

Healthy Families Healthy Communities Initiative

Activity Descriptions

Core Nutrition Education

Nutrition Education Session by Dietetic Student or Medical Student*

- This activity involves the student coming in and giving your staff or your children a general overview of good nutrition habits and tips. The session could include the importance of energy balance, portion control, understanding product labels the importance of physical activity, healthy and unhealthy fats, whole grains, and cooking methods which substitute healthy ingredients.
 - You will need to notify us of any specific questions and/or topics that you would like the student to discuss in further detail, an activity leader who can organize children and staff for session, and a lesson plan that can lead up to or follow up with the session topics.

Overtown Cookbook Cooking Demonstrations*

- This activity involves the Booker T. Washington SHS students of the Overtown Cookbook Project conducting cooking demonstrations to your schools children and staff. The demonstrations may include early cooking and mixing skills, and/or the use of a hotplate.
 - You will need an activity leader who can help set up and break down before and after a demonstration, organize children and staff for demonstration, adequate space and electrical outlets for the use of a hotplate, and a lesson plan that can lead up to or follow up with the demonstrations.

Fruits and Vegetable Taste Tests *

- This activity involves the Booker T. Washington SHS students of the Overtown Cookbook Project conducting taste tests with fruits and vegetables. The purpose of this activity is to introduce the children to fruits and vegetables they may not have had and/or help them discover new ways to enjoy the fruits and vegetables they may not like.
 - You will need to notify us of any allergies your students may have, an activity leader to organize the children, and a lesson plan that can lead up to or follow up with the taste tests.

Skills to Succeed

Arts & Crafts Sessions

- This activity involves primarily the staff of the childcare center working with the students in creating an arts and craft project related to fruits and vegetables, with the help of a GFF-NHELP Outreach Coordinator. The project may be, for example, a food pyramid, healthy food train, fruits and vegetable puppets or some other creative activity for the kids to have hands on experience in creating.
 - You will need to recognize an activity leader to organize staff and students and a lesson plan that can lead up to or follow up with the session topics.

Nutrition Education Trips (grocery store, farmers market, farms, garden)*

- This activity is designed to get the students out of the classroom and learn about fruits and vegetables in a new way. The trip could be to any **one** of a number of places such as: a grocery store to learn how to shop for healthy food items, a farmers market to learn where to buy fruits and vegetables; a farm to learn where your fresh fruits and vegetables come from, to name a few.
 - You will need a trip leader who will be able to organize staff, students, and parents for the trip; chaperones will be needed to supervise students on trips and a lesson plan that can lead up to or follow up with information learned on the trip. Planning for this activity is very extensive, adequate center participation is extremely necessary.

Build Your Own Petite Fruits and Vegetables Garden

- This activity is designed to give the students a first look at how to grow their own food. The garden will be a small windowsill type garden of herbs, strawberries, tomatoes or combination of other vegetable or legume varieties. This is an ongoing activity.
 - You will need a staff activity leader who can organize the children, a lesson plan that will incorporate nourishing the garden on a daily basis, and adequate space to house the garden so that it can be watered and receive sunlight. This is a good opportunity to have student gardeners who can be in charge of watering the garden for the day.

Family, Friends, & Food

Family Fun Run/Walk or bike-a-thon Day*

- This activity is designed to introduce physical activity and its importance to the students; it is also designed to have the involvement of the students' family. This is a **one time** event that we hope to have all of the Quality Improvement Program participants and initiative collaborators involved in.
 - You will need an activity leader who will be able to organize staff, students, and parents to ensure their attendance, this should also be accompanied by a lesson plan that can lead up to or follow up with information learned on the trip. Planning for this activity is very extensive, adequate center participation is extremely necessary.

Children's and Parents Interactive Puppet Show/Play

- This activity is designed to have parent participation as well, whether to watch their children put on a play and/or be involved in the puppet show/play. The topic of the show will incorporate fruits and vegetables, physical activity, healthy living, or all of the above.
 - You will need a show director to organize parents, students, and staff around play scripts; if you use the entire class and audience is needed; time and space to put show on is needed; you may also need to develop background and scenery for the play show; and a lesson plan that can lead up to or follow up with information learned from the play. Planning for this activity is very extensive and is entirely dependent upon the centers' time and resources.

Get Moving, Get Fit Activity Day Indoors!

- This activity is designed to get the students activity. This can be an ongoing activity that the students can enjoy daily. The activity provides the students and staff an opportunity to get up and move around without going outside.
 - You will need student volunteers who can lead the class in the Get Moving, Get Fit Activity of the day.

Continuing Success

Develop a healthy eating bulletin board corner for parents

Handouts/Brochures

Fun interactive Nutrition Videos'

In-class games/activities/worksheets

Online Gaming/interactive websites

Interactive Storytelling

- **These activities are designed to reinforce learning of new and old lessons around fruits and vegetables, physical activity, healthy living, or all of the above.**
 - **You will need to be sure you have space to store all the information given, equipment to watch videos, computers for the online gaming/websites, and a visible spot for a bulletin board.**