



## FOODPLAY's Top 15 Delicious and Nutritious FOLLOW-UP ACTIVITIES

Here are some easy ideas to help keep the FOODPLAY messages alive in class all year long:

### 1. Hold a simple discussion following the show with such questions as:

- How did you like the show?
- What were your favorite parts?
- What did you learn?  
(Example: There are ten teaspoons of sugar in a can of soda; we need to eat at least 5–9 servings of fruits and vegetables every day; it is important to eat breakfast every day; what you eat affects how you feel and how healthy you are.)
- Will you be doing anything differently after seeing FOODPLAY?  
(Some popular responses are: cut down on soda; eat breakfast more often; try to eat more fruits and vegetables; cut down on junky snacks; drink more low-fat milk; exercise every day; watch less TV; read food labels; choose healthier fast foods.)

**2. Letter Writing:** Have children write letters to the Coach and Johnny/Janey about what they learned from FOODPLAY. Popular topics include: "My favorite parts of the show were..." and "The things I want to change about my eating and exercise habits are..." Alternatively, have children make drawings or paintings of their favorite parts of the show. Send letters and drawings to FoodPlay Productions, 1 Sunset Ave., Hatfield, MA, or email [info@foodplay.com](mailto:info@foodplay.com). We love to get feedback from the students and teachers. We'll even send your class a "Thank You" note!

**3. Healthy Snacktime:** When you return to your classroom, review the "Healthy Snack Cards/Top 10 Tips" with students. Choose one day per week to hold a "Healthy Snack Day" when you encourage students to bring in healthy snacks. You may even want to have a "show and tell" where each child shows his or her snack and shares what is healthy about it.

**4. Art Activity: "You Are What You Eat!"** On big sheets or rolls of paper, make a life-size outline of each student. Then have each child fill theirs up with cut-out pictures of their favorite healthy foods from magazines and newspapers or have them draw in their own pictures.

**5. Read It Before You Eat It!** After the show, have students examine their own snacks and "Read It Before You Eat It!" to determine what is really in the foods they're eating and drinking. They can try to identify different types of sugar; look up ingredient names in the dictionary; or figure out the fat content of their snacks. Remember, always check the serving size of a package since many food and beverage products contain more than one serving per package, and calculations have to be adjusted.

**6. Breakfast: Don't Leave Home Without It, or Get Breakfast At School!** Make a Breakfast Calendar on which children can report what they ate for breakfast each day. Make buttons or stickers out of cardboard or paper with breakfast slogans such as "Breakfast Eaters Make Good Learners!" or "I Ate Breakfast Today!"

**7. Soda Naturále!** Have students make their own soda, naturally, by combining a half glass of seltzer with a half glass of their favorite 100% fruit juice. For a fun activity, have children make up a name for their soda, create a label out of paper or label paper, and write a jingle or advertisement for it. You can even have them bring in washed soda bottles to recycle and turn them into their newly created "Soda Naturále."

**8. Do the "Soak in the Coke Routine"** Place a tooth, bone, or iron nail into a glass of cola and let it soak for 24 hours. Yeech!

**9. Red Light, Green Light:** Make a Red Light, Green Light poster and have kids review their snacks to see which are green light snacks or "go" foods (foods that are rich in nutrients and low in fat, sugar, and salt) and which are red light snacks or "woah" foods (products that are low in nutrients, and high in fat, sugar, and salt). Turn it into a poster and hang on the wall. For older children, make a green light, yellow light ("slow" foods), red light. Use the yellow light for foods that can be eaten more often, but not all the time.

**10. Snack-Attack Contest:** Divide students into groups and have them design their own healthy snack or do a take-off on the "Iron Chef" Cooking Show. Provide parameters such as each group must use foods from at least 2 food groups in their snack. Once created, have them come up with an advertising campaign to promote their snack. Then, have a Snack Fair with snack stations where children can create the different snacks and everyone gets to taste them. Or, have a contest for the winning snack or put together a classroom snack cookbook (no cooking needed) and use it as a fundraiser for a class party or outing. Be sure to send FOODPLAY a sample book for our scrapbook! Thanks!

**11. Snack Record:** Have students keep a daily snack record for at least one week. Have them review their own or each other's records and offer suggestions on ways to improve. You may want to give out incentives for those who eat green light snacks every day. Your choice!

**12. Pyramid Power:** Check out the website: [www.mypyramid.gov](http://www.mypyramid.gov) for more information, downloads and activities. Put up a large poster of MyPyramid: (use a poster or draw an outline on the chalkboard) and have students create one at their desks. Have kids divide up their lunches, either from home or school, into the correct food groups. Do this one day each week to help get students familiar with the different food groups. On the older Food Pyramid, sugary or high-fat foods belong in the "Fats and Sweets" group, and should be eaten only once in a while. On the new MyPyramid, sugary treats do not belong on the pyramid but are considered "extras." The more physically active a person is, the more wiggle room he/she has for extras.

**13. Pin the Food on the Pyramid!** Collect food pictures and make or purchase a Food Pyramid Poster from [www.mypyramid.gov](http://www.mypyramid.gov). Distribute the food pictures and have students come up and try to "pin" the food onto the correct food group. You may want to use velcro, scotch tape, or push pins if on a bulletin board-like surface. Go to [www.mypyramid.gov](http://www.mypyramid.gov) for graphics and more information.

**14. Active Pursuits:** Lead your class on walks. Give them a theme so that as they walk, they can talk to each other. You can call this activity "Walk and Talk." For example, talk about your favorite animal, trip, singer, etc. Or turn the walk into a scavenger hunt, where on each trip you give children one or two things to find on the way (such as an acorn, maple leaf or stick) or to see (such as a license plate from another state, a type of tree, or a color of a house).

**15. Still Life Masterpiece:** Show students still life paintings of fruits and/or vegetables by famous artists. Put together your own beautiful arrangement of fruits, vegetables and healthy foods. You may wish to bring in some special food from other countries. Have children paint or draw their own still life pictures, then post the pictures up around the classroom, in the hallway, or in the cafeteria. After the painting process is over, have kids enjoy tasting the foods after they have been washed and cut.

**Teachers! Parents! Kids!**  
For more tips, activities, handouts, and fun-filled resources:  
[www.foodplay.com](http://www.foodplay.com)