

# Educator's Guide

## Challenge 3: FOOD is Fuel



### Captivate

#### Part 1 Lift Off

#### It's Challenge Week!

- With each *fit* Challenge, students activate healthy habits through the meaningful practice of *fit* choices. The challenge concludes with students activating their friends and family to make *fit* choices too!
- For this week's challenge, your students will track healthy snack choices.
- Begin with a captivate activity from the *FOOD is Fuel* topic.

### Educate

#### FOOD is Fuel

- Review *Topic 3: FOOD is Fuel* before introducing the challenge.

#### Your Challenge:

#### Think Your FOOD! Choose a healthy snack.

- At snack time, students are to choose a healthy snack. For example:
  - Snack on fruit and/or vegetables instead of cookies or chips.
  - Drink water or milk instead of soda, juice, or sports drinks.

### Activate

#### Do It!

#### Think Your FOOD! Choose a healthy snack.

- Prepare to track the challenge: How will you record student participation? Your records can be as simple as tally marks or a more complex bar graph.
- Decide which challenge tracker (see options below) you will use to track the FOOD checks.
  - K-3 students may mark the picture chart to show snack choices.
  - Grades 4-6 may log the day, time, and snack on the handout.

#### Part 2 Take Action

#### Challenge Check In

- Check student progress each day until you are ready to wrap up the challenge.
- Incorporate physical activity into the challenge check in:
  - Ask students to stand when you say the name of the food choice groups. If a student does not eat snacks, encourage them to drink water.
- Discussion questions:
  - *Is this an easy or a difficult challenge? What makes it easy? Difficult?*
  - *Do your snack choices change from day to day?*

#### Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
  - *What propelled you forward through the challenge? Did friends or family encourage you? What helped you to remember to track your snacks?*
  - *What held you back while attempting the challenge? Were you able to talk yourself into making a healthy choice? Why or why not?*
  - *How do you overcome obstacles during a challenge?*

#### Congratulations!

- Congratulate and/or recognize students for successfully completing the challenge. Encourage students to continue to choose healthy snack foods at snack time.

#### Challenge Others

- Encourage students to challenge another person to do the *fit* challenge. Challenge friends, family, and teachers!

#### Challenge Trackers

Options are provided for Challenge Trackers. Choose one to download or have students track their challenges in a notebook or journal.

Option 1: K-3 FOOD Challenge Tacker

Option 2: Grades 4-6 Challenge Tracker

Option 3: Check off daily challenge on a 3x5 card.

*Educator's Guide*  
**Challenge 3: FOOD is Fuel**



**Notes:**