



FOOD & FUN AFTERSCHOOL, SECOND EDITION

UNIT 11

FOOD & FUN FINALE!

A NUTRITION AND PHYSICAL ACTIVITY CURRICULUM
DESIGNED TO HELP CHILDREN DEVELOP HEALTHY
HABITS DURING OUT-OF-SCHOOL TIME

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ABOUT FOOD & FUN AFTERSCHOOL, SECOND EDITION

The Y is not only one of the nation's largest providers of childcare and afterschool programs—but we are also determined to be the healthiest. As part of our commitment to young people, the Y has adopted a set of Healthy Eating and Physical Activity (HEPA) standards for early childhood and afterschool programs nationwide. The standards will build a healthier future for our nation's children by providing healthy environments rich in opportunities for healthy eating and physical activity and by supporting families to do the same at home.

The **Food & Fun Afterschool** curriculum is an ideal way to achieve the HEPA standards through activities and lessons designed to be easy to incorporate into your regular afterschool program schedules. Food & Fun includes 11 teaching units that encourage healthy behaviors through active play, literacy, math skills development, creative learning, and hands-on snack time activities. With more than 70 activities to choose from, the lessons make it simple to promote healthy eating and physical activity in your program every day! Food & Fun also gives you tools for engaging families in their children's health.

THE Y'S HEALTHY EATING AND PHYSICAL ACTIVITY STANDARDS FOR EARLY CHILDHOOD AND AFTERSCHOOL PROGRAMS

- Implement an educational program for parents and child care providers with physical activity and nutritional information relevant to the health of their children.
- Ensure that children engage in at least 60 minutes of physical activity per day (for full-day programs), including a mixture of moderate and vigorous physical activities that promote bone and muscle strengthening.
- Play will take place daily outdoors whenever possible.
- No access to television or movies.
- Limit digital device time to less than one hour per day. Digital device use is limited to homework or programs that actively engage children in activity.
- Serve fruits or vegetables at every meal.
- Serve all meals family style.
- No fried foods.
- Offer water at the table during every meal and have water accessible at all times.
- Serve beverages that do not have added sugars.
- Serve healthier beverages, including water, lowfat (1%) or nonfat milk, or 100% fruit juice (no more than one 6- to 8-oz serving per day).

The HEPA standards are based in part on years of research supported by collaborations with the Harvard School of Public Health (HSPH), University of Massachusetts at Boston, the Healthy Out of School Time Coalition (HOST) and the National Institute for Out of School Time (NIOST). Through these collaborations, as well as the experience of Ys across the nation, the Y has learned the most effective ways to create healthy environments in out-of-school time settings.

Additionally, the Institute of Medicine's Early Childhood Obesity Prevention policies, the National Afterschool Association's "Standards for Healthy Eating and Physical Activity in Out of School Time Programs" and the Let's Move Child Care Standards played a significant role the HEPA standards.

Teaching about healthy behavior is most effective when your program environment is consistent with the HEPA standards, which are supported through the Food & Fun curriculum. The Food & Fun materials were created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity in collaboration with YMCA of the USA. In addition to afterschool programs, these materials are appropriate for use in a wide variety of out-of-school time programs, like summer camps, sports programs, extended day programs, and before school programs.

For more information on the HEPA standards, visit [Exchange](#). All Food & Fun materials, including parent engagement tools, tip sheets on implementing the HEPA standards, snack recipes, and can be downloaded on [Exchange](#). For more resources from the Harvard School of Public Health, visit www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/.

UNIT 11

INFORMATION FOR LEADERS

BEHAVIOR GOAL

Children will review health messages from the Food & Fun lessons that have been taught at afterschool.

KEY MESSAGES FOR KIDS

- Fruits, vegetables, and whole grains taste great and are good for you.
- Being active is fun and good for your body!
- Water is the best drink when you are thirsty.
- Do something active instead of watching TV.
- Fats from fish, nuts, and seeds are healthy for your body.

KEY INFORMATION FOR PROGRAM STAFF

This unit, “Food & Fun Finale!” is an opportunity for you to review the key messages from Food & Fun, play a popular game or activity from a previous unit, and make your favorite recipes again. Try this out half way through Food & Fun, or when you have finished all of the units.

If you need a refresher of the key messages, reread the “Key Information for Program Staff” in each unit. If you notice that there are some key messages in this unit that you have not yet covered, consider teaching these units next. It is important for kids to understand all parts of a healthy lifestyle—staying physically active, eating healthy foods, drinking healthy beverages, and limiting time in front of the TV and computer. Don’t forget to check out some of the suggested references in each of the units if you want to delve deeper into a topic that kids really love!

You’ll find all the Food & Fun components on [Exchange](#). Also see www.foodandfun.org for additional resources.

ACTIVITY OPTIONS FOR CHILDREN



ACTIVE GAMES

1. Warm Up, Cool Down: Do this whenever the children are active
2. Mix and Mash: An adaptation of Twister® using food groups on a spinner



OTHER GROUP GAMES OR ACTIVITIES (CAN BE USED IN CIRCLE TIME OR SMALL GROUPS)

1. Name Three: A fun way to review lessons learned from all the units
2. Healthy Steps: A goal-setting activity for kids and staff
3. Act Up: Children will create a Food & Fun skit



SNACK TIME IDEAS

1. Make your favorite recipes from Food & Fun!
2. Taste test ideas: Repeat favorite taste tests from Food & Fun. Mix it up by adding new taste test samples and include parents and families in the fun!

The recipes and taste tests can be found in their respective units, or you can find all of them in the “Recipe and Taste Test Packet.” All Food & Fun resources are available on [Exchange](#).

CONNECT WITH PARENTS

KEY MESSAGES FOR PARENTS AND CAREGIVERS

- You are an important role model for your children so it is important for you to eat healthy and be physically active.
- Serve a fruit or vegetable with every meal and snack, even if your child doesn't always eat them.
- Whole grain breads and cereals help you feel full longer, and are packed with fiber and other nutrients.
- Water and lowfat milk are the best beverages to offer during snack and meal times.
- Limit the amount of time your children watch TV and play on the computer, and be prepared to offer other fun activities.
- Include "good for you" fats found in fish and plant sources like vegetable oils (such as olive and canola), nuts, and seeds.

PARENT ENGAGEMENT OPTIONS

It is important to engage parents and caregivers on a regular basis in a variety of ways. Here are some ways that you can engage parents at afterschool:

- Have a conversation with parents and caregivers at pickup
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents and caregivers in daily physical activities and snack time
- Hold regularly scheduled events each month
- **Repeat or try out new parent engagement activities from Food & Fun!** Talk to families about their favorite activity involving parents and caregivers and do it again! Or, take this opportunity to review parent engagement activities from previous units and try one out that you didn't have a chance to do before.

Select a popular or important theme for the community you serve and share the related messages from the Food & Fun curriculum using the parent tools available on [Exchange](#). If you didn't get a chance to send out an article to parents and caregivers before, now is a good opportunity. Remember the different communication options: parent handouts and parent communications (newsletter and email templates).

RESOURCES



WEBSITES

Harvard School of Public Health publishes an online nutrition news and resource center:
www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement, and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity on its website.
www.hsph.harvard.edu/prc/

Let's Move is First Lady Michelle Obama's initiative to provide parents and caregivers with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.
www.letsmove.gov/index.html

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.
www.healthiergeneration.org

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition, and physical activity.
www.actionforhealthykids.org/

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics. Also available in Spanish.
<http://kidshealth.org>

WEBSITES FOR KIDS

The BAM! (Body and Mind) program, of the CDC, provides tweens with tips on nutrition and physical activity. Children can explore the over 30 physical activities, including the necessary gear and how to play. They can also find great ideas for healthy snacks and meals.

www.bam.gov

KidsHealth also has websites especially for kids, in English and Spanish.

<http://kidshealth.org>