

# **New Jersey After 3 Promising Practices in Health & Fitness**



## **Healthy Food Olympics Project Guide**

### **Kindergarten—8th grade**

**Based on a Promising Practice at**

**Partner: Focus Hispanic Center for Community Development**

**School Site: Sussex Avenue School - Newark**

**Site Coordinator: Dorine Francis**

**Youth Development Staff: Adrianna Beam**



# Welcome

Welcome to New Jersey After 3's Promising Practices in Health and Fitness Project Guide. New Jersey After 3 is a private nonprofit organization dedicated to expanding and improving afterschool opportunities for New Jersey's kids. Our vision is for all New Jersey kids to have access to high-quality, comprehensive, structured and supervised afterschool activities. NJ After 3's extensive network of nonprofit run, school based afterschool programs currently serve approximately 14,000 children in partnership with 100 public school throughout the state.

NJ After 3 programs provide critical services to NJ communities:

- ◆ **Keeps Kids Safe** during the hours of 3pm to 6pm, the most dangerous hours for children;
- ◆ **Expands Learning Time**, providing kids with academic support, tutoring, and homework help;
- ◆ **Promotes Positive Youth Development** by keeping kids physically active, exposing kids to the arts, and engaged in their community through service learning;
- ◆ **Supports Working Families** by providing parents and guardians with the support they need to work fulltime by offering a safe, structured and supportive environment for their children to learn after the traditional school day ends.

## Promising Practices in Health and Fitness

As a component of NJ After 3's Sports, Health and Fitness Initiatives, NJ After 3 identified four promising practices from across it's network of afterschool programs. These practices highlight the implementation of nutrition, health and physical fitness activities in the afterschool environment. These activities support increased physical activity, expand student's knowledge of healthy lifestyle practices and encourage students to attain new skills in sports.

For more information about NJ After 3 visit: [www.njafter3.org](http://www.njafter3.org)



Robert Wood Johnson Foundation

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◆ Promising Practices in Health and Fitness ◆

# Project Overview



## Healthy Food Olympics

### Healthy Food Olympics

**Grades:** Kindergarten—8th Grade

**Description:** In this process, the children will be participating in the Healthy Food Olympics. In each session, the children are educated on health, nutrition, and fitness in ways that appeal to their interests and serve as motivation to maintain a healthy lifestyle. They will be exposed to many different activities that will open their eyes to the variety of ways one can be healthy and have fun at the same time. The goal of the Healthy Food Olympics Project is to motivate your children to maintain a healthy lifestyle through healthy eating practices and regular physical activity.

- Session 1— The New Food Pyramid
- Session 2— Exercise Every Day
- Session 3— Healthy Heart & Jeopardy Review
- Session 4— Healthy Food Olympics
- Session 5— Future Fitness

**Materials needed for this project:** The worksheets needed for this project can be found in the Appendix. There are two activities, an obstacle course and the culminating event, that will involve gym equipment. You can use whatever equipment that you have available. Healthy foods are incorporated in this project as a snack and as part of the Olympics as a taste-testing station. The Olympics stations are flexible, again allowing you to take advantage of the materials you have available at your site.



# Overview



## The New Food Pyramid

### *Materials Needed:*

- ◆ Black board/dry erase board
- ◆ Camera
- ◆ Crayons (colors of the 6 food groups)
- ◆ Pictures of food
- ◆ Scissors
- ◆ Glue
- ◆ Tape

### *Prior to Session:*

- ◆ Create a list of healthy and unhealthy foods in each group
- ◆ Copy My Pyramid worksheets
- ◆ Gather art supplies needed to complete projects

During the first session, you will focus on nutrition. You will be teaching students about the six food groups in the New Food Pyramid emphasizing healthy choices and eating a variety of foods within each of the groups.

### *Teambuilding Activity*

**Prior Knowledge:** 10 minutes

The children will share their prior knowledge about the food pyramid.

### *Activity One*

**Discussion:** 15 minutes

Review the six food groups on the My Pyramid poster with the children. Discuss healthy foods and unhealthy foods in each group.

### *Activity Two*

**Create Own My Pyramid:** 15 minutes

Have the children create their own My Pyramid.

### *Reflection / Closing*

**Introduction to the Healthy Food Olympics:** 5 minutes

Introduce the idea of the Healthy Food Olympics. Explain to them that they are preparing for a day filled with games and fun competition.



45 minutes



# Teambuilding Activity



## Prior Knowledge

- ◆ Break the children into teams of three or four.
- ◆ Explain to the children that you will be reviewing the food pyramid today. Ask them to think about what they already know about the food groups and share this with the group.
- ◆ Prompt the children to share their prior knowledge listing facts/ information one at a time.
- ◆ Ask the groups to share information they had all agreed was accurate and record it on the board. Invite them to ask questions about things they disagreed on or weren't sure about.

If these points aren't mentioned, ask the groups to discuss the following:

- ◆ How many food groups are on the MyPyramid?
- ◆ What is the largest group on the MyPyramid?
- ◆ What is the smallest group on the MyPyramid?
- ◆ Can you name some healthy food choices in the grain; vegetable; fruit; oil; fat and sweet group; dairy; and meat and bean group?
- ◆ Can you name some unhealthy food choices in these groups as well?
- ◆ Why is it important to eat healthy foods?

### *Materials Needed:*

- ◆ Blackboard / Dry Erase Board



10 minutes



# Activity One



## Discussion

### *Materials Needed:*

- ◆ Black board / Dry Erase Board
- ◆ MyPyramid Poster

### *Prior to Session*

- ◆ Create a list of healthy and unhealthy foods in each group

During this session, the children will discuss healthy foods in each of the six food groups.

- ◆ Show the children the MyPyramid poster and hang-up for the children to see throughout the discussion.
- ◆ Review the six food groups and discuss the healthy foods and unhealthy foods in each group.
- ◆ On the board, create a list of each food group and the healthy food choices in each group.
- ◆ Go over why it is so important to make healthy choices. Eating well...
  - allows us to do well in school
  - grow and be strong,
  - sleep well
  - have energy to be active
- ◆ Prompt the children to get involved by asking them to share situations where food affected how they felt:
  - Have you ever felt tired because you hadn't eaten breakfast?
  - How do you feel after you have a healthy snack?
  - How do you feel after you have eaten too much?

Allow time for questions.



15 minutes



# Activity Two

## Create Own MyPyramid

During this activity, the children will be given a blank MyPyramid worksheet to fill in and color.

- ◆ Distribute the MyPyramid worksheets and explain that they will be creating their own MyPyramid including the following criteria:
  - Color the food groups the same color as they are on the MyPyramid poster
  - Label each food group.
  - Draw and/or paste pictures of 2-3 healthy foods for each group.
- ◆ Remind the children to write their names on their worksheets.

## Reflection/Closing

### Introduction to the Healthy Food Olympics

- ◆ Instruct the children to help clean up the art supplies
- ◆ Ask the children to return to their groups from the beginning of this session and share their MyPyramids. Tell them to share at least one new fact they learned.
- ◆ If you can, hang these worksheets up for all the children to see and leave them on display until the Healthy Food Olympics.
- ◆ Introduce the idea of having the Healthy Food Olympics.
  - Explain what the Healthy Food Olympics will look like.
  - Explain how they will be preparing for the Healthy Food Olympics
  - Create excitement and anticipation.



## Healthy Food Olympics

### Materials Needed:

- ◆ MyPyramid Poster
- ◆ My Pyramid Worksheets
- ◆ Crayons (the colors of the six food groups)
- ◆ Pictures of Foods for the Children to Cut-Out
- ◆ Scissors
- ◆ Glue
- ◆ Tape

### Prior to Session

- ◆ Copy MyPyramid worksheets
- ◆ Gather art supplies needed to complete projects



20 minutes



# Overview



## *Materials Needed:*

- ◆ Black board/dry erase board
- ◆ Equipment for obstacle course

## *Prior to Session*

- ◆ Determine which activities you will have in the obstacle course
- ◆ Reserve gym space for the obstacle course

## Exercise Every Day

During this session, the children will discuss the importance of physical activity. They will get to participate in an obstacle course to experience a variety of activities that will get their hearts pumping.

### *Teambuilding Activity*

**Sharing Through Charades:** 5 minutes

The children will share their favorite form of physical activity.

### *Activity One*

**Discussion:** 15 minutes

Review the definition of physical activity and the importance and benefits of adequate exercise.

### *Activity Two*

**Obstacle Course** 20 minutes

The children will have the opportunity to participate in an obstacle course doing various forms of physical activities.

### *Reflection / Closing*

**Clean-up and Review** 5 minutes

Clean-up the obstacle course and review today's activities.



45 minutes



# Teambuilding Activity



## Sharing Through Charades

- ◆ Gather the children in a circle and ask them to take turns sharing their favorite form of physical activity by acting it out. Prompt the other children to guess what is being acted out.
- ◆ Record their answers on the board so they can all see the variety of ways physical activity can be achieved

## Activity One

### Discussion

During this session, the children will learn the definition of “exercise,” and the importance and benefits of adequate physical activity. The goal is to see how many ways there are to keep physically fit and have fun at the same time.

Define exercise:

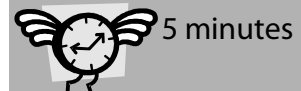
- ◆ Physical activity means movement of the body that uses energy.
- ◆ Examples can be any sports you play as well as everyday activities such as gardening, walking and climbing stairs.
- ◆ Want to increase your heart rate.
- ◆ Need at least 60 minutes of exercise a day.
- ◆ Ask the children if they think they get 60 minutes of exercise every day?
- ◆ Add on to the list created in the teambuilding activity by asking the children to think about activities other than the sports and games they may have listed earlier. For example: walking to/from school, yard work, gardening, cleaning the house and walking the dog.
- ◆ Explain that although they are being physical when doing some everyday activities they are not necessarily getting their heart rates up. Emphasize that some activities are not intense enough to meet the recommendations of how much exercise one should participate in every day.
- ◆ Benefits and Importance of Exercise:
  - ◆ Improves self-esteem and feelings of well-being
  - ◆ Increases fitness level
  - ◆ Helps build and maintain bones, muscles and joints
  - ◆ Builds endurance and muscle strength
  - ◆ Increases flexibility
  - ◆ Improves posture

*Materials Needed:*

- ◆ Blackboard/dry erase board

*Prior to Session*

- ◆ Create a list of physical activities





# Activity Two



## Obstacle Course

### *Materials Needed:*

- ◆ Equipment for obstacle course
- ◆ Timer/clock

### *Prior to Session*

- ◆ Determine which activities you will have in the obstacle course and gather the appropriate equipment
- ◆ Reserve gym space
- ◆ Set up obstacle course

An obstacle course is a great way to be active and explore many different ways of getting exercise. This activity is designed promote creativity in physical activity.

- ◆ Show the children the different stations within the obstacle course
- ◆ Go over the directions in each station so they know what to do
- ◆ Go over the rules of each station discussing expectations and safety precautions

Ideas for obstacle course include but not limited to:

- ◆ Dribbling a ball through cones
  - ◆ Jumping rope
  - ◆ Hula hooping
  - ◆ Hop scotch (through hula hoops)
  - ◆ Balance beam
  - ◆ Crawling through tube of some sort
  - ◆ Sit ups and push ups
  - ◆ Skipping through cones
  - ◆ Jumping jacks
- ◆ Break the children into small groups and assign each group to their first station. Use a timer to monitor the amount of time spent at each station. When the time is up, instruct the children to straighten up the station and rotate to the next station. Transitioning simultaneously will eliminate down time between stations and force the children to stay on task.



20 minutes



# Reflection/Closing



## Clean Up and Review

- ◆ Instruct the children to help clean up the obstacle course equipment at their last station.
- ◆ Ask the children to share what their favorite activities in the obstacle course were with their group. Also prompt them to discuss:
  - What did you find to be the most challenging station in the course?
  - What did you find to be the easiest station within the obstacle course?
- ◆ Check-in with the children to see if they have any questions and/or anything else they would like to share with the group.



5 minutes



## Healthy Food Olympics

# Overview



### *Materials Needed:*

- ◆ Picture of heart
- ◆ Blackboard/dry erase board
- ◆ Nutrition & Exercise Jeopardy questions and answers (found in the Appendix)
- ◆ Healthy snacks

### *Prior to Session*

- ◆ Reserve gym space for Sharks and Minnows game
- ◆ Buy some healthy snacks for the mini taste-testing

## Healthy Heart & Jeopardy Review

During this session, the children will learn about the heart muscle and how to check their heart rate before, during, and after exercise. They will have a chance to increase their heart rates and have fun playing a game called Sharks and Minnows. They will also have a chance to play Nutrition & Exercise Jeopardy to review the nutrition and exercise curriculum in preparation for the Olympics.

### *Teambuilding Activity*

**Review:** 5 minutes

Discuss the importance of both nutrition and physical activity in creating optimal well-being.

### *Activity One*

**Heart Muscle Overview & Sharks and Minnows:** 15 minutes

Teach the children about the heart muscle and how to check their heart rates. Play Sharks and Minnows.

### *Activity Two*

**Nutrition & Exercise Jeopardy:** 20 minutes

Play Nutrition & Exercise Jeopardy game to review nutrition component of the session and to prepare for the Olympics.

### *Sharing*

**Sharing:** 5 minutes

Build enthusiasm for the next session - Healthy Food Olympics!



45 minutes



# Teambuilding Activity

## Review

- ◆ List four activities on the board (i.e., hiking, swimming, biking, martial arts). Assign a location in the room to represent each activity (corners work well). Instruct the children to go to the corner that was assigned their favorite activity of the four. In their groups, ask them to review what they know about exercise from the last session. Ask them to discuss what criteria their activity entails that make performing it “exercise.”
- ◆ Introduce today’s two activities:
  - A physical Activity:
    - Talking about the Heart Muscle
    - Sharks and Minnows
  - A nutrition based activity:
    - Nutrition & Exercise Jeopardy
- ◆ Ask if they have any questions before you begin.



### *Materials Needed:*

- ◆ Blackboard/dry erase board



5 minutes



# Activity One



## Heart Muscle Overview and Sharks and Minnows

### *Materials Needed:*

- ◆ Picture of Heart

### *Prior to Session*

- ◆ Reserve gym space
- ◆ Copy picture of heart (Appendix)

### **The Heart**

(Show picture of the heart)

Teach the children to find their heart beats and notice its pace at rest.

- It is a muscle!
- It is the size of your fist.
- It is located in the center of your chest, protected by the chest bone.
- It never stops working—always beating, even when you are sleeping.
- Just like any other muscle in the body, the more exercise it gets, the stronger it becomes.
- Exercise for the heart is called a Cardiovascular Activity.
- The primary job of the heart is to carry nutrients and oxygen to all your cells via the blood. It also is responsible for removing wastes from your cells.

Remind the children that we need to increase our heart rates for at least 60 minutes every day.

**Sharks and Minnows:** Increasing our heart rates!

*Object:* To get to the other side of the gym without being tagged by a shark.

- ◆ Instruct the children to line up on one side of the gym.
- ◆ Pick two children to be sharks, the rest of the children are the minnows.
- ◆ The sharks go in the middle of the gym.
- ◆ When you blow the whistle and say, "Go," the minnows run from one side of the gym to the other side of the gym and stop. The sharks will tag as many minnows as they can.
- ◆ If someone was tagged, they must step out of play and wait until everyone else has reached the other side. They are not sharks until the next round begins, this way, the minnows know who the sharks are.



15 minutes



# Activity One

(continued)



## Heart Muscle Overview and Sharks and Minnows (cont.)

- ◆ Play as many rounds as it takes until there are only a few minnows left.
- ◆ Make sure the children understand the appropriate and safe way to tag someone.
  - Always tag someone on the arm, shoulder or upper back, not from the front.
  - All tags should be gentle and not rough.
  - There is no pulling, pushing or dragging anyone.
- ◆ Children must be honest as to whether they were tagged or not.
- ◆ They must wait for you to say, “Go,” before running to the other side of the gym.
- ◆ Any children who are out of control and not playing safely will be asked to sit out.
- ◆ Once you’ve finished the game, have the children slowly walk around the gym and feel their heart beats now. It should be beating a lot faster than it was when they were at rest. Ask them to share what they observe.

### *Materials Needed:*

- ◆ Picture of Heart

### *Prior to Session*

- ◆ Reserve gym space
- ◆ Copy picture of heart (Appendix)



15 minutes



# Activity Two



## Nutrition & Exercise Jeopardy

### Materials Needed:

- ◆ Blackboard/dry erase board
- ◆ Nutrition & Exercise Jeopardy questions & answers (found in the Appendix)
- ◆ Scrap paper
- ◆ Healthy Snacks

### Prior to Session

- ◆ Copy a master of the Nutrition & Exercise Jeopardy questions & answers
- ◆ Record the point totals for the Jeopardy game on the blackboard/dry erase board
- ◆ Buy healthy snacks for mini taste-testing

- ◆ Allow the children to get some water and find a seat at a table.
- ◆ Explain to them the rules of the game: *Nutrition & Exercise Jeopardy*. Allow this game to be interactive and open to the children sharing and discussing foods, the food groups, physical activity and the heart. The object of the game is to rack up points by sharing knowledge of nutrition, physical activity and the heart.

Note: Competition or Cooperation? You can either run this game as a friendly competition, tallying group scores and having them compete for the highest score, or you can create a whole class score by tallying all of the points earned. If you create a whole class score you can set a benchmark for them to achieve. (i.e. as a class try to get at least 50 points).

- ◆ Break the children into small groups (three or four works best).
- ◆ Choose the first question and read it aloud.
- ◆ Ask the children to put their heads together to discuss the answer. Once they are confident they should record their answer on a scrap paper and they signal they are ready to share by standing up silently.
- ◆ Ask each group to reveal their answers.
- ◆ Tally up the number of points won and choose a group to pick the next question by selecting a category and point value.
- ◆ Continue asking questions and playing Jeopardy until the game is over, or the time is up.

## Reflection/Closing

### Sharing

Praise the children for their efforts in both Sharks & Minnows and Nutrition & Exercise Jeopardy. Remind them that the next session will be the Healthy Food Olympics where they will put their minds and bodies to the test.



25 minutes



# Culminating Event

## Healthy Food Olympics



### ***Congratulations!***

It is time for the Healthy Food Olympics, and time to put their knowledge to the test. After all your leadership and their hard work, the kids will have the opportunity to celebrate all they have learned.

There are many different ways to arrange this session, as well as a huge variety of possible stations to choose from. The stations listed below are to give you an example of stations that have been used before. So feel free to be creative and add your own! Take advantage of the supplies/equipment at your site.

### *Rules & Directions*

Gather the children together to discuss the way the day will go. Take the children around to each station and briefly explain what each station entails. Break the children up into small groups and assign each group to a station to start at. Have the children rotate to each station. Prepare the stations with numbers so the children know which station to go to next.

Remind them to have fun and to try their best. Emphasis should be placed on having fun and working as a team. They have all worked so hard and learned a lot of material so they are not expected to remember it all.



45 minutes



# Culminating Event

(continued)



## Healthy Food Olympics

### *Materials Needed:*

- ◆ See each Olympics station for specifics
- ◆ Camera

### *Prior to Session*

- ◆ Reserve gym space
- ◆ Create the activities for the Healthy Food Olympics
- ◆ Prepare the materials needed for each station in the Olympics
- ◆ Organize a team of staff members to work at the Olympics (each station should have a staff member to lead the activity)
- ◆ Get a camera to photograph the Olympics

## The Olympics Begin!

Each stand should have a name and a theme. Ideally, the Olympics should be held in a gym. The children should be divided into small groups and rotate from one activity to the next on your prompting, much like the rotation during the obstacle course.

### **Stand One:** Name that Fruit or Vegetable

This stand is to test their knowledge of fruits and vegetables. Each child one by one will have three chances to pull a model fruit or vegetable from the box and try to name that fruit or vegetable.

### **Stand Two:** Nutrition & Exercise Jeopardy

This stand is to test their overall knowledge of nutrition and exercise. The staff member at this station will ask the children questions, prompt them to determine the answers and tally the points they earn.

### **Stand Three:** Test Your Taste Buds

This stand is to test the children's taste buds and challenge them to name the fruit they have been given. Each child will step up and have a blindfold placed over their eyes. They will then be given three different fruits (wearing the blindfold) and the chance to guess what fruit they have just eaten. They must be quiet and listen to directions so everyone receives a fair chance in participating in the event.

### **Stand Four:** Hula Hoopin'

This stand is to test the children's ability to hula hoop. Each of the children will be given a hula hoop. When prompted to begin, the children will start hula hooping to see how long they can keep the Hula Hoop up. (This station can also be a jump rope station which might be easier/harder for some children. You might provide hulas hoops and jump ropes and allow the children to choose, or try them both.)



45 minutes



# Culminating Event

(continued)



## Healthy Food Olympics (cont.)

### **Stand Five:** Potato Sack Race

This stand is to test the children's agility and strength to hop from the starting line to the finish line in a potato sack. Each of the children will step into a potato sack and line up on the starting line. You will signal the beginning of the race. Remind them to stay in their own lane and be careful of the other children. Ask them to raise their hands if they fall down and need assistance.

### **Stand Six:** Heart Rate Center

This stand will review information they've learned about the heart muscle and practice checking their heart rates at different levels of activity. They will work on getting their heart rates while sitting still, doing jumping jacks and finally sprinting.

## Reflection/Closing

After all the groups have had the opportunity to go through all the stations, have the children gather together and form a circle. Tell them what a great job they have done and again reward them for all their hard work, commitment and dedication.

### *Materials Needed:*

- ◆ See each Olympics station for specifics
- ◆ Camera

### *Prior to Session*

- ◆ Reserve gym space
- ◆ Create the activities for the Healthy Food Olympics
- ◆ Prepare the materials needed for each station in the Olympics
- ◆ Organize a team of staff members to work at the Olympics (each station should have a staff member to lead the activity)
- ◆ Get a camera to take photograph the Olympics



45 minutes



# Post Event Celebration & Reflection



## Materials Needed:

- ◆ Certificates
- ◆ Camera
- ◆ Slideshow equipment
- ◆ Blackboard/dry erase board

## Prior to Session

- ◆ Print certificates and have them ready to hand out to the children
- ◆ Print the pictures taken at the Healthy Food Olympics
- ◆ Get a camera to photograph the children with their certificates
- ◆ Prepare a slideshow
- ◆ Paper and crayons/colored pencils/markers

## Future Fitness

During this last session of the Healthy Food Olympics the children will be receiving certificates of achievement. They will also be taking time to reflect on the event and share with the group. If possible there will be a slideshow to share with the group recapping the whole session as a way of celebrating.

## Teambuilding Activity

### Certificates of Achievement: 10 minutes

- ◆ Ask the children to sit in a semi-circle. Read each of the student's name aloud and ask them to come forward and accept their certificates.
- ◆ If a camera is available, take pictures of each of the children with their certificates. Also, take a group shot of all the children with their certificates.

## Activity One

### Reflection: 10 minutes

During this activity, encourage the children to look back and reflect on their experiences throughout the session.

### Questions to ask:

- ◆ Did you have fun learning about nutrition and fitness?
- ◆ Do you feel you learned a lot about how to be healthy?
- ◆ What was your favorite aspect of the session? Of the Olympics?
- ◆ What did you find to be the most challenging part of the session? Of the Olympics?
- ◆ Do you feel you have made changes in your daily life in terms of the foods you consume and the amount of exercise you get?
- ◆ Do you have anything to share with the group about your experience or about what you learned?



45 minutes



# Post Event Celebration & Reflection

## Where Do We Go From Here? (Continued)

### Activity Two

**Slide Show:** 20 minutes

- ◆ Show a slideshow of the pictures taken at the event and, if you have them, pictures taken throughout the entire session preparing for the event. Children love to see pictures of themselves and their friends. This is a really nice way to put closure to an event before moving on to something else.
- ◆ Ask the children to think about their favorite activity at the Healthy Food Olympics. Provide paper and art supplies and ask them to illustrate themselves and their peers at their favorite station.
- ◆ Instruct them to meet with the children they traveled through the Olympics with to share their illustrations.

### Reflection / Closing

**Where Do We Go From Here?:** 5 minutes

As a final discussion, ask the children to think about other possible activities/ events they could do to further their learning process about health, nutrition and fitness. Write their suggestions on the board.

- Would they like to have a health Olympics each month?
- Do they want to create a health Olympics for the rest of the afterschool program
- Do they want to create a health Olympics and invite parents/family?



#### Materials Needed:

- ◆ Certificates
- ◆ Camera
- ◆ Slideshow equipment
- ◆ Blackboard/dry erase board

#### Prior to Session

- ◆ Print certificates and have them ready to hand out to the children
- ◆ Print the pictures taken at the Healthy Food Olympics
- ◆ Get a camera to photograph the children with their certificates
- ◆ Prepare a slideshow
- ◆ Paper and crayons/ colored pencils/ markers



45 minutes

# Appendix

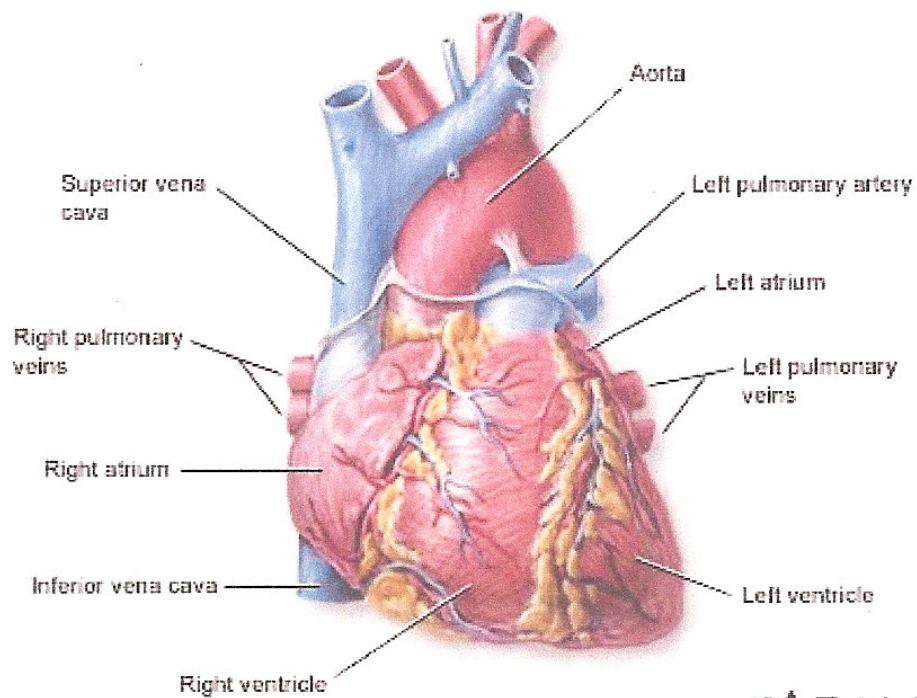
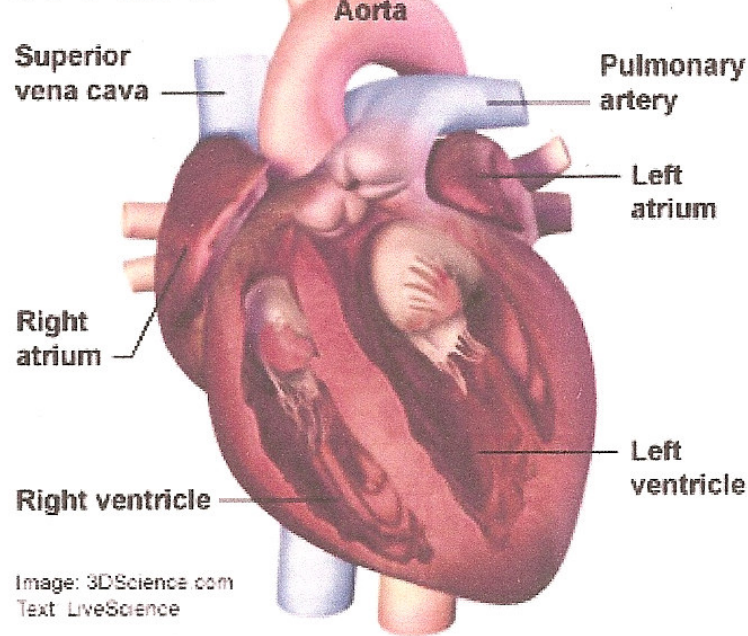
## Healthy Food Olympics Handouts

- ◆ Pictures of the Heart
- ◆ Jeopardy Questions & Answers

## General Handouts

- ◆ MyPyramid (<http://www.mypyramid.gov>)
- ◆ MyPyramid blank worksheet (<http://www.mypyramid.gov/kids/index.html>)
- ◆ Useful Websites

# Inside the Heart



# *Nutrition & Exercise*

## *Jeopardy Questions*

<b>Points</b>	<b>Food Pyramid</b>	<b>Healthy vs. Un-Healthy</b>	<b>Exercise &amp; Fitness</b>	<b>The Heart</b>
<b>100</b>	How many food groups are there?	soda and chips	Name three games or sports that would increase your heart rate.	Where is your heart located?
<b>200</b>	Which group contains apples and bananas?	yogurt and granola	Name three daily activities (not sports) that would increase your heart rate.	How big is your heart?
<b>300</b>	Name three foods in the dairy/milk group.	chocolate chip cookies and milk	How many minutes of exercise should you get daily?	What is your resting heart rate?
<b>400</b>	Name the six food groups.	pears, cheese and apple juice	Name three benefits of exercise.	What is exercise for the heart called?
<b>500</b>	Which group in the food pyramid is not a food group by important for good health?	turkey sandwich with tomato, lettuce and cheese	Physical activity is body movement that uses what?	What is the primary job of the heart?

# *Nutrition & Exercise*

## *Jeopardy Answers*

Points	Food Pyramid	Healthy vs. Unhealthy	Exercise & Fitness	The Heart
<b>100</b>	six	unhealthy	Answers may vary	In the center of your chest behind your ribcage
<b>200</b>	fruit	healthy	Answer may vary	About the size of your heart
<b>300</b>	Answers may vary	unhealthy	60 minutes daily	60 bpm
<b>400</b>	grains, vegetables, fruits, milk, meat & beans and oils	healthy	Improves self esteem, fitness level, build bones, muscles and joints, builds endurance and strength, improves flexibility, posture and manages weight	Cardiovascular activity
<b>500</b>	oils	healthy	energy	To carry nutrients and oxygen to all your cells via the blood and removing wastes from the cells

## Useful Websites

### Nutrition

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.foodpyramidhub.com](http://www.foodpyramidhub.com)

### Fitness: Exercises & Activities

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.netfit.co.uk/stretching.htm](http://www.netfit.co.uk/stretching.htm)

[http://kidshealth.org/parent/nutrition\\_fit/fitness/exercise.html](http://kidshealth.org/parent/nutrition_fit/fitness/exercise.html)

### Posters

[www.allposters.com](http://www.allposters.com)

[www.anatomywarehouse.com](http://www.anatomywarehouse.com)

## Notes



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