

Educator's Guide

Challenge 3: FOOD is Fuel



Captivate

It's Challenge Week!

Part 1 Lift Off

- 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: Shun the sugar!

- 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!

Shun the sugar!

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-2 students may mark the picture chart to show snack choices.
 - Grades 3-6 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: Check off daily challenge on a 3x5 card.

Option 2: Grades 3-6 Challenge Tracker

Option 3: K-2 FOOD Challenge Tracker

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Notes: