

Setting Up For Success!

Contents

Introduction	2
Guidelines for Leaders	4
Tips for facilitating activities and background for healthy messages	
Overview	8
Displays	9
Interactive displays for health fairs, school cafeteria, parent-teacher conferences, or classroom learning centers	
Ready, Set, Learn Activities	32
Fun and easy ideas to “warm-up” a crowd and send “quick” messages!	
Games	46
Fun games with healthy eating and physical activity messages.	
Fun Healthy Messages on a “Shoestring” Budget	57
Paper plates are not just for eating anymore!	
Tip Sheets for C.H.A.N.G.E.	65
“Healthy Tips-To-Go” Connect Health and Needs, Get Excited. Use this information for handouts at health fairs, as a way to connect learning in the classroom to home, or in newsletters.	

displays

Super-sizing...how does it add up? SUPERSIZED SNACKS



RECOGNIZING SERVING SIZES and how much fat and sugar in one serving, is a key step in making choices for healthy balance.

♥ **Participants will interact with this display by reading the display card and following directions to guess the number of servings and the amount of sugar and fat in various snack foods.**

Display materials needed:

- Super-sized snack items
 - Chips
 - Candy
 - Soft drinks
- 2 boxes sugar cubes (75 – 100 cubes depending on the number of items displayed)
- Pats of margarine (75-100 pats depending on the number of items displayed)
- 2 bowls for holding sugar cubes and margarine
- 2 display plates (1 for sugar cubes and 1 for margarine) for each snack item displayed
- Optional display “props”: Super-sized travel mugs, magazine cutouts of high sugar/fat snacks

Directions:

1. Reproduce the display card that asks participants to guess number of servings, the number of sugar cubes per serving, and the amount of fat per serving.
2. For each snack item, create an “answer strip” using the template below
 - a. Read and record label information for number of servings and grams of sugar and fat
 - b. Calculate the number of sugar cubes per serving, using the formula
4 grams sugar = 1 sugar cube
4 grams margarine = 1 pat
3. Tape the appropriate answer strip to the back of each package.

Answer Strip Template

Number servings: _____

Amount of Sugar per Serving: _____ grams = _____ sugar cubes

Amount of Fat per Serving: _____ grams = _____ pats of margarine

4. Place a bowl of sugar cubes and a bowl of margarine pats on the table from which participants can choose to represent their “guess”.