



FOODPLAY'S Top 15 Quick and Easy Follow-Up Activities

For All Staff

Here are some quick and easy activities to help keep the FOODPLAY messages alive in class.

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?**

(Examples: There are ten teaspoons of sugar in a can of soda; try to fill half your plate with fruits and veggies; 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. **Healthy Snacktime:** 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. **(Health)**

3. **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 and send them back to FoodPlay Production at 1 Sunset Avenue, Hatfield, MA 01038, or email info@foodplay.com. We love to get feedback from the students and teachers! **(Writing)**

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 representing all five food groups from magazines and newspapers or have them draw their own pictures. **(Art)**

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. **(Reading)**

6. **FOODPLAY Raps:** Invite children to create their own songs, raps, or poems celebrating healthy foods or healthy choices. Perhaps groups of children can sing these over the loudspeaker at morning announcements. **(Music)**

7. **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. Yuck! **(Science)**

- 8. Soda Naturale!** 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 Naturale.” **(Health)**
- 9. Red Light, Green Light:** Make a red light, green light poster and have students 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 WHOA 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. **(Health)**
- 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. Please send us a sample book for our FOODPLAY scrapbook! Thanks! **(Health)**
- 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 GO snacks every day. Your choice! **(Health)**
- 12. Power Up with MyPlate:** Check out the website www.ChooseMyPlate.gov, for more information, downloads and activities. Put up a large poster of MyPlate (use a poster or draw an outline on the chalkboard) and have students create one at their desks. Have students 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 and appropriate portion sizes. On the new MyPlate, sugary and fatty WHOA foods don’t belong, but can be considered as once-in-a-while foods. The more physically active a person is, the more wiggle room s/he has for extras. **(Health)**
- 13. Pin the Food on MyPlate!** Collect food pictures and make or purchase a MyPlate Poster. 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.ChooseMyPlate.gov for graphics and more information. **(Health/PE)**
- 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 each walk into a scavenger hunt by giving 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). **(PE)**
- 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. **(Art)**

For tips, activities, handouts and fun-filled resources: visit www.foodplay.com



Take the

FOODPLAY 5

Challenge!

Eat at least **5** FRUITS + VEGGIES a day!

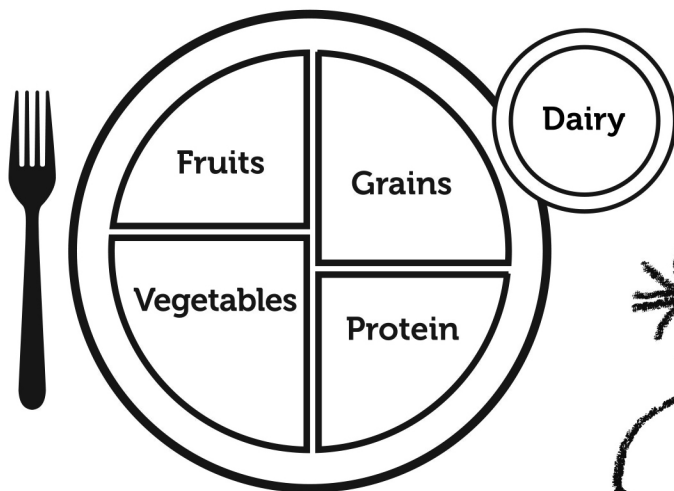
Read It **Be4** You Eat It!

Fuel up with **3** square meals starting with **BREAKFAST!**

Remember - I can do this, and **YOU CAN 2!**

Get up and **PLAY** for at least **1** hour a day!

Cut down on soda - Refresh with **H₂O!**



For more food fun, visit:
www.foodplay.com