

# Educator's Guide

## Challenge 8: *fit* FOOD Choices



### 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!
- With this week's challenge, your students will track healthy snack choices.
- Begin with a captivate activity that asks students about their snack choices.

### Educate

#### *fit* FOOD Choices

- Begin with a quick review of *Topic 8: fit FOOD Choices* before introducing the challenge.
- **Your Challenge: Go for fruit and veggies!**  
Eat fruits and veggies when you snack.
- At snack time, students are asked 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!

#### Go for fruit and veggies!

Eat fruits and veggies when you 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 by asking students to stand when you say the name of a food choice. If a student does not eat snacks, encourage them to choose water as their snack for the next check-in.
- 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 8: *fit* FOOD Choices



Food	<b>GO</b> Go for it!	<b>Slow</b> Eat just a little.	<b>STOP</b> Think about your choice.
Beverages	Water and non-fat or 1% milk.	100% fruit juice and 2% milk.	Energy drinks, lemonade, soda pop, sports drinks, and whole milk.
Snacks	All fresh fruit and vegetables.	Air-popped popcorn, dried fruit, frozen juice bars, granola bars, and nuts.	Cakes, candy, cookies, crackers, chips, pretzels, and microwave buttered popcorn.
Vegetables	Fresh, frozen, and canned vegetables without added salt, fat, or sauces. Includes asparagus, broccoli, carrots, cauliflower, celery, cucumber, green beans, peas, spinach, etc.	Vegetables with added fat, salt, and sauces. Oven-baked fries.	Deep fried vegetables and French fries.
Fruits	All fresh, frozen or fruit canned in juice. Includes apples, bananas, grapes, kiwi, oranges, pears, etc.	100% fruit juice or fruits canned in light syrup.	Fruit drinks, fruit canned in heavy syrup, and frozen fruit with added sugar.
Grains	Brown rice and food made with whole grains. Includes whole-grain bread, hot and cold cereals, pitas, and pasta.	White Rice and food made with white refined flour.	Donuts, muffins, pastries, and sugary cereals.
Milk and Dairy Products	Non-fat or 1% low-fat dairy items. Includes fat-free or 1% milk, cottage cheese, and yogurt.	2% low-fat dairy products. Includes 2% milk, cottage cheese, cheese, ice cream, and yogurt.	Full fat dairy products. Includes whole milk, cheese, ice cream, and yogurt.
Protein	Beans, egg whites, fish, tuna (canned in water), tofu, skinless chicken or turkey, and extra lean beef and pork.	Lean ground beef, ham, nuts, peanut butter, tuna (canned in oil) and eggs.	Fried meat or eggs, chicken nuggets, ground beef, hot dogs pepperoni, and sausage.