



# Healthy Kids Challenge!



## School Activity Kit ...Making a Difference Today for Tomorrow

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This Kit is filled with fun ideas that create opportunities for healthy eating and physical activity choices. Please feel free to modify them to meet your needs! We also hope you will use them as a springboard to develop many more of your own!

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## school meal links

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### SCHOOL MEALS LINK WITH CLASSROOMS!

Repeating the message of healthy choices everywhere kids live, learn, and play is fun and habit changing!

The possibilities for school meal-classroom links are endless!

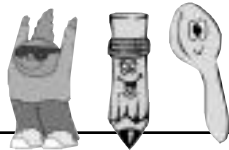
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#### Classroom Link

♥ School meals in art!

Have a school meal KidLink discuss how contrasting colors make meals more attractive. Demonstrate with different colors of fruits... like apples, blueberries, strawberries, and kiwi. Have students plan a healthy, color contrasted meal; draw/color the meal on a paper plate; and of course, taste the fruits used for the demonstration!



#### Quick Lesson

Have kids name the food group in which chili beans (Meat and Beans) are found. Show them a can of beans and discuss the weight in ounces and in grams. Have them name different types of beans (kidney, black, navy, lima beans, and others)

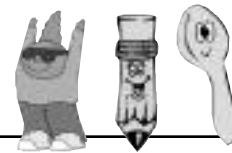


#### Classroom Link

♥ School meals in music!

Have a school meal KidLink discuss a food such as a tomato. Ask students how they like to eat their tomatoes. Have them create a Tomato rap song! Maybe something like:

**“I’m a tomato as red as can be  
In sauce, in salsa, and sliced, you’ll see  
A good source of fiber, Vitamin A and C”**



#### Quick Lesson

Have kids name the food groups in the chili served at school lunch.

#### Classroom Link

♥ School meals in math!

Have a school meal KidLink demonstrate how a simple recipe is adjusted for a change in the number of servings needed. Show students the ingredient sizes needed for a “home-size” recipe and compare it with ingredient sizes needed for a “school meal-size” recipe.

