

Eat Right, Play Hard Challenge 2013-2014

Challenge Activities

September 2013 - Family Day - A Day to Eat Dinner with Your Children

This is a national effort to promote parental engagement as a simple, effective way to raise healthier children. Family Day emphasizes the importance of regular family activities as a way to facilitate parent-child communication and encourage Americans to make family dinners a regular feature of their lives. Any day of the month can be a Family Day.

October 2013 - Play “I Can Be A Plant” or “Beach Ball Wrap Up”

For “I Can Be a Plant,” call out various vegetable names and instruct students to move to illustrate the part of the plant that we eat. For example, if we eat the leaves, stand and make swaying motions with their arms. Read the list of suggested vegetables or make up your own. Ask students to suggest other vegetables that they eat. Repeat at least once a week during the month.

Or play Beach Ball Wrap Up. Attach red and blue stickers randomly to an inflatable beach ball. Students pass the ball to each other until the teacher gives a stop signal. The student holding the ball has to give an example of a way to “Play Hard” or “Eat Right” depending on what color sticker his/her right thumb is closest to. Continue until all students have had a chance to answer a question. Repeat at least once a week during the month, or alternate with “I Can Be a Plant.”

November 2013 – Draw a Fitness Super Star

Have students draw (paint or color) a Super Star that shows their favorite way to Play Hard! The picture could show a player or turn a piece of equipment, such as a basketball, into the star. If you pick a school winner and follow a few simple criteria, we’ll have it printed on a poster, 50 copies for the school.

December 2013 – Try a New Fruit or Vegetable Month

Challenge students to try at least one new fruit or vegetable this month. Fruit and vegetables that can be eaten raw are especially appropriate because they require a minimum of resources. Expand the challenge as much as possible. Give a prize to the student who tries the most new fruit or vegetables. Give a prize to the class or grade that has the most students participating. If possible, involve the PTA to bring fruit and vegetables for students to try at school. Have each student complete a “Sense Rating Sheet” and ask parents to verify that the students did try the food.

January 2014 – Have Seven Active Days

Challenge your students to have seven active days a week! Have them write the name of at least one activity next to the name of each day. Encourage them to have a variety of activities, but all types are good. To help them have a variety of activities, do this Challenge on a week when there are different types of activities during physical education. Ask parents to verify activities that take place at home and on the weekends.

February 2014 – No “TV” Challenge

Ask students to pledge to not watch TV or streaming programs, play video games or play on the computer for at least one day. Ask parents to verify that they didn’t. Expand the activity as possible. You could challenge students to see how many days in a week (or a month) that they could not watch TV. Students could write a short story about what they did when they didn’t watch TV.

March 2014 – Media Madness

Challenge your students to watch ads for food in the media for one week. This includes television, the Internet and magazines. Keep a log of what type of media they are observing, who the target audience is and which foods/food groups are illustrated. Which characteristics of foods are promoted or what is the food associated with? Have them compare the types of foods that they observed to the types of foods recommended in MyPlate.

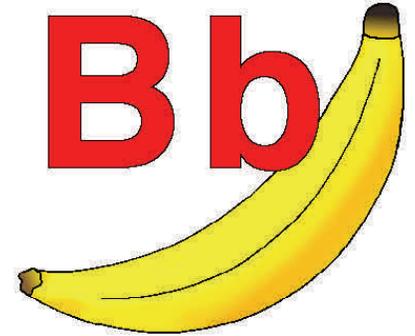


April 2014 – Set Up an Activity Trail

Have students set up an activity trail - a path with several stations. At each station, the students do an different activity. Do this activity at school during physical education or any other available time. Give students a list of possible activities to include in the trail, including activities that they could do at home, and involve students in selecting the activities. If possible, set up different trails on different days letting students take turns selecting activities. If you prefer, have students set up an activity trail at home and tell you what they did.

May 2014 – ABC Game: Bananas for the Birds

Divide the students into 2 lines. The first player on one line calls out the name of a bird or animal. The first player on the second line has to call out the name of a fruit or vegetable that starts with the same letter of the alphabet, such as bananas for birds. If the player can name a fruit or vegetable, the second player on the second line calls out a bird or animal and the second player on the first line has to name a fruit or vegetable. If a player can't think of a fruit or vegetable, he or she completes a short activity instead. Have a list of activities to assign or let them draw an activity from a hat. Activities could include running around the gym once, doing 15 jumping jacks, jumping rope, or other. If you can, write down the name of the fruits and vegetables and go over the list with the students when you have finished.



Eat Right, Play Hard Challenge 2012 - 2013 Activities

September - Fun with Food Words
October - Food Fitness
November - What's Like Me?
December - 5-A-Day Soup

January - Supermarket Tour
February - What Parts Do We Eat?
March - How Does My Food Grow?
April - Fitness Challenge

May - What's the Most Popular?

Eat Right, Play Hard Challenge 2011 - 2012 Activities

September - As If..
October - More Matters Pledge
November - New Fruit or Vegetable Challenge
December - Kids Cook Monday

January - "No TV" Challenge
February - Walk the US
March - Label Treasure Hunt
April - Earth Day. What Grows in New Jersey?

May - Project ACES (May 2, 2012)

Eat Right, Play Hard Challenge 2010 - 2011 Activities

September - Fractured Food Tales
October - What Am I? or Fruit and Vegetable Name Game
November - "No TV" Challenge
December - Grab the Flag, Power Tag, or Memory Ball

January - Power Bingo
February - New Fruit or Vegetable Challenge
March - Rainbow Mysteries
April - Family Activity

May - Partner Challenge

Eat Right, Play Hard Challenge 2009 - 2010 Activities

September - Happy Birthday, Johnny Appleseed!
October - Exercise Every Day
November - Healthy Heritage
December - Fun Fitness Day
January - Draw a Fruit Super Hero
February - Jump Rope Contest/Hoops for Heart
March - Healthy Lunch Day/Week
April - Exercise Challenge
May - Color Your Rainbow

Eat Right, Play Hard Challenge 2008 - 2009 Activities

September - Pack Assorted Colors for Kids (P.A.C.K.) Week
October - Walk to/at School Day (October 6, 2010)
November - Nutrition Question of the Day
December - Healthy Holiday Food Drive
January - Family Day - A Day to Eat Dinner with Your Children
February - Cooking Our Way to a Healthier Life
March - Student/Faculty Volleyball Game
April - Walk at Work Day (2010 date to be announced)
May - Project ACES - (May 4, 2011)