what parade participants will do. Create a flyer to invite parents to attend or help with the parade. Design and construct bike and wagon signs, sandwich board signs, flags, banners, and costumes to support the Team Nutrition goals and any other health-related messages you want to promote.

■ Foodservice link

Your school foodservice director and his or her staff members can carry a banner that says *School Meals Fuel your Brain!* While they walk, they can hand out the Team Nutrition brochure *Healthy Eating Helps You Make the Grade*. Instead of a clown handing out candy to parade-watchers, ask a foodservice staff person to dress in a healthy food costume and hand out fresh fruit.

▲ Home link

Invite families to walk in the parade and help carry the Team Nutrition school banner.



Classroom link

- The Band instructor can help students select and play music that fits the theme of the parade.
- Language Arts teachers can teach students how to write a press release promoting the parade using the five “Ws”: who, what, where, when, and why.
- Art teachers can help students create Team Nutrition goal banners.

Involve your community

- Grocery store managers can donate fruit, pencils, and coupons to give to parade watchers.
- Business owners and operators can put up posters in stores or businesses to publicize the parade.
- Health-related agencies such as your county Extension office, hospital, and county health department, can take part in the parade.

Involve the media

Contact your local TV news station and tell them about the parade. Ask them to send someone to do a TV news story on the parade and to interview the parade coordinator about the Team Nutrition program at your school.

Team Nutrition Resource Link:

Healthy Eating Helps You Make the Grade. To order multiple copies call the National Team Nutrition office at (703) 305-1624, or download a PDF version (black and white or color) at the National Team Nutrition Web site:
www.fns.usda.gov/tn
In Michigan, to order multiple copies send an e-mail request to:
tn@msue.msu.edu

Web Link:

www.justmove.com
Your heart will be pumping when you visit the American Heart Association's exercise, fitness and health Web site. Get the latest fitness news, a guide to national fitness events, and even send a heart-felt message to a friend.

Books for Kids:

Parade
by Donald Crews



Walk with the Principal

■ What is it?

Students get fit and have fun while they take part in a school-wide walking club led by their own school principal.

▲ Getting started

Form a project planning committee. You might want to include your physical education teacher, school nurse, parents, and anyone else who might be interested in helping out with the event. Choose a date to begin promoting the program and a date to start walking. Map out a path for the walkers. If the path runs through a neighborhood off school grounds, call your city manager's office to make sure the route you have chosen is approved, safe, and handicapped accessible.

Before the walking club begins, ask the teachers to discuss with students the importance of being physically active. Find funding to cover any costs you might have for the walk such as water bottles for walkers, give-a-ways, balloons to mark the path, etc.

● Next steps

Decide when, during the day, the walkers should walk, e.g. at recess, mid-morning, mid-afternoon, after school, or whatever best fits your schedule. Design and construct mile markers and clearly label each 1/2 mile. Develop a way for students to keep track of how far they walk each day, such as cards where they record the distance, or tokens they can collect each time they walk one mile. Reward students for their efforts by giving them a small incentive prize each time they hit 10-15 miles, such as pencils or a coupon for a free fruit or juice in the school cafeteria. Create a *Golden Mile Club* that each student can join once he or she has walked 50 miles. Post the names and pictures of club members in a hallway display case or on a school bulletin board.

■ Foodservice link

Your school foodservice director and his or her staff members may be able to prepare a healthy drink or snack for the walkers.

▲ Home link

Encourage parents to join the walking club, help supervise the walking path, and pass out prizes and incentives.



Classroom link

- Math students can tally up the tracking cards and determine how far the whole school has walked collectively each week or month.
- Social Studies students can trace the history of race-walking.
- Art teachers can help students create the mile markers.

Involve your community

- Ask local businesses and health-related organizations to sponsor the walkers for one month by donating small incentives such as water bottles, shoe laces, or a gift certificate to a sporting goods store for all *Golden Mile Club* winners.
- Invite community members to participate in the walking club.

Involve the media

Contact your local TV news station and tell them about the program. Ask them to send someone to interview program participants, and prepare a human-interest story for the evening news.

Team Nutrition Resource Link:

*Healthy School Meals – Healthy Kids!
A Leadership Guide for School
Decision Makers. Call the National
Team Nutrition office to order:
(703) 305-1624, or download a
copy at the National Team
Nutrition Web site:
www.fns.usda.gov/tn*

Web Link:

www.michiganfitness.org
Invite your principal to walk on over
to this awesome site! Here you can
learn about regional fitness councils
in Michigan, Walk Michigan, and
ACES-With A Friend (All Children
Exercising Simultaneously).
You will definitely want to celebrate
physical activity!

Books for Kids:

Bear About Town
by Stella Blackstone



All Eyes on Team Nutrition

■ What is it?

Teachers, foodservice staff members, students, and others take responsibility for designing, creating, and maintaining a Team Nutrition school bulletin board or showcase display.

▲ Getting started

Form a Team Nutrition bulletin board planning committee. Decide how often you will change the board based on how many people or teams you have that are interested in taking part in the project. You might want to assign a specific theme for the board or showcase, e.g. each board must focus on one of the four goals of Team Nutrition (see below), or you might want to keep things more general and let teachers and students choose their focus. Schedule a date for the board to be changed and designate a person in charge. Secure funds and solicit donations as necessary.

PROMOTE THE GOALS OF TEAM NUTRITION

- Eat a variety of foods;
- Eat more fruits, vegetables, and grains,
- Eat lower fat foods more often;
- Be physically active.

● Next steps

Teachers, students, and foodservice staff members can meet together to share ideas about what to feature in the displays. In the classroom, participating teachers can provide students with fun, hands-on activities that promote and teach students more about the topic they chose to focus on. Together, they can design and create the board or display to reflect what students learned in class.

■ Foodservice link

Your school foodservice staff members can be in charge of the board at least once during the school year. (Consider putting a display in the cafeteria if a bulletin board is not available.) They can also offer foods that fit each theme on school menus.

▲ Home link

Invite parents to help design and create the displays, or to look at them during parent/teacher conferences.



Classroom link

- Language Arts teachers can teach students to create nutrition and health messages for the display.
- Art teachers can help students create theme-related artwork for displays.
- Math teachers can teach students how to determine the dimensions of pieces that will fit on the display.
- Social Studies teachers and students can create a display that features multicultural food and food customs.
- Science teachers and students can create a display that focuses on the link between food and agriculture.

Involve your community

- Local businesses can donate materials, posters, and supplies for displays.
- Health-related agencies/organizations can sponsor a board or display.

Involve the media

Take pictures of each finished board or display and write a short article about the project to go with the pictures. Submit for publication in your school or district newsletter.

Team Nutrition Resource Link:

Team Nutrition posters. Call the National Team Nutrition office to find out what's available: (703) 305-1624.

Web Link:

www.louisianaschools.net/DOE/dna/teamnutr.asp

Go to "Resources" and click on *Jazzy Food and Nutrition Bulletin Boards* for step-by-step instructions and pictures that will help you create eye-catching bulletin boards that feature positive nutrition and health messages.

Books for Kids:

Eating Fractions
by Bruce McMillan



Discover the World of Food and Books

What is it?

Students feed their tummies and their minds – at the same time! Parent volunteers read nutrition and food-related books to children and help conduct nutrition education activities in the classroom as part of a weeklong Reading/Team Nutrition promotional event. At the end of the week students take part in a school-wide tasting party where they can taste some of the foods they've read about in books.

Do you know about the RIF (Reading Is Fundamental) program?

RIF is a federally funded program that develops and delivers children's literacy programs. The focus of the RIF program is to help prepare young children for reading and motivate school-age children to read. Through a national network of teachers, parents, and community volunteers, RIF programs provide **FREE** books and other essential literacy resources to children and families. Schools that have a RIF free-book distribution program need to provide students with a motivational activity that fits the theme of each book distribution. For more information about how you can become involved in RIF contact:

(877) RIF-READ.

or visit their Web site:

www.rif.org

Getting started

Form a planning team. Include teachers, parent volunteers, the foodservice director, your local RIF coordinator, your school or local librarian, and anyone else who is interested in reading and eating! Choose a theme for your promotion. Themes that link reading and Team Nutrition could include but are not limited to:

- Cooking
- Trying new foods
- Multicultural foods and food customs
- The Food Guide Pyramid
- Fruits and vegetables
- Growing food

Create a catchy name for your program that fits the theme such as *Growing with Books!*, *Around the World with Food and Books*, *Books Cook*, or *Recipes for a Healthy Mind*.

Next steps

Recruit parent volunteers to read to students in class and to help with the activities. Develop or choose hands-on activities for students that fit the theme of the books that will be read in the classroom each day (M-F) during your special week. For instance, a volunteer parent might read the book *Bread, Bread, Bread* by Anna Morris to students, then lead them in an activity where they make bread-in-a-bag (page 147, *The Community Nutrition Action Kit*, download at www.fns.usda.gov/tn). Find funding for the project and purchase any supplies you need for the activities. Meet with the foodservice director to plan a school-wide tasting party where students can taste some of the foods they've read about that week.



■ Foodservice link

Your school foodservice director can be responsible for choosing and preparing foods for the Team Nutrition Tasting Party.

● Home link

Send a list of all the books you've read in class home to parents that can't be volunteer readers or can't help out with the tasting party.

▲ Classroom link

- To learn about the Food Guide Pyramid, read the book *The Edible Pyramid* by Loreen Leedy.
- For a closer look at the foods and customs of different ethnic populations, read the book *Everybody Cooks Rice* by Norah Dooley.
- To get students excited about eating more fruits and vegetables, read the books *Oliver's Vegetables* and *Oliver's Fruit Salad* by Vivian French.
- To teach children to enjoy a variety of foods, or try new foods, read *Bread and Jam for Frances* by Lillian Hoban.

■ Involve your community

- Ask local businesses to donate small prizes or give-a-ways for students that fit your Reading/Team Nutrition theme.
- Invite community members to read to students in the classroom and help conduct Team Nutrition activities.

Team Nutrition Resource Link:

Food and Me, the Team Nutrition teaching kit for grades PreK-K links food and books in every lesson. To order this kit call the National Food Service Management Institute at (800) 321-3054, or visit their

Web site at:

www.nfsmi.org

Web Link:

www.asfsa.org

The American School Food Service Association knows food but they also know about books. The KidZone has great kid-friendly recipes and a list of children's books about nutrition.

Books for Kids:

Are you looking for more children's books about food? Go to the Michigan Team Nutrition Web site:

www.msue.msu.edu/fnh/tn

● Involve the media

Contact a reporter from your local newspaper and ask him or her to write an article about the partnership between the RIF and Team Nutrition program at your school.



Pizza Parade

■ What is it?

Who doesn't like pizza? Students have fun creating their own individual pizzas using a variety of low-fat toppings.

▲ Getting started

Form a planning team. Decide on the date, time and place for the *Pizza Parade*. Meet with your foodservice director and decide which type of pizza crusts (pre-made or home-made) you will use, and what healthy toppings you will offer. Be sure to include plenty of veggies and some fruit for students to try.

● Next steps

Set up your salad bar or serving counter so that students can parade by, choose their toppings, and build their own pizzas. Develop a system so students will be able to identify their own pizza after it is cooked. Display a Food Guide Pyramid poster and highlight the parts of the Pyramid the pizza ingredients fit into.

■ Foodservice link

Your school foodservice director or manager can teach students how to prepare homemade pizza crust in the classroom or kitchen.

▲ Home link

Turn the *Pizza Parade* into a family affair. Encourage students to invite their parents to eat lunch at school and share their pizza.

● Classroom link

- Art teachers can ask students to paint a “Picasso-style Pizza” on paper depicting the most unusual ingredients they can think of. These “pizzas” can then be used to decorate the school cafeteria or dining room bulletin board the day of the *Pizza Parade*.
- Math teachers can teach students about fractions using make-believe pizza problems.
- Social Studies/Language Arts students can trace the origin of, and write about the first pizza.
- Science teachers can work with students to show where pizza ingredients fit in the Food Guide Pyramid.



Involvement your community

- A local chef can demonstrate how to toss homemade pizza crust.
- A grocery store manager can donate toppings for the *Pizza Parade*.

Involvement the media

Ask a reporter from your local newspaper to attend, take pictures of, and write an article about the *Pizza Parade*.

Try these low-fat pizza toppings: sliced tomato, fresh spinach, cooked tortellini, green and red pepper strips, black beans or pinto beans, or baked potato slices.

Team Nutrition Resource Link:

Food Time, the Team Nutrition teaching kit for grades 1 and 2; Lesson #4, *Pyramid Pizza*.

To order this kit call the National Food Service Management Institute at (800) 321-3054, or visit their Web site at:

www.nfsmi.org

Web Link:

www.5aday.com

Download a free coloring book, send an e-mail to Produce Man, or scroll through oodles of recipes that feature fruits and vegetables (including Fresh Tomato Pizza).

Books for Kids:

Read the book

Pizza Soup

by R. Robinson



Team Nutrition Olympics

What is it?

In the spirit of the Olympics, get the message across to kids: Being physically active is fun, feels good, and is good for you! Students are challenged physically as well as mentally while they play nutrition-related games that promote being physically active and making healthy food choices.

Getting started

Form an Olympic planning committee. Choose a location and schedule a date and time for the Olympics. Recruit volunteers such as school staff members, parents, high school students, and community members to be in charge of an Olympic event (see “Next steps”). Contact the school foodservice director and ask him or her to provide a healthy snack and drink for Olympic participants.

Next steps

Decide what types of games you want to play. You'll find lots of great ideas in the *Community Nutrition Action Kit* (See Team Nutrition Resource Link, opposite page) on pages 173-181 such as:

- Healthy Hopscotch
- The Great Grain Obstacle
- Running Around the Pyramid
- Nutrition Wheel

Create a simple evaluation form for students to keep track of which events they participated in. In keeping with the Olympic theme, create gold, silver, and bronze “medals” made out of paper to hand out to students and family members who participate in the events. For example, if you take part in all of the events (100%) you receive a gold medal, 75%, a silver medal, and 50% a bronze medal. Make sure you have enough medals so that parents and siblings can join in the fun, too. Send a letter to everyone who has agreed to help with the event, and remind them of the date, time, and what they will be doing. Tell them how many participants you expect.

Foodservice link

Your school foodservice staff members can provide a healthy snack and/or drink for your budding Olympians from the Team Nutrition Resource *Food, Family, and Fun: A Seasonal Guide to Healthy Eating*.



▲ Home link

Develop a catchy flyer and invite parents to attend the *Team Nutrition Olympics* and assist with an event.

● Classroom link

- Language Arts students can write an essay about their favorite athlete or sport.
- Social Studies/History students can trace the history of the Olympics.
- Art students can create signs to identify each Olympic event and assist in making the Olympic medals.

■ Involve your community

- Ask local businesses to donate health-related prizes or incentives for event participants.
- Contact community agencies and organizations and ask them to provide information for families about local programs that encourage physical activity and a healthy lifestyle such as YMCA, AYSO (American Youth Soccer Organization), community education classes, local parks programs, walking clubs, and others.

▲ Involve the media

Invite a reporter from your local newspaper to attend, take pictures of, and write an article about your school's *Team Nutrition Olympics*.

Team Nutrition Resource Link:

The Community Nutrition Action Kit.
Call the National Team Nutrition office to order: (703) 305-1624, or download a copy at the National Team Nutrition Web site:
www.fns.usda.gov/tn

Web Link:

www.kidshealth.org/kid
Investigate the Food Guide Pyramid and food labels, as well as the latest facts about eating disorders and sports nutrition on this very cool site. Contains tons of information about kid's health issues, several interactive games, a medical word list and other tasty treats.

Books for Kids:

A Kaleidoscope of Kids
by Emma Damon
Whoever You Are
by Mem Fox
Bearobics
by Vic Parker



Empty Bowls

What is it?

With the help of the art teacher, students construct one-of-a-kind handmade bowls out of clay. The school then hosts an *Empty Bowls* dinner that is open to the community. For \$5-10, each person who attends the event will get to choose a bowl to keep, and eat a meal of soup and bread from their *Empty Bowl*. Those who attend who do not wish to purchase a bowl will be charged a nominal fee for the meal. All proceeds from the event are usually donated to a local food pantry, soup kitchen, or shelter. Bowls can also be sold separately for people who cannot come to the meal.

Getting started

Form an *Empty Bowls* planning committee. Meet with the art teacher to discuss who will take part in making the bowls, and when the bowls will be made. You can involve one or two grade levels or an entire school. Decide how and from what source you will buy the clay. Find funding to cover the cost of the clay, paint and glaze supplies, firing the bowls, and food and decorations for the event. Choose a location and schedule a date for the event.

Invite local celebrities (e.g. high school or college athletes, the mayor, a local TV or music personality) to make their own bowls. Hold a celebrity bowl auction and sell the bowls to the highest bidders.

Next steps

Finalize the menu and decorations with the event planning committee. Be sure to include your school foodservice director. Ask someone from the agency to which you are donating the profits, to give a short speech the night of the event about what the money raised will be used for. Transport the bowls and decorations to the event location, e.g. school gym, cafeteria, YMCA, or local church.

Foodservice link

Your school foodservice director can be in charge of preparing the soup and bread for the event using Team Nutrition recipes. (See *Team Nutrition Resource Link*, opposite page.)

Home link

Invite parents to come to school and help make the bowls. Send home healthy soup recipes the evening of the event.



Classroom link

- Art teachers can assist students in crafting their *Empty Bowls*.
- Band students can perform during the *Empty Bowls* meal.
- Home Economics or Life Skills students can help prepare the soup and bread.
- Social Studies teachers can teach students about hunger around the world.

Involve your community

- Encourage local business owners to advertise the event on business marquees.
- Ask a local bakery or grocery store to donate bread or rolls.
- Invite community members to attend the meal.

Involve the media

Call your local radio station and ask them to interview one or two people involved in the *Empty Bowls* event such as the art teacher, foodservice director, Team Nutrition school leader, or the director of the organization that will receive the proceeds from the event.

Team Nutrition Resource Link:

A Tool Kit for Healthy School Meals.
This resource for school foodservice contains several delicious soup and bread recipes that event participants are sure to enjoy. To order call the National Food Service Management Institute at (800) 321-3054, or visit their Web site at:
www.nfsmi.org

Web Link:

Need more information on *Empty Bowls*? Go to:
www.emptybowls.net

Books for Kids:

Read the books

Stone Soup

by Marcia Brown

Making Minestrone

by Stella Blackstone
and Nan Brooks



Team Nutrition School Garden

What is it?

Students, teachers, families, and community members have fun planning, planting, and harvesting their own *Team Nutrition School Garden*.

Getting started

Form a *Team Nutrition School Garden* planning team. Decide where you will put the garden, and what you want to plant. Easy-to-grow fruits, vegetables, and herbs include: strawberries, melons, pumpkins, tomatoes, peppers, green beans, cucumbers, lettuce, squash, basil, mint and thyme. Contact your county Extension office and find out if they have a Master Gardener or a Master Gardener's apprentice available to help you plan and plant your garden.

There are lots of Team Nutrition resources you can download for FREE. Visit the National Team Nutrition Website at:
www.fns.usda.gov/tn

Next steps

Create a plan for your garden on paper. Determine what you can plant given the space you have available. Ask for volunteers. Contact parents, grandparents, and community members to help students and school staff members plant the garden. Gather the tools you will need such as shovels, hoes, rakes, trowels, gardening gloves, seeds, dirt, hoses, stakes, and plant food. After the garden is planted, assign teams to care for the garden during the school year and summer months. Choose a date in the fall to hold a school-wide harvest party. Select recipes that feature fresh produce from the Team Nutrition resource, *A Tool Kit for Healthy School Meals*, and prepare them using fruits and vegetables from the school garden. Create a simple evaluation form for students to rate the foods they taste. (See the evaluation section of this booklet, *Evaluation Tips and Tools for Team Nutrition Events*, for great ideas and sample surveys.) Add their favorites to the school lunch menu. Share recipes with people who attend.

Foodservice link

Your school foodservice director can be in charge of preparing the fresh fruits and vegetables for the harvest party. He or she can use the produce in the school lunch or breakfast program.



▲ Home link

Invite families to sign-up to tend the garden during the summer months. In the fall, be sure to invite family members to attend the Harvest Party to taste the fruits of their labor!

● Classroom link

- Science teachers can teach students to grow starter plants from seeds in the classroom.
- Art teachers can help students create a sign for the garden or decorate stakes to identify the plants growing there.
- Math teachers can create hands-on math problems by asking students to measure plants, chart and compare the growth of different plants, and measure or weigh fresh produce.

■ Involve your community

- A Master Gardener from your county Extension office can assist with planning and planting the garden.
- A local nursery can donate seeds and tools for the garden.
- A community organization or church can donate space (if the school has none available) for the garden.

Team Nutrition Resource Link:

Team Nutrition Days and Beyond: How To Kit. Call the National Team Nutrition office to order: (703) 305-1624, or download a copy at the National Team Nutrition Web site:
www.fns.usda.gov/tn

Web Link:

www.broccoli.com

Take a virtual tour on planting to harvest or go to Broccoli Town and join the Kid's Club. Kids (and adults!) will enjoy digging into history, games, activities, and recipes.

Books for Kids:

Learn more about growing vegetables. Read the books

Jody's Beans

by Malachy Doyle

Growing Vegetable Soup

by Lois Elhert

▲ Involve the media

Invite a reporter from your local newspaper to write a two-part story about your Team Nutrition School Garden. Invite him or her to attend, take pictures of, and write about the planting party in the spring, and the harvest party in the fall.



Adopt a Food Group

What is it?

Classrooms or grade levels choose one of the five food groups to study and take part in fun, hands-on activities to teach them more about the group they've chosen. A special visit from the school foodservice director helps tie it all together with a classroom presentation and a Food Group Tasting Party. A Food (Group) Drive gets families and the community involved.

Getting started

Form an *Adopt a Food Group* planning team. Decide on a date for students to begin studying the food group they chose. Teachers (or whomever provides the education component of this project) should review the Team Nutrition teaching kits (See *Team Nutrition Resource Link* on opposite page) and select lessons and activities from the materials that relate to the food group their class is going to study.

Next steps

Find funding (you might want to ask your school PTA/PTO) and purchase any supplies you will need to teach the lessons. Meet together with the teacher and foodservice director to plan the foodservice director's classroom presentation, and to choose foods for students to taste during the classroom tasting party.

Home link

Sponsor a Food (Group) Drive. Ask students to bring from home a non-perishable food from the food group they've been studying. For example, the classroom or grade that's been studying the bread group can bring in rice, barley, pasta, or quick bread mixes. After the *Adopt a Food Group* program is over, families can help gather the foods together and donate them to a local soup kitchen or food pantry.

Foodservice link

The school foodservice director can visit classrooms and show students why eating school lunch is nutritious. (Hint: It has something to do with the food groups!) He or she can also help with the classroom tasting parties where students can taste foods from the group they are studying.



Classroom link

- Language Arts teachers can read books about the food groups and the Food Guide Pyramid.
- Math teachers can develop a worksheet with math problems that address serving size, such as: “Karen had a piece of toast for breakfast and a sandwich with two slices of bread for lunch. How many more servings from the bread group does Karen need to meet her daily requirement?”

Involve your community

- Contact your local grocery store and ask them to donate non-perishable foods for the Food (Group) Drive.
- Plan a field trip related to the food group you are studying. You might want to visit a pumpkin patch, an apple orchard, a dairy farm, or a bakery.
- Invite school board members to attend the taste-testing.
- Encourage community members to become involved in the project by delivering donated non-perishable foods to the school.

Involve the media

Develop a public service announcement to be aired on your local radio station and cable TV channel to promote the Food (Group) Drive.

Team Nutrition Resource Link:


The Team Nutrition teaching kits, *Food and Me*, *Food Time*, *Food Works*, and *yourSELF* focus on eating a variety of foods from all of the food groups that make up the Food Guide Pyramid. To order call the National Food Service Management Institute at (800) 321-3054, or visit their Web site at:
www.nfsmi.org

Web Link:

Want to download more classroom activities related to the Food Guide Pyramid? Go to:
www.idd-inc.com/pyramidtracker
Discover the Pyramid Tracker where kids age 7-10 can evaluate their diet and learn more about the Food Guide Pyramid.

Books for Kids:

The Edible Pyramid
by Loreen Leedy
All Our Fruits and Vegetables and The Food I Eat, The Food You Eat
both by Roberta Duyff



got milk?TM and More

What is it?

Students, parents, and family members have fun playing a guessing game, sampling low-fat cheeses, concocting fruit smoothies, and sporting their own milk mustaches while they learn about and taste-test a variety of good-for-you dairy foods.

Getting started

Form a planning committee to help organize the event. Include your foodservice director or manager and anyone else who might be interested in helping to plan or conduct the event, such as your school nurse, an interested teacher, a parent, someone from your PTA/PTO, your school health coordinator, and someone from your local, regional, or state Dairy Council. Choose a date and a location for the event. Find funding, and gather donations for any supplies you might need.

Next steps

Divide the job responsibilities among members of your event planning team. You will need people to plan, gather materials, set up, and work at the following booths or stations:

- **Information Station:** Gather brochures, handouts, posters, and recipes about dairy foods and calcium and set up an information station. Go to www.whymilk.com to order free brochures.
- **got milk?TM Guessing Game:** Provide samples of skim, 1%, 2%, and whole milk to blindfolded participants. Ask them to identify each

type, and to taste and rate their favorites.

- **Milk Mustache Photos:** You will need at least two people, one to hand out the special mustache-making milk (recipe below) to participants and one to take the pictures. Use a camera and have plenty of napkins available – this gets messy!
- **Wild Fruit Smoothies:** Using milk (plain and flavored), yogurt, frozen yogurt and plenty of fresh, frozen, and canned fruit, invite participants to “go wild” concocting their own fruit smoothies in a blender.
- **Bone Building Snacks:** Set up a tasting station and invite participants to sample a variety of low-fat cheeses, yogurt, and other calcium-rich snack foods.

Develop a short survey for participants to rate the foods they’ve tasted and to find out if they liked the event. (See the evaluation section of this booklet, *Evaluation Tips and Tools for Team Nutrition Events*, for great ideas and sample surveys.)

Foodservice link

Your school foodservice director and his or her staff members can...

- help organize the event, order food for the stations, and provide recipes to participants.
- promote calcium-rich foods on school menus.
- work at one of the booths.

FOOL-PROOF MILK MUSTACHES

Place about 3 tablespoons of whipped cream in a small disposable cup. Participants can dip their top lip into the cup or use clean hands to apply their own unique milk mustache.



Home link

Invite friends and family members as well as parents to attend the event, such as grandparents, childcare providers, older siblings, and others. Send home recipes that feature dairy foods on school menus, on a flyer that promotes your event, or in your school newsletter.

Classroom link

- Science students can take a trip to a local dairy to find out where dairy foods come from.
- Language Arts students can write a story about how they think chocolate milk is made.
- Social Studies students can learn about what types of milk (goat, sheep, etc.) they drink in other countries.
- Math teachers can assist students in making a chart or graph where they can track how many servings from the dairy group they eat each day for a week.

Involve your community

- Grocery stores and school food vendors can donate yogurt, milk, flavored milk, and cheese for the food tasting.
- Local businesses can put up posters in stores or businesses to publicize the event.

Involve the media

Invite a reporter from your local newspaper to attend, take pictures of, and write an article about your *got milk?*[™] event.

Team Nutrition Resource Link:

Check out the recipes that contain milk in the Team Nutrition resource, *Food, Family and Fun: A Seasonal Guide to Healthy Eating*.

You can access the recipes according to season at the National Team Nutrition Web site:

www.fns.usda.gov/tn

or, to order call the National Food Service Management Institute at (800) 321-3054, or visit their Web site at:

www.nfsmi.org

Web link:

www.whymilk.com

If you don't "got milk" you will after you visit this moovalous site and learn about nutrition and the importance of dairy products. Kids will enjoy looking at celebrities donning their milk mustaches and finding tasty ways to get a dose of calcium.

Books for Kids:

The Milk Makers
by Gail Gibbons



Eating the Alphabet

■ What is it?

Students take part in a month-long fruit and vegetable promotion where they learn about and taste-test fruits and vegetables from A to Z.

▲ Getting started

Form an event planning team that consists of your foodservice director, foodservice staff members, and anyone else who is interested in working on the project, such as teachers, parents, your principal, the school nurse, or the school health coordinator. Brainstorm to come up with a list of fruits and vegetables that begin with the letters A - Z. On day one, students will taste and rate one or two fruits and/or vegetables that begin with the letter “A”, such as avocado, and Asian pears. On day two they will sample fruits and vegetables that begin with the letter “B”, such as Brussels sprouts and blueberries, and so on.

● Next steps

Develop a simple evaluation form for students to record whether they tried the fruits and vegetables offered, whether or not they liked them, and whether or not they would like to see them

added to, or offered more often on, the school lunch menu. (See the evaluation section of this booklet, *Evaluation Tips and Tools for Team Nutrition Events*, for great ideas and sample surveys.) Choose a cheery, well-lit place to hold the daily taste-testings. Decorate the tasting area so that it will attract attention and so that students can quickly walk by, pick up the samples, and taste and rate the fruits and vegetables. Compile evaluation results and add the favorites to the school lunch menu or a la carte line.

■ Home link

Invite parents and other family members to come to school and take part in the taste-testing. Give them copies of Team Nutrition recipes that feature fruits and vegetables to take home.

▲ Foodservice link

Your school foodservice director and staff members can be in charge of decorating the cafeteria to fit the *Eating the Alphabet* theme and can order, prepare, and display the fruits and vegetables for tasting. He or she can also plan menus that feature a variety of foods with alphabet shapes such as Alphabits™ cereal, alphabet-shaped pasta, Cheerios™, or bagels).

Apricots, broccoli, cherries, dates, eggplant, figs, green pepper, huckleberry, Indian corn, jalapenos, kiwi fruit, lima beans, mushrooms,



Classroom link

- Art students can make “My Favorite Fruit or Vegetable” posters to help decorate the cafeteria.
- Math students can compile the results of the evaluation forms and share them with the foodservice director.
- Science teachers can teach students the difference between fruits and vegetables, how they grow, and why they’re good for you.
- Social Studies teachers can teach students where many of the non-domestic fruits and vegetables come from and explore which fruits and vegetables are grown in the United States or in their own state.

Involve your community

- Plan a field trip to a farmer’s market to look at the locally grown fresh fruits and vegetables in your area, or invite a local produce farmer or gardener to come and talk to the class.
- Ask a farmer or a local grocery store manager to donate fruits and vegetables for tasting.

Involve the media

Take pictures of students taste-testing colorful fruits and vegetables and submit with a press release to your local newspaper.

Team Nutrition Resource Link:

Use the fruit and vegetable guessing game, *What Am I?* from the Team Nutrition resource, *Target Your Team!* on your school menu.

Download this resource at:

www.msue.msu.edu/fnh/tn

Web link:

www.nal.usda.gov/fnic

The Food and Nutrition Information Center will provide you with an opportunity to select any food and nutrition topic from A to Z! Also features everything you would want to know about the Dietary Guidelines, Food Guide Pyramid and the most frequently asked consumer questions.

Books for Kids:

Read the book
Eating the Alphabet
by Lois Elhert

nectarines, oranges, papaya, quince, rutabaga, star fruit, turnips, Ugli fruit, vegetable marrow, water chestnuts, xigua, yams, zucchini.



Fruit and Education Bar

What is it?

Students visit a *Fruit and Education Bar* where they can look at, learn about, and taste (of course!) a variety of fabulous fruits!

Getting started

Form an event planning team. Decide on the date, time, and place for the *Fruit and Education Bar*. Meet with the foodservice director and decide which type of fruit to provide as samples on the bar. Encourage teachers to use lessons from the *Team Nutrition Teaching Kits* (order by calling the National Food Service Management Institute at (800) 321-3054) to teach children about where fruits come from, how many fruits they should eat each day, and why eating fruit is good for them.

Next steps

Choose a cheery, well-lit location for the bar. You may want to use your salad bar or serving counter, or you could gather together a few of the cafeteria tables and cover them with brightly colored tablecloths. Decorate the bar so that it will attract attention and so that students can quickly walk by and choose the fruits they want to sample. Design small education cards for each fruit that include this information:

- The name of the fruit
- Where it is grown
- How to eat it
- What nutrients it contains
- How to store it
- Where to buy it
- How much it costs

Copy the education cards on brightly colored paper and make sure you have enough so that each participant can take one for each fruit that's offered. Create a simple evaluation form that students can use to rate the fruits they taste. (See the evaluation section of this booklet, *Evaluation Tips and Tools for Team Nutrition Events*, for great ideas and sample surveys.) Compile evaluation results and add the favorites to the school lunch menu or á la carte line.



■ **Foodservice link**

Your school foodservice director and staff members can help set up the *Fruit and Education Bar*, and order, prepare, and display the fruit for tasting. He or she can also work with a team of staff members to develop the education cards.

▲ **Home link**

Invite families to eat lunch at school and participate in the fruit tasting. Provide Team Nutrition take home recipes that feature seasonal or locally grown fruits.

● **Classroom link**

- Art students can design and paint a special top or canopy that can transform the salad bar into the *Fruit and Education Bar*.
- Math students can compile the results of the evaluation forms and share them with the foodservice director.
- Science teachers can teach students the difference between fruits and vegetables.

■ **Involve your community**

- Plan a field trip to a local fruit farm or orchard so that students can see how fruits grow.
- Ask a farmer or a local grocery store manager to donate fruits for tasting.

Team Nutrition Resource Link:

Use the *Promotion Planning Worksheet*, found on page 204 in *A Menu Planner for Healthy School Meals*, to make sure you've covered everything you need to make your event a success. Need this resource? Call the National Team Nutrition office at (703) 305-1624 or download one at www.fns.usda.gov/tn

Web link:

www.nutritionforkids.com Books, teaching kits and other resources are right at your fingertips on this site. Enjoy the free online newsletter called "Feeding Kids" where you will get lots of nutrition news, articles, tips, and recipes.

Books for Kids:

Oliver's Fruit Salad
by Vivian French

● **Involve the media**

Invite someone from your local TV station to attend and take part in your *Fruit and Education Bar*. Arrange for him or her to interview your event coordinator or foodservice director and talk about why it's important for kids to eat fruit.



SENSE-ational Me! Health Fair

■ What is it?

SENSE-ational Me! is a community-wide health fair for children. At the fair children will visit five “sense-stations” (sight, sound, touch, smell, and taste) and participate in games, activities, and mini-health screenings conducted by local health professionals. Participants will also have the opportunity to taste healthy foods prepared using Team Nutrition recipes at the Taste Sense-station.

▲ Getting started

Form a planning committee and begin planning the health fair. Contact local health professionals and invite them to participate. You might want to include your school foodservice director, an optometrist, a dentist, an audiologist, a doctor or nurse, a social worker, a dietitian, parents, and teachers. Find funding to cover any costs you might have for food, decorations, printing, prizes, etc. Choose a location and schedule a date for the event.

● Ideas for sense-stations

Sight Sense-station: Students take part in vision screenings conducted by an optometrist or trained volunteers from your local Lion’s Club chapter.

- *Hands-on Activity: What Food Am I?* To set up the activity, create a giant collage-style poster of a variety of healthy foods. Make sure to include plenty of fruits and vegetables – they’re the most colorful! Write the names of the foods featured on the poster on small pieces of card stock paper. Ask participants to match the correct food name with the picture. Hint: use Velcro on both the poster and the backs of the cards to make them stick.

Touch Sense-station: Students perfect their sense of touch while they learn about, and practice good hand washing skills before touching “mystery foods.”

- *Hands-on Activity – Mystery Foods.* Gather five large, men’s tube socks. Inside the bottom of the sock, place a food that feels unusual to touch, e.g. kiwi fruit, rutabaga, rice, a coconut, a walnut, dry beans, etc. Ask students to use their sense of touch to guess what the mystery foods are. Hint: Don’t use foods that will easily crush inside the sock.



Sound Sense-station: Students take part in mini hearing screenings conducted by an audiologist or other hearing professional.

- *Hands-on Activity: Can You Hear Me?* To set up the activity, make a tape of someone doing these five health activities: brushing teeth, exercising, washing hands, sleeping, and eating something healthy (like a carrot). Set up your table with five listening stations with headphones. Create a worksheet to go with your activity that has the numbers 1-5 on the left side, and the picture of the health activity (e.g. brushing teeth) on the right. Ask the students to listen to the tape and to “connect” the sounds with the pictures.

Smell Sense-station: Students do not participate in a health screening activity related to the sense of smell at this station, but do the following activity:

- *Hands-on Activity: The Nose Knows.* To set up the activity, paint the outside of 5-10 clean, dry baby food jars with dark blue or black poster paint. Poke tiny holes in the lids and number each jar with permanent marker. Inside each jar, place a food that has a distinct odor, e.g. coffee, cinnamon, onion, garlic, orange, lemon, strawberries, pepper, anchovies, or Parmesan cheese. Ask participants to use their sense of smell to guess what’s inside the jars. (Make an answer key and use the number key to see if they are correct.)

Taste-Sense-station: Students watch a tooth brushing demonstration or take part in a dental screening conducted by a dentist and/or dental hygienist.

- *Hands-on Activity: A School Meals Tasting Party!* Students can taste and rate samples of new dishes made using Team Nutrition recipes that are being considered for the school lunch or breakfast menu.

Next steps

Once you know what will happen at each sense-station design an evaluation form that will allow participants to comment on what they’ve done. (See the evaluation section of this booklet, *Evaluation Tips and Tools for Team Nutrition Events*, for great ideas and sample surveys.) Send a letter to everyone who has agreed to help with the event reminding them of the date, time, and what they will be doing. Tell them how many participants you expect.

more on next page





SENSE-ational Me! continued

Foodservice link

Your school foodservice director and his or her staff members can help plan and order any food needed for the sense-stations. He or she can select and prepare Team Nutrition recipes to taste and rate at the Taste Sense-station.

Home link

Advertise the health fair in the community and school newspaper and invite families and community members to attend. Ask parents to volunteer at one of the sense-stations.

Classroom link


- Art students can create posters to decorate the event location (e.g. school gym, cafeteria, church, YMCA, etc.).
- Language Arts students can write an article for the school newspaper inviting parents to the fair.
- Math students can tally the health fair evaluation forms.

Involve your community

- Ask a hospital, pharmacy, optometrists' office, or family practice center, to donate health-related prizes for participants.
- Encourage local businesses to put up posters in stores to publicize the event.
- Invite community members to volunteer to work at a booth during the *SENSE-ational Me!* health fair.

Involve the media

Prepare a public service announcement to promote *SENSE-ational Me!* Contact your local radio station and ask them to air your announcement. Invite a reporter from your local newspaper to attend, take pictures of, and write an article about the health fair.



Team Nutrition Resource Link:

Team Nutrition School Activity Planner. A guide to involve supporters with school leaders in planning events and activities. This resource includes reproducible materials that can be personalized, copied, and distributed to children and parents. Download a copy in PDF format at the National Team Nutrition Web site:
www.fns.usda.gov/tn

Web link:

www.eatright.org
Visit the American Dietetic Association and get great nutrition tips, feature articles on hot nutrition topics, a nutrition fact sheet, and a resource list.

Books for Kids:

A Tasting Party
by Jane Belk Moncure



Start Your Day Off Right...

■ What is it?

Celebrate breakfast! The breakfast club is a before-school event where each student is encouraged to bring one or more family members to eat breakfast at school. The standard school breakfast is served along with a variety of other healthful, great-tasting breakfast foods.

▲ Getting started

Identify a coordinator and form a planning committee to help organize the event. Include your foodservice director or manager, the school principal, your school health coordinator, and any interested teachers, parents, or community members. Choose a date and a location for *The Breakfast Club*. Look for possible funding options and try to provide school breakfast free to all attendees the morning of the event. (See *Involve your community* for some great ideas.)

● Next steps

Determine which standard school breakfast you would like to offer, and what other additional breakfast foods you will have available for participants to taste-test. Exotic fruits and juices, yogurt, breakfast bars, hot and cold cereals, bagels, and flavored cream cheese are some examples. Or, look in *Team Nutrition's A Tool Kit for Healthy School Meals* and invite students and their guests to sample some new breakfast recipes. Design a simple evaluation form that will allow participants to comment on the foods they have sampled. (See the evaluation section of this booklet – *Tips and Tools for Team Nutrition Events*, for great ideas and sample surveys.)

In addition to the taste testing, you can also set up a table that includes information on the importance of eating breakfast. Contact your School Food Service Association for resources.

■ Foodservice link

Food service staff members can advertise *The Breakfast Club* on the school menu and in the school newsletter. In those communications, invite parents to volunteer to help prepare the taste-testing food items the day before or run the tables during the event.

The morning of the event, school foodservice directors can...

- answer guests' questions about the importance of eating breakfast.
- create a display that shows the nutritional value of one or two favorite school breakfasts.
- provide quick and easy breakfast ideas and recipes that parents and their children can prepare together at home.
- give out prizes to classrooms that have 100% school breakfast participation.

▲ Home link

Parent volunteers can help with the tasting stations by decorating the tables or serving food. It's always fun to pick a theme related to the season or what's popular with the kids.

When breakfast is being served, volunteers can greet the guests and offer to open juice and milk cartons.



...Join The Breakfast Club

Classroom link

- Social Studies teachers can include classroom discussions on students' favorite breakfast foods, what other children eat for breakfast around the world, or what constitutes a healthy breakfast.
- Language Arts students can develop a breakfast eating oath and can write thank-you notes that feature the oath to parents and community partners.
- Art students can design signs to promote the event and announce the classroom breakfast contest.
- Math teachers can help students graph who ate breakfast and who did not eat breakfast over a week time period, or they can tally the taste-testing evaluation forms.

Involve your community

- Contact the produce manager of your local grocery store. Let them know you are having a breakfast club event and see if he/she would be willing to supply fruit for the taste-testing or offer it at a discount. Some popular exotic fruit includes Ugli fruit, star fruit, pineapple kiwi, mango, and papaya.
- Ask agricultural commodity groups that represent fruits and vegetables such as apples, cherries, or potatoes to provide free incentives for the students,
- Ask local bakeries or bagel companies to donate bagels for your event. Often they will provide you with gift certificates that can be used as prizes in a drawing held during the event. You can also use the gift certificates as incentives for teachers with the greatest classroom participation.

Team Nutrition Resource Link:

Serving Up Success! This 30-page booklet features actual nutrition education activities created by schools across the country. Adapt the activity, *Fuel Your Tank and Go!!* (page 14) to fit the breakfast theme. Available from the National Team Nutrition office: Call (703) 305-1624 to request a copy, or download one at www.fns.usda.gov/tn

Web Link:

www.nutritioncamp.com
Learn why breakfast is a healthy habit to keep for a lifetime! When kids enter the Nutrition Camp they can play Trivial Trail, Nutrition Knock-Out or Match'Em.

Books for Kids:

Pancakes for Breakfast
by Tomie DePaola
Max's Breakfast
by Rosemary Wells

Involve the media

Invite a local radio or television host to your event. If they agree to participate, tell students that they can "Eat breakfast at school with 'Bob' and the morning crew from (insert station identification) on (date of event)."



Create Your Own Event

 **What is it?**

 **Foodservice link**

 **Getting started**

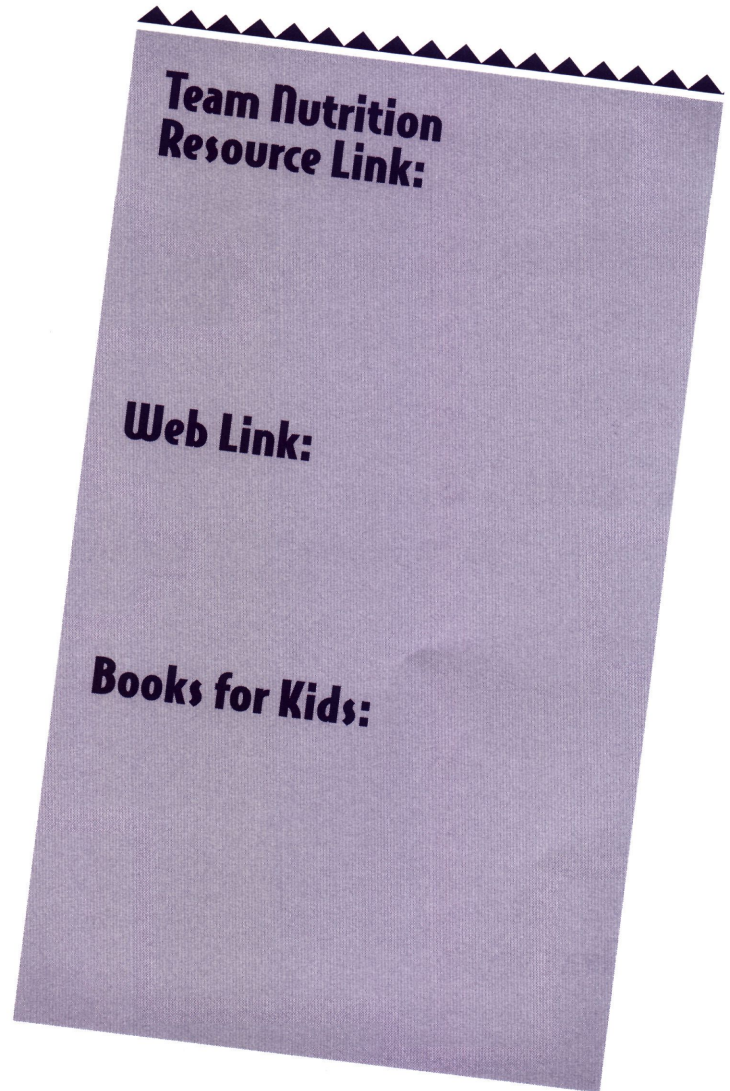
 **Next steps**

 **Home link**

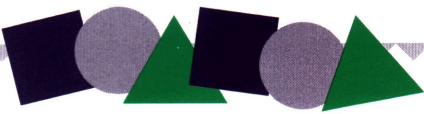


 **Classroom link**

 **Involve your community**



 **Involve the media**



Create Your Own Event

 **What is it?**

 **Foodservice link**

 **Getting started**

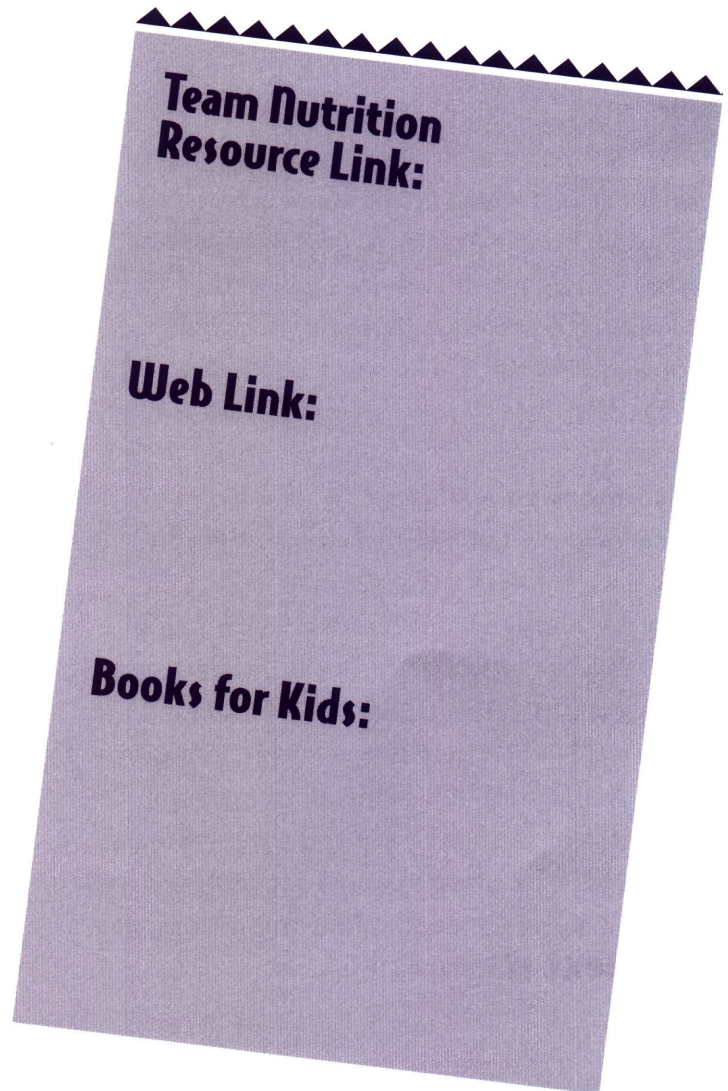
 **Home link**

 **Next steps**



 **Classroom link**

 **Involve your community**



 **Involve the media**

Evaluation Tips and Tools...

Most Team Nutrition activities have positive results... but you won't know unless you collect information that shows what was accomplished! Evaluation need not be extensive or formal. Just read through these tips and then choose one of the assessments that follow. They can be used "as is" or modified for your event.

Why bother to evaluate?

- It helps show the value of your project and how students benefited from it.
- It gives you a chance to collect information that will help you plan future activities.
- It involves parents, students, and others in the process of improving school meals and nutrition and physical education at your school.
- It's just not enough to say you think there were benefits or that people probably enjoyed the event, documentation helps you compete for more grants and future funding.

Tip:

Keep your evaluation short and simple.

Nobody likes to fill out long forms, especially if the print is small and the layout is boring! If you use a survey, include only a few questions (and the results will be easier to tally!). Ask yourself: What information do I absolutely need to collect to be able to show the benefits of my project and plan for next time? Check out the sample tools in this section.

Tip:

Offer a reward.

People like contests and winning prizes so figure out a way to reward them for filling out a survey or participating in an interview (if you can afford to purchase incentives). Ideas:

- Have people put completed surveys in a box and draw "winners". Use the TN cookbook *Food, Family and Fun* or donations from local businesses as prizes.
- Give students a cool pencil if they fill out a form; or enter their form in a raffle-type drawing for a school t-shirt or other prize.

Tip:

Share results.

After you select an evaluation tool, conduct the event, and tally your results... it's important to share the findings. Inform parents and principals about what students did, learned, or tried. Parents want to know what is being done to improve the school menu and what their children are learning or doing to be healthier. Ask your foodservice director to put information about your event and/or the results on the school menu. Share findings with your superintendent or school board to keep them informed about your accomplishments. Use the school or district newsletter to showcase your efforts. Sharing information or project results demonstrates your school's commitment to the health of students! Take credit where credit is due—put a statement such as this on your handouts,

...for Team Nutrition Events

evaluation tools, and summaries of results: *This event was conducted by (your name), (your title), of (name of district) Public Schools. Funding was provided by (put your funding source here if applicable).*

NOW... check out evaluation tools that have been used in other Team Nutrition projects!

There are several sample evaluation tools in this section that you might find helpful to collect information or to plan or evaluate your project. If they don't fit your project needs as is, just change them! To download these forms in Rich Text Format (RTF) so that you can change and personalize them go to the Michigan Team Nutrition Web site: www.msue.msu.edu/fnh/tn and click on "Resources".

Taste Testing Surveys

Are you doing a taste testing activity to find out which Team Nutrition recipes, fruits and vegetables, or ethnic foods students like? This is great information to use to improve the school menu! Use one of the taste testing evaluations in this section (they are both printed on the same page):

- **Taste Testing Survey** – Make a copy of this form and write or type in the foods that will be tasted. Then make as many copies as you need. Tasters can either write an "x" in the boxes or put stickers in the ones that agree with their opinion.
- **Taste Testing Mini-survey** – The mini-survey has the same headings as the Taste Testing Survey, but includes responses to be circled (can't

Web Link:

www.msue.msu.edu/fnh/tn

use stickers). It also includes questions about their favorite food and foods they would like added to school meals. Write or type in names of foods you will offer for tasting before you make copies.

Idea: Instead of using a paper survey, put a large poster by each food tasting station. On the top, write "Did you like [name of food/recipe]?" Draw a line down the middle and have yes or no headings so tasters can mark an "X" (or place a sticker) on the appropriate side.

Health Fair Evaluation

What Did You Do? Like? Learn? – This simple survey collects loads of information such as: what people did at a food fair, field day or workshop; what they liked, their suggestions for what to include if you repeat this event, as well as recommendations for other family health activities at school, what they learned, and even whether they intend to make any changes to improve their health. It also asks helpful questions like whether this was their first time attending this

more on next page

Evaluation Tips and Tools continued

type of event, how they heard about it, and why they came. Lastly, this tool helps you recruit volunteers for next time. You will need to add descriptors of your events and activities in the first two items. If this was not a “fair”, just change the word to the name of your event.

- **Please Tell Us... (Adults and Kids)** – These surveys are designed to be enlarged (at the copy store) to poster size. Place the poster evaluations at the exits and encourage people (adults and kids) to make an “X” or put a sticker in the right box. Just count the “X’s” or stickers to tally your results. You will need to type or write in the activities you offered under “How did you like...”

Breakfast Projects

- **Parent Breakfast Survey** – If your goal is to promote the school breakfast program or find out more from parents about students’ breakfast behaviors you can use this survey. If your project involves tasting breakfast foods, you could also use the Taste Testing Surveys in this section.

▲ Behavior Change

Many projects have a goal of helping students to change a behavior such as eating more fruits and vegetables. Here is a sample tool to help you guide students through the process of selecting and tracking a behavior. You can change the fruit and veggie focus to other areas such as physical activity or healthy snacks, by altering the wording.

- **Healthy Changes – More Fruit and Veggies** – This tool was designed to help students set a goal of eating more fruits and vegetables and tracking their progress. This is an educational (classroom) activity and evaluation all rolled into one. It stimulates awareness about just how difficult it is to change habits and helps students to realize the importance of seeking support from someone and thinking about the steps involved to make a change. This form can be used with students of any age but teachers need to remind them to write a response in the “How did it go?” section for four consecutive days. Teachers should also participate!

● Don't forget!

All of these evaluation tools (and more) are available at the Michigan Team Nutrition Web site: www.msue.msu.edu/fnh/tn

Taste-Testing Survey

FOODS to TASTE	Ever tried this food?		How does it taste?			Should we use in school meals?	
	Yes	No	Great	OK	Bad	Yes	No

Taste-Testing Mini Survey

FOOD	Have you ever tried this food?		How does it taste?			Should we have in school meals?	
	yes	no	great	OK	bad	yes	no

What are your favorite fruits and vegetables? _____

What other foods would you like for school lunch? _____

WHAT DID YOU DO, LIKE, LEARN?

1. Which of these Health Fair events did you visit or participate in?

___ XXXXX
___ XXXXX

___ XXXXX
___ XXXXX

___ XXXXX
___ XXXXX

2. Which do you think we should offer again if we have another one?

___ XXXXX
___ XXXXX

___ XXXXX
___ XXXXX

___ XXXXX
___ XXXXX

3. What did you like best about this Health Fair? _____

4. What was the most interesting thing you learned at the Fair?

5. Did this Fair help you decide to make any health changes? Please explain:

6. Something I would like to learn about health is: _____

7. How did you hear about this Health Fair? _____

8. We want to have more health activities for families at school. What ideas do you have?
Please suggest things you might really attend.

9. Is this the first Health Fair you ever went to? ___Yes ___No

10. Why did you come to this Fair? What did you hope to see, do or learn?

11. Which describes you? ___Parent ___Staff ___Student ___Sister/brother of Student
Other: _____

12. If you might be willing to help out at another Health Fair or Health Activity, please write your name and phone so we can contact you:

Name

Phone

ADULTS: Please tell us...

<i>How did you hear about this event?</i>			
Info from school	My child told me about it	Neighbor/friend	Other way

<i>Would you come again next year?</i>	
Yes	No

<i>Which describes you?</i>		
Parent	Staff	No children at this school but live in community

<i>How did you like...</i>	<i>Great</i>	<i>Good</i>	<i>OK</i>	<i>Didn't like</i>	<i>Didn't do</i>

PARENT BREAKFAST SURVEY

Your child has been learning at school about the importance of eating breakfast. We would like some feedback from you about their recent breakfast habits.

1. Does your child usually eat breakfast on weekdays?

Definitely Sometimes Not very often

2. Has your child suggested a new breakfast idea in the past few weeks (to eat at home)?

Yes No Not sure

3. Can your child name a good reason to eat breakfast (ask them!)? What did they say?

4. How many days does your child eat breakfast at school? _____

5. My child would eat breakfast more often at school if: _____

6a. Have you ever eaten breakfast at school with your child? Yes No

6b. What is your opinion of school breakfasts?

Great OK Not very good Don't know

7. We are always looking for new breakfast ideas (to serve at school). Please give us one suggestion of a breakfast item your child(ren) likes:

8. Any other suggestions about how we can improve the meals we serve at school?

THANKS!! THANKS!! THANKS!! THANKS!! THANKS!!

HEALTHY CHANGES--MORE FRUITS AND VEGGIES!

This tool includes these steps: selecting a behavior to change, identifying factors that will interfere with and promote success, and tracking the behavior. This log should be started on Monday and Tuesday and completed on Thursday or Friday.

1. Which of these will you try this week? (Choose only one!)

- Try one fruit or vegetable that I have never tasted before
- Eat fruit for a snack every day
- Make a recipe that has a fruit or vegetable in it
- Drink real (100%) juice every day

2. Can you think of any problems that will stop you from doing this?

- No fruits or vegetables you like at home
- Someone needs to buy more fruits or vegetables at the store
- Other problem _____

3. What's your strategy? What will help you really do this? Pick one of these ideas or write your own:

- Ask your parents to buy some fruits or vegetables so they will be handy.
Which ones? _____
- Find a recipe. Where will you look? _____
- Ask someone to remind you to: _____
- Other ideas to help you: _____

4. Who will help you make this healthy change?

- Me Mom or Dad No one Sister or brother Friend

5. Keep track...Each day write a few words about what you tried and how it went.

Day 1: What did you do? How did it go? <input type="checkbox"/> Great! <input type="checkbox"/> OK! <input type="checkbox"/> Not good!	Day 2: What did you do? How did it go? <input type="checkbox"/> Great! <input type="checkbox"/> OK! <input type="checkbox"/> Not good!
Day 3: What did you do? How did it go? <input type="checkbox"/> Great! <input type="checkbox"/> OK! <input type="checkbox"/> Not good	Day 4: What did you do? How did it go? <input type="checkbox"/> Great! <input type="checkbox"/> OK! <input type="checkbox"/> Not good



We would like to thank the following Michigan Team Nutrition Schools
for providing the “creative spark” behind many of the ideas in
Popular Team Nutrition Events.



AuSable Primary, Grayling Elementary	Grayling	Immaculate Heart of Mary	Detroit
Bates Elementary School	Woodhaven	Ironwood Area Schools	Ironwood
Bellevue Elementary School	Detroit	Jack D. Jones Elementary School	White Cloud
Benzie Central School	Benzonia	Kellogg School	Nashville
Bethany Christian Services	Grand Rapids	Kingsley Area Schools	Kingsley
Blackbird Elementary School	Harbor Springs	Lake City Elementary School	Lake City
Blessed Sacrament School	Midland	Lakeview Community Schools	Battle Creek
Breitung Schools	Kingsford	Lanigan Elementary School	Farmington
Brooklyn Elementary School	Brooklyn	Lansing Public Schools	Lansing
Bryant School	Owosso	Lawton Community Schools	Lawton
Buchanan Community Schools	Buchanan	Linden Community Schools	Linden
Buffey Elementary School	Flint	Maple Valley Alternative Education	Nashville
C.J. Sullivan Elementary School	L'Anse	McFall Elementary School	Middleville
Central School	Grand Haven	Milwood Middle School	Kalamazoo
Cesar Chavez Academy	Detroit	Montague Elementary School	Mt. Morris
Cherokee Elementary School	Clinton Twp.	Montague Public Schools	Montague
Cheybogan Middle School	Cheybogan	Mt. Morris Alt. Ed.	Flint
Clawson Public Schools	Clawson	Nolan Middle School	Detroit
Columbia Public Schools	Columbia	Northwest Kelloggsville Elementary School	Wyoming
Crystal Lake Schools	Benzonia	Ovid-Elsie High School	Clinton
Delton Elementary School	Delton	Owendale-Gagetown Elementary School	Gagetown
Drucilla Farwell School	Detroit	Owendale-Gagetown Jr./Sr. High School	Owendale
Durand Area Public Schools	Durand	Page Elementary School	Middleville
Eaton County Youth Facility	Charlotte	Pine Avenue Elementary School	Alma
Edgemont School	Belleville	Pinehurst Elementary School	Mt. Morris
Emerson Elementary School	Owosso	Reeths-Puffer Schools	Muskegon
Erie Elementary School	Clinton Twp.	Richardson Elementary School	Oscoda
Fowlerville Community Schools	Fowlerville	Sheridan Elementary School	Petoskey
Fox Elementary School	Macomb Twp.	South Haven Public Schools	South Haven
Frank Squires Elementary School	Cassopolis	South Middle School	Saginaw
Golightly Educational Center	Detroit	St. Basil School	South Haven
Grand Rapids Public Schools	Grand Rapids	Stanton Elementary School	Stanton
Gundry Elementary School	Flint	Surline Elementary School	Prescott
Hamaday Elementary School	Flint	Washington Elementary School	Charlotte
Handy Middle School	Bay City	Westwood Heights Public Schools	Flint
Hilton Elementary School	Brighton	William Davison School	Detroit
Homedale School	Flint	Woodside Elementary School	Hartford
Huron Elementary School	Clinton Twp.	Zeeland Public Schools	Zeeland





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