SUMMER MEALS PROGRAMMING TOOLKIT

Physical Activity and Nutrition Education Programming for Summer Meals Sites
Dear Summer Meals Host,

This toolkit is designed for site hosts, staff, volunteers or anyone who will be facilitating programming at their Summer Meals site and would like to incorporate nutrition and physical activity ideas. Activities range from 5–20 minutes and are appropriate for preschool-aged children through high school. Activities can accommodate drop-in style participants or those that want to spend a longer time with you. Our DINE team created this in response to requests for tips on how to incorporate health & wellness into Summer Meals programs. In this toolkit, you will find ideas, materials, and resources that you can use to promote a culture of health and engage Summer Meals site participants. Research shows that Summer Meals sites that offer programming have increased participation rates.

We know that students who eat nutritious foods and are physically active perform better in school, are happier, and are more likely to become healthier adults. The Summer Meals Program serves as an extension of School Nutrition Services’ breakfast and lunch programs. It provides children with healthy meals throughout the summer to reduce the risk of them missing meals at home. This programming also extends their classroom learning into the summer while promoting physical activity and wellness.

If you have any questions or comments about the toolkit, please contact Raina Goldstein Bunnag, MPH, RD, LDN at rbunnag@dconc.gov or 919-560-7891. We’d love to hear how you use these resources and any additional resources of your own.

In Good Health,

The DINE Team

www.dineforlife.org
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Nutrition Education & Physical Activity Ideas
Ages 3-6 (Pre-School/Early Elementary)

**Book Reading:** *Try acting out the words to most of these. Encourage the children to identify the fruits & vegetables and repeat names of fruits & vegetables after you.*

- “Up, Down, Around” by Katherine Ayres
- “The Bouncing, Dancing, Galloping, ABC” by Charlotte Doyle
- “The Very Hungry Caterpillar” by Eric Carle
- “I Eat Vegetables” by Hannah Tofts

**Handouts:** *Need writing utensils, scissors, and coloring utensils for kids to complete coloring sheets. Completed at meals or taken home by kids.*

- SF Environment- Color the Rainbow of Fruits and Vegetables ([See Appendix 2 #5](#))
- Plan Your Plate by Mom-Foodie ([See Appendix 2 #4](#))
- USDA MyPlate Characters Welcome to School Lunch ([see Appendix 2 #6](#))
- [Fruit and Vegetable Coloring Sheets](#)
- [Power Up Your Breakfast!](#) (See Appendix 2 #10)

**Physical Activity:**

- Fruits and Veggies Help Keep our Teeth Strong
  o *Need pictures of fruits and veggies and information on healthy teeth.* ([try this link](#))
  o Quickly review that fruits and veggies help keep our teeth strong. (1-2 minutes)
  o Test their knowledge: Show the kids pictures of single food items. For foods that are healthy for teeth, like fruits and veggies, have them run in place or jump up and down. If the food item is not healthy for their teeth, have them to pretend to brush their teeth with their finger.
  o Remind them that fruits and veggies are foods that are healthy for our teeth and we should eat these regularly.
- Go, Slow, and Whoa Foods (based on Red Light, Green Light)
  o *Need pictures of different foods ([try this link](#)) and of traffic lights or colored paper for red, yellow, and green.*
  o Play Red Light, Green Light. Depending on the space, you might have them run in place.
  o Talk to participants about how fruits and vegetables can help fuel their fun (1-2 minutes)
  o Show them a picture of a traffic light and get them to tell you what each color means.
  o Educate that some foods are “GO” (green light) foods and some foods are “SLOW” (yellow light foods). “GO” foods help us play harder, run faster, grow stronger and we can eat these often. “SLOW” foods, although may be yummy, but should not have these every day.
“WHOA” (red light) – we should stop eating when we are full.

Test their knowledge: Show pictures of “GO” foods and “SLOW” foods. If it is a “GO” food get them to run in place, jump in place or do high knees. If it’s a “SLOW” food, get them to squat down low.

- **Food Group Musical Chairs (pre-K/K version)**
  - Need chairs which can be moved around and music to play out loud.
  - Make a circle of chairs, with enough chairs for all but one student. The chairs should be facing outward.
  - Have the students stand outside of the circle.
  - Assign each student a fruit or vegetable. Give them the picture of the fruit or vegetable you assigned them to help them remember.
  - When you start the music have the students walk around the circle of chairs slowly. When the music stops, all the students must gently try to find an open seat and sit as quickly as they can.
  - The one student left standing must say what food they are. Option: get them to say if they are a fruit or a vegetable. Provide that student with a coloring sheet to work on while you continue.
  - Repeat, until all the children have gone at least twice.

- **USDA Summer Food Summer Moves- Activity Cube** (all ages, see Appendix 1 #5 for description and cube)
  - Need scissors, tape, and writing utensils. For kids to do while eating, part of group activity, and take home.

**Familiar Games:**

- Simon Says: Eat Healthy Foods (nutrition version, see Appendix 1 #1)
- Hot Potato → Hot Tomato (see activity description in Appendix 1 #7)
- Red Pepper, Green Pepper (based on Red Light, Green Light) (See activity description in Appendix 1 #8)

**Spanish Specific Activities:**

- **USDA MyPlate Characters Welcome to School Lunch [Spanish]** (See Appendix 2 #6)
- **USDA MyPlate Coloring Sheet** (see Appendix 2 #3)
- **Fruit and Vegetable Coloring Sheets**
**Ages 6-10 (Elementary)**

**Book Reading:**
- *The Ugly Vegetables* by Grace Lin
- *Growing Vegetable Soup* by Lois Ehlert
- *I Will Never Not Ever Eat a Tomato* by Lauren Child
- *The Giving Tree* by Shel Silverstein
- *Pick, Pull and Snap: Where Once a Flower Bloomed* by Lola Schaeffer
- *Eating the Alphabet* by Lois Ehlert
- *Monsters Don’t Eat Broccoli* by Barbara Jean Hicks

**Handouts:** Need writing tools, scissors, and coloring utensils for kids to complete word searches, crossword puzzle, word jumble, and writing activities. Completed at meals or taken home by kids.
- Veggie Colors Activities
- There’s a Rainbow on My Plate
- Nourish Interactive Spanish Coloring Sheets
- USDA Summer Food Summer Moves Placemat [English] [Spanish] (See Appendix 2 #1)
- North Carolina MyPlate Activity (See Appendix 1 #2 and Appendix 2 #2 for handout)
- SF Environment- Color the Rainbow of Fruits and Vegetables (See Appendix 2 #5)
- Plan Your Plate by Mom-Foodie (See Appendix 2 #4)
- USDA MyPlate Characters Welcome to School Lunch (See Appendix 2 #6)
- USDA MyPlate Crossword Puzzle (See Appendix 2 #7)
- Let’s Go 5210 Every Day- Coloring Sheet Placemat (See Appendix 2 #9)
- USDA MyPlate- Field Day Fun (See Appendix 2 #8)

**Physical Activity:**
- Garden Yoga (See Appendix 1 #9)
- Drink Smart to Play Hard Relay Race (See Appendix 1 #10)
- Go, Slow, and Whoa Foods (see above section for instructions)
- Food Group Musical Chairs (elementary version)
  - Need chairs which can be moved around and music to play out loud.
  - Make a circle of chairs, with enough chairs for all but one of the students. The chairs should be facing outward.
  - Have the students stand outside of the circle.
  - Assign each student to one of the five food groups [protein, vegetables, fruits, dairy, and grains, refer to www.choosemyplate.gov]. Each student must designate themselves as a food in their food group.
  - Pick one food group and have that group stand but tell the other students to sit on a chair.
When you start the music have the standing food group walk quickly around the circle. When you stop the music they have to find an open seat and sit as quickly as they can.

The one student left standing must say what food they are and then pick the next food group. That food group stands and the others sit.

Repeat, until all of the food groups have gone at least twice.

- **USDA Summer Food Summer Moves- Activity Cube** (all ages, see Appendix 1 #5)
  - Need scissors, tape, and writing utensils. For kids to do while eating, part of group activity, and take home.

- Deck of Cards Exercise Game
  - Need deck of cards.
  - Using a standard deck of playing cards assign each suit to a different exercise. Ex. hearts = jumping jacks, spades = squats, diamonds = toe touches and clubs = pushups.
  - Each card value is the amount of time spent on each exercise. Ex. 2-10 = 2-10 times, J=11, Q=12, K=13, A=1 or 14
  - Have a student pick a card and lead the class in the exercise for the given amount of time. Ex. Student picks the four of hearts, everyone would do four jumping jacks. Each student gets a turn to pick a card.

- Going on a Picnic Alphabet Game
  - Have students sit in a circle. Say “We are going on a picnic, what is (Insert child’s name) going to bring?” The students must list a fruit or a vegetable that starts with a letter of the alphabet. The first child does A, the second B, etc., in alphabetical order until you reach Z. If the students are having trouble with some letters, help them out by giving them clues. For example, “this vegetable starts with Y and rhymes with ham.” Another option is to give them an adjective and have them say their favorite fruit or vegetable with the adjective (ex.” Violet grapes, useful potato, etc.) You can also skip the hard letters.

**Games:**

- Garden to Go - Plant a seed in a 2 oz cup with soil, place in a plastic bag and send home with child (10 minutes)
  - Need plastic clear cups, soil, seeds, Ziploc bags, and directions for children to take home.
  - Talk to the kids about how fruits and vegetables are very healthy for them and that they don’t come just from the grocery store but from the soil!
  - Show them a picture or video of how foods in the SMP meals grow, such as potatoes, carrots, peas etc.
  - Give children cups with soil and they can plant a seed inside it. Give instructions for watering.
  - Good seed ideas are carrots, peas, squash, kale, and lettuce.
  - Use [this website guide](#) as a resource for doing this activity with grass.

- Guess the Food: Mystery box fruit or veggie (5 minutes)
  - Need a box and different produce. Cut a hole in the box top that is large enough for kids to put their hands in but not see inside.
o Put a fruit or vegetable in the box and close it. Let kids know that you put a fruit or a vegetable in the box but do not share what food it is.
o Have kids put a hand inside the box and tell them to feel the food object. Make sure they do not peek!
o Have the kids guess what produce is in the box. Ask them to describe what they felt that led them to their decision.

- Fruit and Veggie Bingo (10 minutes)
  o Need to print out homemade BINGO cards (use this free generator) or buy a set on learning zone express.
  o Play BINGO with kids with fruit and vegetable names or pictures being called out and winners get produce prize (or prize of your choice)

**Spanish Specific Activities:**

- USDA Summer Food Summer Moves Placemat [Spanish] (See Appendix 2 #1)
- USDA MyPlate Characters Welcome to School Lunch (See Appendix 2 #6)
- Nourish Interactive Spanish Coloring Sheets
Ages 11-18 (Adolescent)

Nutrition Activities:

- **USDA MyPlate- Nutrient Knowledge Flashcards**
  - *Need scissors, tape, and writing utensils.*
  - Kids can cut out, fold, then tape or glue edges of flashcards together. Kids can play with them alone or with friends to test knowledge about nutrients in fruits and veggies. Can also take them home to show family and friends.

- North Carolina My Plate Activity (See Appendix 1 #2 and Appendix 2 #2 for handout)

- **Veggie Colors Activities**

- **There’s a Rainbow on My Plate**

- **Nourish Interactive Spanish Coloring Sheets**

- Healthy Snack Pairs Game
  - *Materials: 8x11 paper, masking tape, board or poster size paper. (See Appendix 1 #3 for description)*

- **USDA MyPlate Crossword Puzzle** (See Appendix 2 #7)
  - *Need writing utensils. For kids to do while eating and take home.*

- **MyPlate Word Blank Story Handout** (See Appendix 2 # 9)
  - *Need writing utensils. Kids play while eating and take home*

- Healthy Snack Pairs Game (for older grades)
  - *Materials: 8x11 paper, masking tape, board or poster size paper. (See Appendix 1 #3 for description)*

Teen Specific Handouts

- Print out to give to teens visiting your site
  - **10 Tips To Eat Smart and Be Active** (English and Spanish handout)
  - **10 Tips on Choosing Foods** (Eng and Span)
  - **Choose MyPlate** (Eng and Span)
  - **Make Better Beverage Choices** (Eng and Span)
  - **Healthy Eating for an Active Lifestyle** (Eng and Span)
  - **Eating Better on a Budget** (Eng and Span)
  - **Eating Healthy for Vegetarians** (Eng and Span)
  - **Protein for High School Athletes**
  - **Hacking Your Snacks** (Eng and Span)

Physical Activity:

- Family Physical Activity Challenge table
  - *Need to provide jump ropes, hula hoops or other physical activities.*
  - The activity is for parents, siblings, children’s friends and see who can jump or hula hoop the longest (or come up with your own fun idea). Provide information on the importance of
daily physical activity and handouts (try 10 Tips for an Active Family or USDA Active Tips on how to be more active as a family (See Additional Programming Resources)

- **USDA Summer Food Summer Moves- Activity Cube** (all ages, see Appendix 1 #5 for description and cube)
- 2 minute Exercise Challenge (adapted from USDA Summer Food Summer Moves Toolkit) (See Appendix 1 #4 for description)
  - Need writing utensils, printout sheets for kids to record times, and timing device.
- Healthy Foods Relay Race (adapted from USDA Summer Food Summer Moves Toolkit) (See Appendix 1 #6 for description)
  - Need MyPlate poster or papers (can find in USDA MyPlate graphics archive), something to represent a baton, and markers for start + finish lines.
- Fitness Bingo
  - Need to print out BINGO cards and distribute to kids. Read off different exercises and winner receive a prize.
  - Read description here and use free BINGO card generator.

**Spanish Specific Handouts:**

- Eat Smart Play Hard Handouts guide
- Power Up Your Breakfast Span. handout
- Eat Smart and Be Active for Growth handout USDA
- Choose the Foods You Need to Grow USDA Handout
- Choose MyPlate
- Make Better Beverage Choices Español
- Enjoy Your Food, But Eat Less Español
- Eating Better on a Budget Español
- Eating Healthy for Vegetarians Español
- La buena alimentacion y el peso saludable (Eating Right for a Healthy Weight)
- Hacking Your Snacks
Additional Programming Resources

Summer Meals Program:

- Let’s Go Maine Summer Statistics
- No Kid Hungry VA- SFSP Toolkit
- No Kid Hungry- SFSP Best Practices
- No Kid Hungry NC-Mobile SFSP Toolkit + Mobile Best Practices
- No Kid Hungry NC- Find a SFSP site
- Meet Up and Eat Up- Video Summer Food Service Program Overview
- Meet up and Eat Up- Video Civil Rights Training
- USDA- SFSP Toolkit
- USDA Summer Meals Webinars and Resources + Program Comparisons
- USDA Summer Meals Site Locator
- MyPlate Summer Eating Resources

Nutrition:

- Meet Up and Eat Up- Video Modeling Healthy Behaviors
- Healthy Eating Made Easier Handouts in Span and Eng
- Nourish Interactive
- American Dietetics Association Spanish and English handouts
- USDA Eat Smart Play Hard English Parent’s Guide + Spanish
- USDA Nutrition Handouts
- SNAP-Ed Spanish Learning Materials
- My Plate My State Activity Toolkit + website
- My Plate Activities based on Age
- ChooseMyPlate Promotional Handouts in English and Spanish
- ChopChop Magazine- Recipe Ideas (http://www.chopchopmag.org/)
- Maine 5210 Let’s Go Trivia Game
- Get Healthy Clark County Downloadable posters
- PBH Foundation Elementary Nutrition Worksheets and Teaching Guide
Physical Activity:

- Playworks- Game Guide
- New York Road Runners-Youth Activities
- USDA- Summer Foods and Summer Moves Activities + Guide
- USDA Team Nutrition- Games and Activities
- USDA- Video Promoting Physical Activity with SFSP
- USDA Physical Activity Guidelines
- The Physical Education and Intramural Clipboard – Fitness Games for Kids
- Ultimate Camp Games - Structured group physical activity games
- Maine Let’s Go Campaign Toolkit
- Let’s Go 5210 Physical Activity Toolkit
Appendix 1: Activity Descriptions and Supplies Needed

Activity #1: Simon Says Eat Healthy Foods
(adapted from New York Road Runners www.nyrr.org)

Directions:
1. Have the student’s line-up against the wall at one end of the room facing you.

2. Quickly review why it is important to eat different kinds (a variety) of healthy foods, every day (because each one does something different and special for our bodies).

3. Give a few examples of ways different healthy foods help us (carrots help our eyesight, popcorn gives us energy and helps us digest, milk helps our bones grow strong.)

4. Tell the students that you are going to think about the many healthy foods they can choose from while you play "Simon Says."

5. Explain the rules of “Simon says” if they are not familiar with the game. (They must do whatever Simon says, but only if Simon says it. Tell them you will command them to do certain movements. If you don’t say "Simon Says" before the command, the class should not do the action.)

6. Say the following:
   a. "Simon Says: Pop like popcorn."
   b. Encourage them to hop up and down.
   c. "Simon Says: Grow tall towards the sky like an apple tree."
   d. Encourage them to reach up high.
   e. "Wiggle like string cheese." (Wiggle around)
   f. "Simon Says: Go nuts like nuts."
   g. Encourage them to dance around waving their arms.
   h. "Be round like an orange." (Make a round shape with your arms.)
   i. "Simon says: Be stiff like carrot sticks."
   j. Encourage them to stand still with their arms at their sides.
   k. "Flow like water." (Make a flowing motion with your arms.)
   l. "Simon Says: Twist in a knot like a pretzel."
   m. Encourage students to twist their legs and wrap their arms around their bodies.
   n. "Wrinkle like a raisin." (Scrunch up and bend over.)
   o. "Simon says: Bend like a banana."
   p. Encourage students to curve their spines as they bend over
Activity #2: North Carolina My Plate Activity
Also see Appendix 2 for handouts
(Adapted from https://www.choosemyplate.gov/north-carolina)

Directions:
Show or provide students with a list of foods commonly grown in North Carolina and our state foods (list of example foods below). Have them write the foods into the appropriate food group on the North Carolina MyPlate sheet (below). For older kids, have them categorize them all. For younger kids, have them categorize one or two foods from each food group. After they write them in, students can color the page.

Our North Carolina Official State products
- State vegetable: sweet potato
- State fruit: scuppernong grape
- State berries: blueberry and strawberry
- State beverage: milk
- State freshwater fish: Southern Appalachian Brook Trout

NC commonly grown foods (listed in random order):

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetable</th>
<th>Grain</th>
<th>Protein</th>
<th>dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>apples</td>
<td>Cabbage</td>
<td>barley</td>
<td>beans</td>
<td>milk</td>
</tr>
<tr>
<td>blueberries</td>
<td>Collard greens</td>
<td>oats</td>
<td>Catfish</td>
<td></td>
</tr>
<tr>
<td>Scuppernong and muscadine grapes</td>
<td>cucumbers</td>
<td>wheat</td>
<td>chicken</td>
<td></td>
</tr>
<tr>
<td>watermelon</td>
<td>peppers</td>
<td></td>
<td>duck</td>
<td></td>
</tr>
<tr>
<td>peaches</td>
<td>potatoes</td>
<td></td>
<td>eggs</td>
<td></td>
</tr>
<tr>
<td>strawberries</td>
<td>pumpkins</td>
<td></td>
<td>peanuts</td>
<td></td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Summer squash</td>
<td></td>
<td>pecans</td>
<td></td>
</tr>
<tr>
<td>Honeydew melon</td>
<td>corn</td>
<td></td>
<td>pork</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td></td>
<td>Trout (freshwater fish)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>tomatoes</td>
<td></td>
<td>turkey</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetable</th>
<th>Grain</th>
<th>Protein</th>
<th>dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Muscadine grapes</td>
<td></td>
<td>Potatoes</td>
<td></td>
</tr>
<tr>
<td>Barley</td>
<td>Scuppernong grapes</td>
<td></td>
<td>Pumpkins</td>
<td></td>
</tr>
<tr>
<td>Beans</td>
<td>Cantaloupe</td>
<td></td>
<td>Summer squash</td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td>Honeydew melon</td>
<td></td>
<td>Strawberries</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>Milk</td>
<td></td>
<td>Corn</td>
<td></td>
</tr>
<tr>
<td>Catfish</td>
<td>Oats</td>
<td></td>
<td>Sweet potatoes</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>Peaches</td>
<td></td>
<td>Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td>Peanuts</td>
<td></td>
<td>Fresh-water trout</td>
<td></td>
</tr>
<tr>
<td>Collard greens</td>
<td>Pecans</td>
<td></td>
<td>Turkey</td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Peppers</td>
<td></td>
<td>Watermelon</td>
<td></td>
</tr>
<tr>
<td>Duck</td>
<td>Pork</td>
<td></td>
<td>Wheat</td>
<td></td>
</tr>
</tbody>
</table>

14
Activity #3: Healthy Snack Pairs Game  
(for older grades)  
*Materials: 8x11 paper, masking tape, board or poster size paper*  
*(Created by DINE School Team)*

*Directions:*

1. In advance, write the name of each listed food (see below) on an 8x11 sheet of paper (one per sheet.)
2. Talk with students about making a healthy snack pairing that contains a food from two different food groups.
3. Review the 5 food groups: dairy, fruit, protein, vegetables, grains. Group the kids into 5 different food groups.
4. Tape a food sheet from that food group onto every student back but do not let the students know what their food is.
5. Tell the students that when you say go, they must find a partner from another food group to form a healthy snack pair. The only exception is they cannot pair a fruit with a vegetable or a protein with dairy.
6. When you say go give the students a few minutes to run around and find a partner.
7. When you say stop, have each pair tell you what snack they made and write it on the board. Do these 1 or 2 more times.
8. After you have a nice list of snacks on the board, ask the students which one’s they would eat, or which are their favorites.
9. Ask them to come up with a few other snack pairings that were not mentioned already.

**Dairy**  
**Fruit**  
**Vegetables**  
**Grains**  
**protein**

<table>
<thead>
<tr>
<th>Dairy</th>
<th>Fruit</th>
<th>Vegetables</th>
<th>Grains</th>
<th>protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yogurt</td>
<td>Berries</td>
<td>Carrot sticks</td>
<td>Popcorn</td>
<td>Bean dip</td>
</tr>
<tr>
<td>Cheese slices</td>
<td>Apple slices</td>
<td>Cherry tomatoes</td>
<td>Whole grain bread</td>
<td>Nut butter</td>
</tr>
<tr>
<td>Milk</td>
<td>Banana</td>
<td>Cucumber slices</td>
<td>Oat cereal</td>
<td>Turkey slices</td>
</tr>
<tr>
<td>String cheese</td>
<td>Raisins</td>
<td>Celery sticks</td>
<td>Corn tortilla</td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td></td>
<td>Mandarin orange</td>
<td>Bell pepper slices</td>
<td>Whole grain crackers</td>
<td>tuna</td>
</tr>
</tbody>
</table>
Activity #4

Bring the Heat 2-Minute Challenge
Kids will challenge themselves to see how many exercises they can do in a specific amount of time.

PERFECT FOR...
- Ages: 7–14
- Size of Group: Any size
- Time: 30 minutes
- Setting: Outdoors, indoors

MATERIALS
- Bring the Heat checklist (one per kid)
- Pencils
- Timer (Tip: Use your phone)

SETUP
2. Gather pencils.
3. Decide how much time you will have and set your timer.
4. Plan to do this activity before eating.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS
1. SAY: “Eating smart and playing hard helps us stay healthy and strong. I know you all like to run around and have fun because I’ve seen you do it! How many jumping jacks do you think you can do in 2 minutes? How many frog jumps do you think you can do in 2 minutes? Today, we’re going to challenge ourselves to bring the heat and reach some activity goals.”
2. DO: Hand out checklists (see p. 13) and pencils. If a kid is unable to perform an activity, help him or her write in an alternate exercise that gets the heart rate up (such as playing catch). Ask kids to fill in a goal for how many of each exercise they think they can do in 2 minutes. Divide kids into partners (they will take turns counting). Set your timer for 2 minutes.
3. PLAY: When you say “GO!,” kids begin the first exercise while their partners count. When the timer goes off, yell “STOP!” and kids fill in how many exercises they did in 2 minutes. Partners switch. Continue until all exercises have been done. Give kids time to drink water.
4. WRAP UP: “How many of you met your goals? Great job! How many of you went above and beyond your goals? Amazing! Who thinks they can beat their goals next time? Remember to eat smart, exercise, and have fun!”

OPTIONAL FOLLOWUP:
- Play again the next day to see if kids can beat their records.
- Make additional copies of the checklist and send home for families to use together.
- Write in new physical activities, using kids’ suggestions.

Great job at our Bring the Heat 2-Minute Challenge! Don’t forget to get at least 60 minutes of physical activity each day.

Tip: This is a great activity to have older kids lead!

Make It Your Own

<table>
<thead>
<tr>
<th>AGES</th>
<th>GROUP SIZE</th>
<th>TIME AVAILABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>For younger kids, read directions out loud.</td>
<td>For smaller groups, work as a group instead of as partners. Count and cheer for each person.</td>
<td>If you have more time, add more exercises.</td>
</tr>
<tr>
<td>For older kids, let them add their own exercises and ideas on the lines.</td>
<td>For bigger groups, put kids in groups of 3 or 4.</td>
<td>If you have less time, do fewer exercises.</td>
</tr>
</tbody>
</table>

No materials? No time? No problem!
Distribute the checklist for families to use together at home.
Summer is a great time to be active! Remember to eat smart, exercise, and have fun at home!

Chicken dances (do the chicken dance, pinch your fingers 4 times, clap your body 4 times, wiggles your arms 4 times, then swing in a circle with your partner. See how many rounds you can do)

Disco moves

Invisible jump rope jumps

Jumping jacks

Frog jumps

My goal

Today I did...

Bring the Heat 2-Minute Challenge Checklist

How many of these can I do in 2 minutes?

Copy this checklist and distribute to each kid.
Activity #5

BALANCE YOUR DAY WITH FOOD AND PLAY!

PERFECT FOR...
- Ages: 6–12
- Size of Group: Any size
- Time: 15–30 minutes
- Setting: Outdoors, indoors

MATERIALS
- Activity Cube (p. 43), tape, scissors to cut and assemble cube
- Copies of the Activity Cube template (1 per kid to take, and 1 for assembling).

SETUP
1. Assemble one cube.
2. Copy templates for kids to take home.

See “Make It Your Own” below for different ages, group sizes, and time available.

STEP-BY-STEP DIRECTIONS
1. **ASK:** “What are your favorite ways to get exercise and have fun?”
2. **SAY:** “It’s important for kids to do moderate to vigorous physical activity for at least 60 minutes every day! Physical activity simply means moving your body enough to use energy, but there are different levels of activity. During moderate activity, you can talk, but you can’t sing. During vigorous activity, you can only say a few words without stopping to catch your breath. Balancing your day with food and play helps you stay healthy and strong. There are lots of fun ways to be active, and we are going to try a few out. You can even do these inside — when it’s raining — or when it’s too hot to play outside.”
3. **PLAY:** Ask one kid to roll the Activity Cube. Then read the activity out loud to the kids. The game continues until each side has been called, but everyone must do each activity when it is called.
4. **WRAP UP:** Distribute templates of Activity Cubes for kids to take home. Say, “Try using this Activity Cube at home as something to do with your family or friends! Remember, balance your day with food and play!”

OPTIONAL FOLLOWUP:
- Have kids make their own cubes at the site! You will need additional templates, scissors, and tape.
- Have kids create their own Activity Cubes by writing on the blank side of the template.

Celebrate Independence Day with 10 Firework Jumps! Kids jumped and played with Activity Cubes today at summer meals.

Use this poster for inspiration of other activities!

Make It Your Own

<table>
<thead>
<tr>
<th>AGES</th>
<th>GROUP SIZE</th>
<th>TIME AVAILABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>For younger kids, read the activities out loud to them.</td>
<td>For smaller groups, have kids take turns being the leader.</td>
<td>If you have less time, roll the cube a few times to show what it does, then distribute template.</td>
</tr>
<tr>
<td>For older kids, tell them to modify the activities once they’ve done them. For example, they can add a spin to the Firecracker Jumps or think of a new activity.</td>
<td>For bigger groups, make a big circle with the Activity Cube and activity leader in the center.</td>
<td>If you have more time, encourage kids to invent new exercises for the cube.</td>
</tr>
</tbody>
</table>

No materials? No time? No problem!
Distribute Activity Cube templates for kids to play at home.

USDA Summer Food Summer Moves
Activity Cube Template

CUT

FOLD

Do an Alligator Plank! Start at the top of a push-up, lower down, and crawl on your stomach like an alligator for 3 seconds. Repeat 3 times.

Do 10 Firecracker Jumps! Jump with your arms and legs exploding out.

Do a Lunge Splat Walk! Walk across the room while doing lunges. Every time you lunge down, say “Splat”!

Walk like a crab across the room 3 times. Squat down low and move sideways.

Do 5 Silent Karate Kicks. Stand very still and count to three with your eyes closed. Then, do a fast karate kick.

Run in place while you count to 100. Raise both hands when you get to a number that is a multiple of five (such as 5, 10, 15, 20...).

ASSEMBLY INSTRUCTIONS:
1. Cut out the template along the dotted lines.
2. Fold along the solid lines.
3. Assemble into a cube by taping the sides together along the tabs.

ASSEMBLED CUBE
FIVE FOOD GROUPS RELAY RACE

Learn about the Five Food Groups while having fun in this high-energy relay race.

STEP-BY-STEP DIRECTIONS

1. **DO:** Invite kids to join you for a relay race. Have kids make teams of five and sit together on the starting line.

2. **ASK:** “What is a relay race?” (Let kids explain.) A relay race is a team activity where each person runs a specific distance before passing the baton to the next person. It can be set up in a circle, like a running track, or in a straight line between two markers.

3. **SAY:** “Today’s relay race is going to be a little different. We are going to have a Five Food Groups Relay Race. Who knows what the Five Food Groups are? (Fruits, Vegetables, Grains, Protein Foods, and Dairy.) The MyPlate icon reminds us that we need to make healthy choices from all Five Food Groups to get the nutrition we need to grow, learn, play, and be healthy. Most people don’t choose enough fruits and vegetables. As you can see on the MyPlate icon, half your plate should be fruits and vegetables. They also make great snacks. OK, let’s play and see whose MyPlate team is the fastest. Each team member will represent one of the food groups on MyPlate.”

4. **PLAY:** Have kids decide which teammate will be which food group. Have each team line up behind the starting line, with teams a few feet apart. Distribute batons. The idea here is that each runner will run to the finish line and back to pass the baton to the next person. Explain that as they pass the baton, they must shout the name of their food group. The winning team is the one that finishes the race first.

5. **WRAP UP:** Give each food group a round of applause. Say: “Great job! You’ve really got the hang of it. Remember, we need to make healthy choices from all Five Food Groups to eat smart and play hard.”

OPTIONAL FOLLOWUP:

- Encourage kids to match the foods in their summer meal with the food groups.

### Make It Your Own

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<tr>
<td>For younger kids, make the distance shorter for the race.</td>
<td>For smaller groups, make smaller teams but have the kids shout all Five Food Groups when passing the baton.</td>
<td>If you have less time, skip the questions and simply tell kids the names of the Five Food Groups.</td>
</tr>
<tr>
<td>For older kids, encourage them to cheer each other on with their food group names.</td>
<td>For bigger groups, make teams of seven and have more kids be fruits and vegetables.</td>
<td>If you have more time, ask kids to name healthy foods from each food group.</td>
</tr>
</tbody>
</table>

**PERFECT FOR...**

- Ages: 7–14
- Size of Group: 10+
- Time: 30 minutes
- Setting: Outdoors

**MATERIALS**

- Paper plates (or an object to pass as a baton, such as a plastic spoon)
- Any equipment to mark starting line and finish line
- MyPlate poster

**SETUP**

1. Find a large space that can be used for a relay race.
2. Mark starting line and finish line.

See “Make It Your Own” below for different ages, group sizes, and time available.

**No materials? No time? No problem!**

Before serving a meal, say: “The MyPlate icon reminds us to eat foods from each of the Five Food Groups. Who can tell me which food groups we have as part of our meal today?”
EAT SMART, EXERCISE, HAVE FUN

Hot Tomato
Kids will get wet and learn about seasonal fruits and vegetables with this new version of a classic game.

PERFECT FOR...
• Ages: 8+
• Size of Group: 10+
• Time: 15–30 minutes
• Setting: Outdoors, inboards

MATERIALS
10 water balloons,* or 1 sponge and 1 clean bucket

SETUP
1. Before doing this activity, make sure parents are aware that their kids may get wet.
2. Read Water Safety Tips (p. 19) and prepare the area.
3. Fill water balloons wth help from kids, or fill bucket with water, if using.

See “Make It Your Own” below for different ages, group sizes, and time available.

* CHOKING HAZARD — Children age eight and younger can choke or suffocate on uninflated or broken balloons. Adult supervision required. Keep uninflated balloons from children. Discard broken balloons at once.

STEP-BY-STEP DIRECTIONS
1. DO: Have kids sit in a circle.
2. SAY: “Today we are going to play a game called Hot Tomato. Some of you know the game Hot Potato, but tomatoes are a seasonal vegetable, so we are going to play Hot Tomato. All fruits and vegetables are picked in a season — seasonal fruits and veggies are just picked in one particular season rather than all of them. For example, tomatoes, corn, and many other fruits and vegetables are picked in the summer, so we can say they are in season, or “seasonal,” right now. For this game, you will need to know some summer fruits and vegetables. Who knows some fruits and vegetables that are harvested in the summer?” Take answers from kids and use examples provided on page 21 for more.
3. BEFORE YOU PLAY: Go over the Water Safety Tips on page 19. Anyone who breaks the rules will automatically be out for the rest of the game.
4. PLAY: Give one kid the “tomato” (a water balloon or soaked sponge). Sitting in a circle, pass the tomato from person to person while chanting the Hot Tomato Rhyme (below). When you reach the end and everyone says, “More!,” the kid holding the tomato must burst the balloon or squeeze the sponge over his or her head. Repeat with other seasonal fruits and vegetables, as suggested by kids.
5. WRAP UP: “That was fun! Remember, it’s easy to make half your plate fruits and vegetables when there are so many delicious seasonal fruits and vegetables.”

OPTIONAL FOLLOWUP:
• Have a competition to see who can remember the most seasonal fruits and vegetables.
• Hold a spelling bee for kids to spell the seasonal fruits and vegetables.

Hot Tomato Rhyme
One tomato, two tomato, three tomato, four.
Five tomato, six tomato, seven tomato, more!

Make It Your Own

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<tr>
<td>For younger kids, use a sponge instead of the balloons, and write seasonal fruits and veggies on large-sized paper in advance.</td>
<td>For smaller groups, toss the water balloon or sponge back and forth.</td>
<td>If you have less time, use sponges instead of water balloons.</td>
</tr>
<tr>
<td>For older kids, play a round where they pass the sponge or water balloon while spelling a fruit or vegetable one letter at a time.</td>
<td>For bigger groups, use two “tomatoes” at a time.</td>
<td>If you have more time, ask each kid to list as many seasonal fruits and vegetables as possible.</td>
</tr>
</tbody>
</table>

No materials? No time? No problem!
Try this quick tip when serving food or when kids are eating. Say, “You can enjoy the taste of fruits and vegetables year round, but many fruits and vegetables are freshy picked in the United States (U.S.) during the summer. This means they taste great and they are easier to get. Who knows some fruits and vegetables that are harvested in the summer?”
Red Pepper, Green Pepper, Chili Pepper

Kids will learn to eat smart while playing this fun, active group game.

**STEP-BY-STEP DIRECTIONS**

1. **SAY:** “Your body needs fuel to run, play, and be active. Fruits and vegetables can give your body the fuel you need to be your best. Today, we are going to play a fun game to get your body active. Who knows how to play Red Light, Green Light? This game is called Red Pepper, Green Pepper, Chili Pepper.”

2. **DO:** Stand at the finish line. Have kids stand shoulder to shoulder at the starting line and face you.

3. **PLAY:** When you face away from the kids and say “Green Pepper,” the kids run towards you. When you turn around and say, “Red Pepper,” they must stop. If anyone is caught still running, they go back to the starting line and start again. If you say “Chili Pepper” at any point, they have to dance or jump in place. The first player to reach you wins and becomes the “Pepper Master” for the next game.

4. **WRAP UP:** “Even though this was a game, it teaches an important idea. Fuel your body with fruits and vegetables. Can you think of any other red and green fruits and vegetables?”

**OPTIONAL FOLLOWUP:**

- Invite family members to play.
- Play again with different red and green fruits and vegetables, like apples, pears, and tomatoes.

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**Make It Your Own**

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</thead>
<tbody>
<tr>
<td>For younger kids, practice the directions once all together before playing the game.</td>
<td>For smaller groups, let each kid have a turn at being the leader.</td>
<td>If you have less time, call “Green Pepper” more often.</td>
</tr>
<tr>
<td>For older kids, call out red and green colored vegetables instead of peppers.</td>
<td>For bigger groups, spread out to a larger space.</td>
<td>If you have more time, follow up with the bell pepper tasting activity (p. 29).</td>
</tr>
</tbody>
</table>

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**No materials? No time? No problem!**

Use this idea to manage how kids move while they wait in line! When you want the line to stop, say “Red Pepper.” When you want the line to go, say “Green Pepper.” When you want everyone to dance, say “Chili Pepper.”
GARDEN YOGA FOR KIDS

Pretend to be a tree
Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

Pretend to be a frog
Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Pretend to be a seed
Child’s Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a butterfly
Cobbler’s Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

Pretend to be a flower
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.
Activity #10

**CHOOSE WATER INSTEAD OF SUGAR-SWEETENED DRINKS**

**PERFECT FOR...**
- Ages: 7–12
- Size of Group: 6+
- Time: 15–30 minutes
- Setting: Outdoors, indoors

**MATERIALS**
- 50 individual sugar packets containing 1 teaspoon of sugar (4 g) each
- Plastic spoons
- Beverage containers of cola (12-oz), fruit drink (12-oz), lemonade (20-oz), sports drink (20-oz), sparkling water (any size), and water (any size)
- 6 slips of paper and pencil or pen
- Hat, bag, or basket

**SETUP**
1. Gather materials and count out the sugar packets.
2. Display beverage containers on a table.
3. Write beverage names on slips of paper and put in a hat, bag, or basket.
4. Set up starting and finish lines.

See "Make It Your Own" below for different ages, group sizes, and time available.

**STEP-BY-STEP DIRECTIONS**

1. **ASK:** "Does anyone know what added sugars are? Added sugars are put into a food or drink when it is made. For example, when sugar is added to iced tea. Can you guess how much added sugar is in these drinks? Use these sugar packets to show me. Each sugar packet contains about 1 teaspoon of sugar."

2. **DO:** After kids guess, show them the answer by counting out the correct amount for each drink, using the chart on page 51. Put the packets in front of each drink after counting. For example, with a 12-oz can of cola, have the kids count out eight sugar packets.

3. **SAY:** "That's a lot of added sugar! Eating and drinking too many foods with added sugars may contribute to cavities. And the extra calories from added sugars may make it hard to keep a healthy weight. Water is a great drink choice because it does not have any added sugars. Let's play a game to remind ourselves to pass on the added sugars and choose water instead."

4. **PLAY:** Make six teams and line up behind the starting line. Have the first person in each team draw a slip of paper and take the correct number of sugar packets. The first kid in each line must walk or run with a sugar packet in his or her spoon to the finish line, drop the packet, and run back to pass the spoon to the next person. If the sugar packet is dropped before the finish line, the kid must go back to the starting line and start again with the same packet. The goal is to get all of the sugar packets to the finish line first.

5. **WRAP UP:** "Did you notice that you had to run a lot more for the drinks with lots of sugar added? That shows that if you drink a sugary beverage, you have to exercise a lot more to burn off the calories from the added sugar. To be healthy, you have to balance your food and play. Every day you make choices about what to eat and drink. As you can see, sweet drinks have a lot of added sugar. Remember to choose water instead of regular soda, fruit drinks, sweet tea, sports drinks, and lemonade."

**OPTIONAL FOLLOWUP:**
Teach kids how to read ingredient lists to learn about sugar content. Explain that sugar goes by other names, such as high-fructose corn syrup, fructose, honey, syrup, sucrose, and dextrose.

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**Make It Your Own**

<table>
<thead>
<tr>
<th>AGES</th>
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<th>TIME AVAILABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>For younger kids, have them count the packets out loud.</td>
<td>For smaller groups, ask kids to count out sugar packets.</td>
<td>If you have less time, do the two parts of the activity on different days.</td>
</tr>
<tr>
<td>For older kids, have them look at the ingredients list and identify sources of added sugars.</td>
<td>For bigger groups, have everyone sit in a semi-circle while you count out the sugars.</td>
<td>If you have more time, encourage kids to talk about the times they can make better beverage choices.</td>
</tr>
</tbody>
</table>

---

**No materials? No time? No problem!**

Try this quick tip while serving meals or when kids are eating. Say: "How much added sugar do you think is in one can of regular soda? Eight teaspoons! An average 10-year-old would need to walk for 1 hour to burn off that much sugar!"
Appendix 2: Handouts and Printables

Throughout the remainder of the toolkit you will find the resources below. Feel free to pull the resource and make copies. If you have access to a printer, use the links that are available.

1. USDA Summer Food Summer Moves Placemat [English] [Spanish]
   o Need some writing utensils. Place underneath kids while they are eating meals to enjoy on their own and take home.

2. North Carolina My Plate My State Coloring Sheets (all ages) + Spanish
   o Need coloring materials. For kids to do while eating and take home.

3. Choose MyPlate Coloring Sheets (all ages) [English] [Spanish]
   o Need coloring materials. For kids to do while eating and take home.

4. Plan Your Plate by Mom Foodie
   o Need scissors and writing utensils. For kids to do while eating and take home. Glue optional.

5. SF Environment- Color the Rainbow of Fruits and Vegetables
   o Need coloring materials. For kids to do while eating and take home.

6. USDA MyPlate Characters Welcome to School Lunch [English] [Spanish]
   o Need writing utensils. For kids to do while eating and take home.

7. USDA MyPlate Crossword Puzzle
   o Need writing utensils. For kids to do while eating and take home.

8. USDA MyPlate- Field Day Fun
   o Need coloring materials. For kids to do while eating and take home.

9. Let’s Go 5210 Every Day- Coloring Sheet Placemat
   o Need some writing utensils. Place underneath kids while they are eating meals to enjoy on their own and take home.

10. MyPlate Word Blank Story Handout
    o Need writing utensils. For kids to do while eating and take home.

11. Power Up Your Breakfast!
    o Need writing utensils. For kids to do while eating and take home.
CRACK THE SECRET CODE

1) Fill half your plate with...

2) Get 60 minutes of...

3) Choose instead of...

4) Balance your day with food and...

5) Eat fruits and vegetables at...

6) Eat hand

Draw a healthy summertime meal here.

Quick! Do 10 Firecracker Jumps.

Jump with your arms and legs.

Exploding out.

Fruits

Vegetables

Grains

Protein

Dairy

Summer Food, Summer Moves

LOL!

A KETCHUP

TO THE FATHER TOMATO ON A FAMILY WALK?

WHAT VEGETABLES ARE A SALOR'S EYES?

A LEEK?

WHAT DID THE FATHER TOMATO SAY?
RESPUESTAS: 1) frutas, vegetales 2) actividad física 3) agua, bebidas azucaradas 4) juegos 5) comidas, meriendas 6) bien

Dibújala y usa comidas saludables de verano.

Alimentos de Verano,
Pasos de Verano,
Alimentos de Verano,
Dibújala y usa comidas saludables de verano.

1) Llena la mitad de tu plato con
2) Practica 60 minutos de
3) Elige en vez de 
4) Equilibra tu día con alimentos y
5) Come frutas y vegetales en
6) Alimentate para jugar con juegos

¡Código Secreto! De manera explosiva,
Salta con los brazos y las piernas.
Rapidísimos 10 saltos explosivos.

USDA United States Department of Agriculture
North Carolina
#MyPlateMyState

State/Territory?
What foods are produced in your area? Grown, raised, or

ChooseMyPlate.gov/MyState
MiPlato
ChooseMyPlate.gov
PLAN YOUR PLATE!

CAN YOU MATCH FOODS TO THE RIGHT SPOT ON YOUR PLATE?

CUT OUT THE FOODS AT THE BOTTOM OF THE PAGE. THEN GLUE OR TAPE THEM WHERE THEY BELONG.

A HEALTHY MEAL TASTES GREAT!

VEGGIES & FRUIT

PROTEIN

STARCH

DRAW YOUR FAVORITE FOODS IN THE EXTRA SPOTS!

mamfoodie - blommi.com
Color in this rainbow of fruits and vegetables!

Red: Strawberry, Apple, Cherry, Tomato, Watermelon
Orange: Apricot, Orange, Papaya, Sweet Potato
Yellow: Lemon, Grapefruit, Squash
Green: Avocado, Corn, Banana, Green
Blue: Blueberry, Purple
Purple: Fig, Eggplant, Boysenberry, Cabbage
Welcome to School Lunch!
Eating with friends and trying new foods can be fun.
There are many choices from each of the five food groups.

Draw a line from each lunch food to the correct food group friend.
(Answers on back.)

Parents
School meals now have more fruits, vegetables, and whole grains. They are also healthier with less saturated and trans fats and sodium. Join your child for lunch one day and see the changes.
¡Bienvenido al almuerzo en la escuela!

Comer con amigos y probar alimentos nuevos puede ser divertido. Hay muchas opciones en cada uno de los cinco grupos alimenticios.

Dibuja una línea desde cada alimento hasta el amigo del grupo alimenticio correspondiente. (Respuestas al dorso.)

Farrah Fruta
Reggie Vegetal
Mary Lácteos
Jane Grano
Dean Proteína

Descubre Mi Plato

Mayor 2014 • FNS-471-B-S • USDA es un proveedor y empleador que ofrece oportunidad igual para todos.
http://teammnutrition.usda.gov

Padres
Las comidas escolares ahora incluyen más frutas, vegetales y granos integrales. Además, son más saludables ya que tienen menos sal y grasas trans y saturadas. Acompañe a su hijo a almorzar un día y vea los cambios.
Lesson 6  |  Field Day Fun!

It is time for soccer.
Help Nate and Kate find the way.
Follow letters that spell MyPlate.
MyPlate Word Blanks

“Cook-Off Craze”
From www.choosemyplate.gov

How to play: Fold the paper in half so that the story is hidden. Read the Word Blanks below and fill in a word for each one. Match the numbered words from your word list with numbered blanks in the story. When you’ve finished, read your funny story out loud! You can also play with friends by writing down their choices for the word list, adding their words to the story, and then reading their special story to them.

WORD LIST

1. Noun: ____________
2. Your name: ____________
3. Friend’s name: ____________
4. Verb (ending in “ing”): ____________
5. Verb (ending in “ing”): ____________
6. Green vegetable: ____________
7. Noun (plural): ____________
8. Noun (plural): ____________
9. Color: ____________
10. Orange/red vegetable: ____________
11. Grain food: ____________
12. Lean protein food: ____________
13. Dairy food: ____________
14. Noun (plural): ____________
15. Adjective: ____________
16. Fruit: ____________
17. Verb (ending in “ing”): ____________
18. Verb (past tense): ____________

“Cook-Off Craze”

It was the end of the school year, and summer was just around the corner. It was almost time for the annual (1) ____________ County School End-of-Year Cook-Off! (2) ____________ and (3) ____________ entered themselves in the cook-off. They knew they had a good chance of winning if they used fresh veggies from Grandma and Grandpa’s garden — the secret to their recipe! They were ready to start (4) ____________!

Once they got the pot of water (5) ____________, they began adding the ingredients. While (2) ____________ chopped up the (6) ____________, (3) ____________ washed the (7) ____________. (8) ____________ and (9) ____________ cabbage were next. After this, they threw in some grated (10) ____________, going crazy with all of their yummy fresh veggies! Making sure they didn’t forget some grains, they added some whole wheat (11) ____________, and for protein power, chopped (12) ____________. For a finishing touch, they sprinkled some low-fat (13) ____________ on top. Voiê! Summer Garden Soup!

The day of the cook-off finally arrived and they were ready. The event was a huge success! At the end of the day, it came time for the group of (14) ____________ to announce the winners. After Runner-Up went to a (15) ____________ (16) ____________ frozen yogurt, (2) ____________ and (3) ____________ were (17) ____________ their breath. “And first place, with the highest score, goes to (2) ____________ and (3) ____________’s Summer Garden Soup!!!” They were so happy that they (18) ____________ all day long!

Word Blank #1
Power up the 3 out of 5 way!

Grains + Vegetables OR Fruit + Dairy OR Protein = Balanced Breakfast

Draw your favorite breakfast.

HealthyEating.org
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.