



# Physical Activities and Healthy Snacks for **AFTER SCHOOL PROGRAMS**





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# INTRODUCTION

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This package was developed in partnership with the Eat Great and Participate (EGaP) program, Recreation Newfoundland and Labrador, the Regional Nutritionists in the four Regional Health Authorities and the After School Physical Activity planning committee in support of the two year provincial After School Physical Activity (ASPA) initiative. The package can be used in any other after school programs as well. The After School Physical Activity initiative creates opportunities for young people to be more active and learn about a variety of recreational and physical activities. The EGaP program aims to increase access to healthy food and beverages in sport, recreation and community settings and believes that healthy food should be offered anywhere physical activities are enjoyed. The EGaP program supports the ASPA initiative through resource development and support.

The package is intended for program facilitators and/or volunteers and includes physical activities that incorporate education around healthy eating. The activities are geared towards youth aged 9-15 and can be modified for facilities with limited space. Included with each activity is the educational outcome for the activity, the fundamental movement skills involved in the activity as well as modifications for youth with physical and/or cognitive disabilities. The package includes most of the materials needed for each activity (except for equipment such as benches, hula hoops, pylons, etc.) and can be reused or modified for multiple uses.

There is also a *healthy snacks* section for any after school program wishing to incorporate a snack during some of their sessions. The recipes are quick and easy and fit within the Provincial *School Food Guidelines*. Try making a snack as a group after completing an activity or provide participants with a copy of a recipe to try at home.



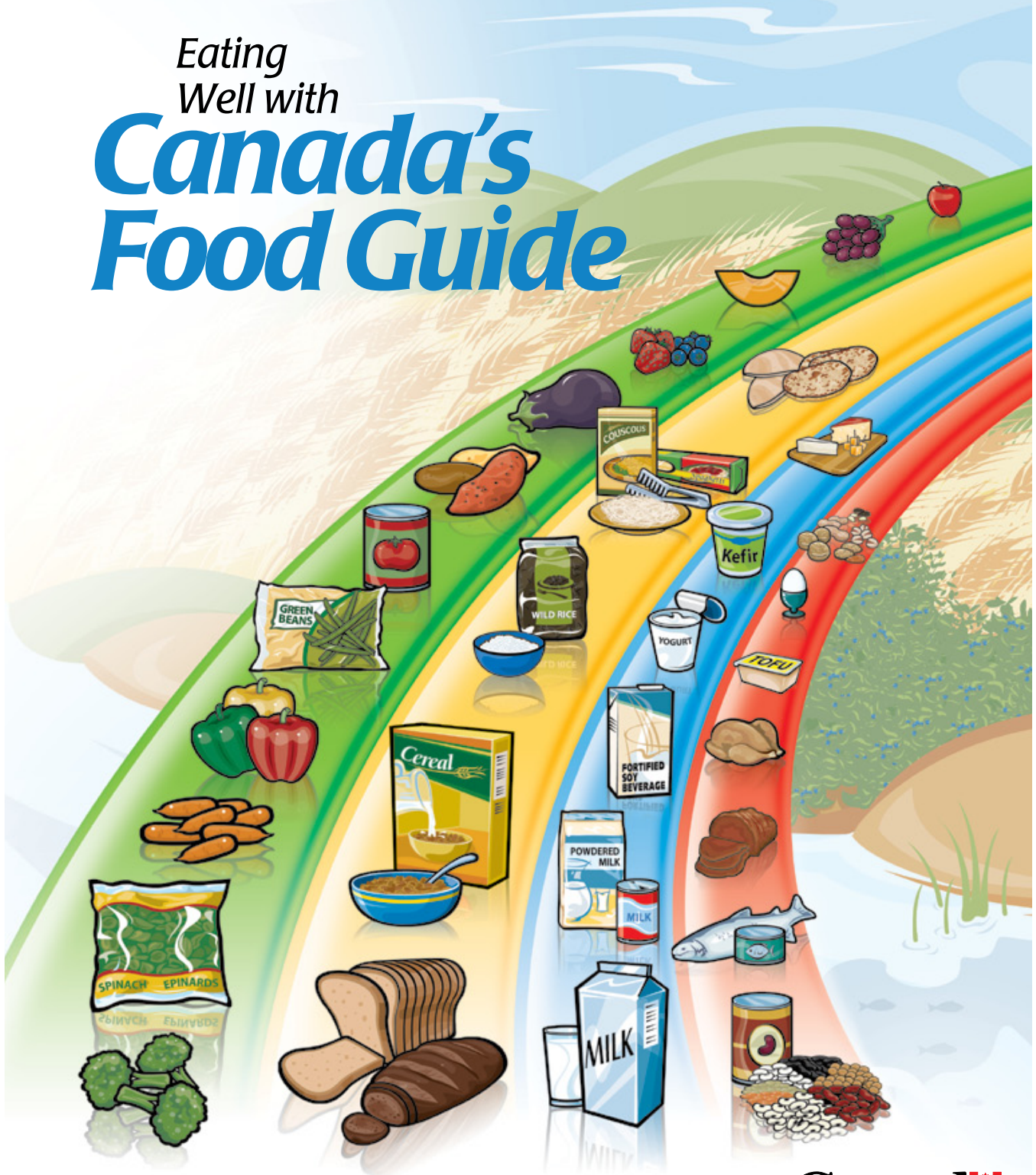


Health Canada Santé Canada

Your health and safety... our priority.

Votre santé et votre sécurité... notre priorité.

# Eating Well with Canada's Food Guide



Canada

**Make each Food Guide Serving count... wherever you are – at home, at school, at work or when eating out!**

▶ **Eat at least one dark green and one orange vegetable each day.**

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

▶ **Have vegetables and fruit more often than juice.**

▶ **Make at least half of your grain products whole grain each day.**

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

▶ **Choose grain products that are lower in fat, sugar or salt.**

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

▶ **Drink skim, 1%, or 2% milk each day.**

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

▶ **Select lower fat milk alternatives.**

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

▶ **Have meat alternatives such as beans, lentils and tofu often.**

▶ **Eat at least two Food Guide Servings of fish each week.\***

- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.

**Recommended Number of Food Guide Servings per Day**

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
<b>Vegetables and Fruit</b>	4	5	6	7	8	7-8	8-10	7	7
<b>Grain Products</b>	3	4	6	6	7	6-7	8	6	7
<b>Milk and Alternatives</b>	2	2	3-4	3-4	3-4	2	2	3	3
<b>Meat and Alternatives</b>	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

**Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:**























- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

**Oils and Fats**

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



**What is One Food Guide Serving?**  
Look at the examples below.

 <p><b>Fresh, frozen or canned vegetables</b> 125 mL (½ cup)</p>		 <p><b>Leafy vegetables</b> Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p>		 <p><b>Fresh, frozen or canned fruits</b> 1 fruit or 125 mL (½ cup)</p>		 <p><b>100% Juice</b> 125 mL (½ cup)</p>					
 <p><b>Bread</b> 1 slice (35g)</p>		 <p><b>Bagel</b> ½ bagel (45 g)</p>		 <p><b>Flat breads</b> ½ pita or ½ tortilla (35 g)</p>		 <p><b>Cooked rice, bulgur or quinoa</b> 125 mL (½ cup)</p>		 <p><b>Cereal</b> Cold: 30 g Hot: 175 mL (¾ cup)</p>		 <p><b>Cooked pasta or couscous</b> 125 mL (½ cup)</p>	
 <p><b>Milk or powdered milk (reconstituted)</b> 250 mL (1 cup)</p>		 <p><b>Canned milk (evaporated)</b> 125 mL (½ cup)</p>		 <p><b>Fortified soy beverage</b> 250 mL (1 cup)</p>		 <p><b>Yogurt</b> 175 g (¾ cup)</p>		 <p><b>Kefir</b> 175 g (¾ cup)</p>		 <p><b>Cheese</b> 50 g (1 ½ oz.)</p>	
 <p><b>Cooked fish, shellfish, poultry, lean meat</b> 75 g (2 ½ oz.)/125 mL (½ cup)</p>		 <p><b>Cooked legumes</b> 175 mL (¾ cup)</p>		 <p><b>Tofu</b> 150 g or 175 mL (¾ cup)</p>		 <p><b>Eggs</b> 2 eggs</p>		 <p><b>Peanut or nut butters</b> 30 mL (2 Tbsp)</p>		 <p><b>Shelled nuts and seeds</b> 60 mL (¼ cup)</p>	



**Enjoy a variety of foods from the four food groups.**



**Satisfy your thirst with water!**

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

\* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to [www.healthcanada.gc.ca](http://www.healthcanada.gc.ca) for the latest information.



## Advice for different ages and stages...

### Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.



### Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **foliac acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

#### Here are two examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.



### Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).



## How do I count Food Guide Servings in a meal?



### Here is an example:

#### Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper	=	2 <b>Vegetables and Fruit</b> Food Guide Servings
75 g (2 ½ oz.) lean beef	=	1 <b>Meat and Alternatives</b> Food Guide Serving
250 mL (1 cup) brown rice	=	2 <b>Grain Products</b> Food Guide Servings
5 mL (1 tsp) canola oil	=	part of your <b>Oils and Fats</b> intake for the day
250 mL (1 cup) 1% milk	=	1 <b>Milk and Alternatives</b> Food Guide Serving
1 apple	=	1 <b>Vegetables and Fruit</b> Food Guide Serving



# Eat well and be active today and every day!

## The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.



## Be active

To be active every day is a step towards better health and a healthy body weight.

It is recommended that adults accumulate at least 2 ½ hours of moderate to vigorous physical activity each week and that children and youth accumulate at least 60 minutes per day. You don't have to do it all at once. Choose a variety of activities spread throughout the week.

*Start slowly and build up.*



## Eat well

Another important step towards better health and a healthy body weight is to follow *Canada's Food Guide* by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

## Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

### Nutrition Facts

→ Per 0 mL (0 g)

Amount	% Daily Value
<b>Calories</b> 0	
<b>Fat</b> 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
<b>Carbohydrate</b> 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
<b>Protein</b> 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

## Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

## Take a step today...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!



For more information, interactive tools, or additional copies visit *Canada's Food Guide* on-line at: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

### or contact:

Publications  
Health Canada  
Ottawa, Ontario K1A 0K9  
**E-Mail:** publications@hc-sc.gc.ca  
**Tel.:** 1-866-225-0709  
**Fax:** (613) 941-5366  
**TTY:** 1-800-267-1245

Également disponible en français sous le titre :  
Bien manger avec le Guide alimentaire canadien

This publication can be made available on request on diskette, large print, audio-cassette and braille.

# MATERIALS

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**The following materials are useful to have on hand when preparing for some of the activities in this booklet:**

- Six Pieces of Construction Paper
- Two copies of Canada's Food Guide (see pages 5-9 for a copy of Canada's Food Guide that can be photocopied)
- Two Pieces of Rope (Skipping Rope)
- Letter Cut-Outs for the Healthy Living Rhyme
- Survivor Team Challenge Cards
- Two Small Balls
- Living It Up: Amazing Race Team Challenge Cards
- Two Sets of Grocery Money
- Two Sets of Food Pictures
- Two Grocery Bags
- Two Plastic Cups
- Scotch Tape

# MUSCLE WARMER-UPPERS

Try these warm up activities to get participants muscles warmed up before starting the activity for the day. If the activity of the day is not at vigorous intensity, you can also do a warm up activity at the end.

## Banana Split

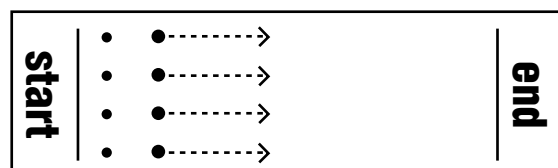
**Equipment:** container, pieces of paper or index cards and pencils/pens

Have participants create their own activities (i.e. 10 jumping jacks, 10 front kicks, 20 kickboxing jabs, etc.) and place in a reusable container. Invite participants to form 2 lines with participants standing shoulder to shoulder. On the signal to begin, everyone performs the same movement (i.e., walking, skipping, galloping, running, etc.). Be sure participants stay beside their partner and in line with other pairs as they move around the playing area. Every 15-20 second, call “banana split”, at which point the two participants at the front of the line will “peel”; one participant turns to the right and the other to the left and they both travel to the end of the line and end up side by side again. After a few banana splits, call ‘cherry on top’ and ask a participant to reach into the container and pull out an activity, for all to perform. You can place tape on the floor to help them stay in a straight line.

## Partner Pursuit

**Equipment:** one flag “tail” or scarf for each participant, pylons indicating a start and end line

This activity works wells in a large space, such a gymnasium or possibly outside. Place pylons down indicating a start and end line and have the participants pair up, each placing a ‘tail’ in their waist band, hanging off to one side. Participants line up with their partners, one behind the other (approx. 1 meter apart on the start line). Beanbags or tape can be placed on the ground to mark the distance between the partners if necessary. On the signal to begin, both participants run toward the end line with the end partner behind attempting to remove the other partner’s ‘tail’. If removed before reaching the end line, that participant receives one point. Both participants walk or jog back to the start line, and switch places. Continue for 3-5 times or a certain amount of time; and you can also switch partners.



### Inclusion/Modification

If needed, participants can be placed in groups of 3 with 2 participants in front being pursued by the participant behind. Consider having participants with developmental or physical disabilities partner up and move together by linking arms or holding a pool noodle between them.

*Modified from Ever Active School: Schools Out...Let's Move*



## ACTIVITY #2

# SURVIVOR: THE HEALTHY WAY

Two or more teams of 4-10 participants, Relay style race

### Materials (provided)

- Pieces of material to create a survivor bandana (a different color for each team) or if playing the activity for the second time can make small flags using paper and popsicle sticks (1 per team)
- Canada's Food Guide (1 per team)
- Piece of rope – (1 per team)
- Letters cut -outs for healthy living rhyme
- Survivor team challenge cards (see appendix A)

### Directions

- First, each team creates a flag or survivor bandana including a team name – be creative and use healthy living names (i.e. wild watermelons, whole grain gorillas).
- While the youth are creating their survivor teams, place a copy of Canada's Food Guide (1 per team) in a hidden but accessible place at your site. Hide bag provided with cut out letters in the play area (see challenge 1).
- Organize teams on one side of the play area, and place the challenge cards face down on the other side of the play area.
- Participants crab walk (walking on all fours with body facing the ceiling/sky) one at a time up to their team's set of challenge cards, pick up one card and shuffle back to their teammates.
- The challenges must be completed as a whole team while the program leader supervises each team.
- Once the challenge is completed a different team member crab walks up to retrieve another challenge card. Play continues until a team has retrieved and completed each of their challenges.
- The first team to complete all their challenges are the survivors.

### Challenges (see challenge cards provided)

- #1. Solve the healthy living rhyme: To be a good teammate you should  
\_ A \_ \_ \_ \_ T & \_ \_ R \_ \_ C \_ \_ IT \_ ! (Answer: EAT GREAT AND PARTICIPATE).
- #2. Name a healthy meal that contains foods from each of the 4 food groups in Canada's Food Guide.
- #3. Do 5 star jumps and 10 mountain climbers\* be sure to demonstrate this exercise prior to starting the activity (see description on next page).
- #4. Create a physical activity using the rope (i.e. skip rope or jumping over the rope).
- #5. Find the hidden copy of *Canada's Food Guide* and read one of the *key messages* from the 'Make each Food Guide Serving count' section.
- #6. With a soccer ball or similar size ball, each participant will take a turn kicking the ball through their teammates legs while they stand in a single file line approx 5-10ft away with their legs opened. Each participant must successfully kick the ball between the set of teammates legs to complete the challenge.

# SURVIVOR: THE HEALTHY WAY

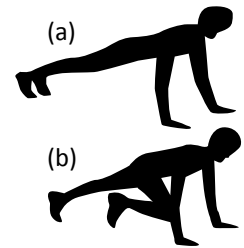
## Star Jumps

Stand on a flat surface with your knees slightly bent. Squat down towards the ground, then jump as high as you can, extending your arms and legs out to the side like a jumping jack (or a star) Before you land, pull your arms and legs back together, landing with your feet just inside shoulder width – you will land in the same position you started.



## Mountain Climbers

Start at the top of a pushup (a). Keeping your abs braced, pick up your right foot and slowly bring your knee toward your right shoulder (b). Hold for two seconds, then return to start. Alternate legs until you've done 10 reps per leg.



### Inclusion/Modifications

- For the physical activity challenges have a large light ball that can easily be grasped by the individual. Have them throw the ball into the air and catch it. You may even pair the person up with a buddy to make it more enjoyable.
- Incorporate music and scarves to get the individual's body moving. Have them swing the scarf around to the beat of the music and throw it up in the air as well. Scarves are excellent items for persons who may have a slower reaction time.

### Fundamental Movement Skill Involved

- Agility, Balance, Coordination, Jumping, Kicking, and Skipping.

### Outcome

- Familiarizes participants with *Canada's Food Guide* while being physically active.

Modified from 'The Go Healthy with Ticker Tom' program activity book

## ACTIVITY #3

# LIVING IT UP: AMAZING RACE

Two teams of 4-10 participants, one leader per team, relay style race

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### Materials (provided)

- Green and red\* construction paper to make bracelets for each participant\* (not provided)
- Small plastic balls
- Team Challenge cards (1 set per team) - see appendix B
- Skipping rope or balance beam/Bench

**\*Be sure to match colors. Have the same color bracelet as the challenge cards so the participants remember which color challenge card they are searching for (See appendix for extra sets to print).**

### Directions

- Program leader to supervise each team.
- Set up a start and a finish place (doesn't have to be a straight line – just somewhere the teams know to go once they have all their challenge cards found and completed).
- The program leaders are to hide a set of 5 challenge cards per team around the site (or outside if suitable).
- Both teams start in the same location. 'On your mark, get set, Go'. Each team must race out to find the hidden challenge cards (that matches the color of their team bracelet) but can only complete the challenge when all team members are together.
- Challenges can be modified to suit your group/facility.
- The first team to complete all 5 challenges and have team members returned to the indicated finish place are the winners.



# LIVING IT UP: AMAZING RACE

## Challenges

### #1. Know the Guide and find me inside

Name the four food groups in Canada's Food Guide and a food that belongs to each group.

### #2. It's a race but watch your pace

(Hide piece of rope or skipping rope with this card). One at a time, the team members have to safely walk the length of the bench or the piece of rope provided without falling off. If a team member falls off they must start over. For younger children the program leader may choose to walk along side of the child and hold their hand.

### #3. Elbow ball

Find a ball! Team members line up in single file. The team member at the back of the line places the ball between their elbows and passes the ball to the next person in line. The ball must travel from the back to the front of the line without touching the ground. If the ball is dropped, the team must restart.

### #4. Guess that food

Each Team will need to identify 4 foods based on the description given to them (read by leaders if necessary):

- I am red in color, high in vitamin C and wear my seeds on the outside (Answer: strawberries).
- Start the day with a bowl of me and you will have lots of fiber and energy (Answer: whole grain cereal).
- I give you calcium to build strong bones but I'm easier to eat with a spoon not a straw (Answer: yogurt).
- I come from the ocean and give you protein and certain types of healthy fats (Answer: fish)

### #5. Team workout

All team members must complete the physical activities together in order (see appendix B for description):

- |                      |                        |
|----------------------|------------------------|
| (a) 20 high knees    | (b) 20 raise the roofs |
| (c) 20 football runs | (d) 20 frog jumps      |

## Inclusion/Modification

- For the team workout use thera-bands for children as a way to increase their strength. Wrap a lightweight resistance band under your chair and perform resistance exercises, such as chest presses, and bicep curls to keep your muscles active.

## Fundamental Movement Skill Involved

- Balance, Coordination, Catching, Jumping, and Speed.

## Outcome

- Familiarizes participants with *Canada's Food Guide* while being physically active.

Modified from 'The Go Healthy with Ticker Tom' program activity book

## ACTIVITY #4

# RUNNING TO THE GROCERY STORE

### Two teams of 4-12 participants, Relay style race

To complete this activity, everyone should be familiar with *Canada's Food Guide*. Program leaders can choose to review the *Food Guide* with the participants prior to starting the activity by asking a few simple questions: 'is everyone familiar with the four food groups? Can you name the four food groups? How many servings from each group do you need per day? (Refer to the appropriate age group from the *Food Guide*). The program leader could also wait until the activity is completed to ask these questions and see who can relate the activity to *Canada's Food Guide*.

### Materials (provided)

- A set of grocery money per team
- Pictures of foods (see appendix C for extra sets to print)
- *Canada's Food Guide*
- Grocery bag

### Directions

- Refer to suggested floor plan on the following page. Participants line up on one side of the play area and a grocery bag is given to the first person in each line. The bigger the area the more active the participants can be.
- Place all food pictures **FACE UP** on a table on the opposite side of the room; this is considered the grocery store.
- Place grocery money **FACE DOWN** on separate tables per team in the center of the room
- When the relay begins only the participants holding the grocery bag run to the grocery money table and take one piece of money from their team's pile.
- Next they run to the grocery store and choose one food item that corresponds to the food group written on the grocery money.
- The money is given to the cashier (program leader) at the grocery store and the food is placed in the grocery bag.
- The participant then runs back to their teams and passes the bag to the next person. The play continues until all the grocery money has been spent. Each team must then try to create a balanced meal (including 3-4 food groups) using the foods they have.

### Fundamental Movement Skill Involved

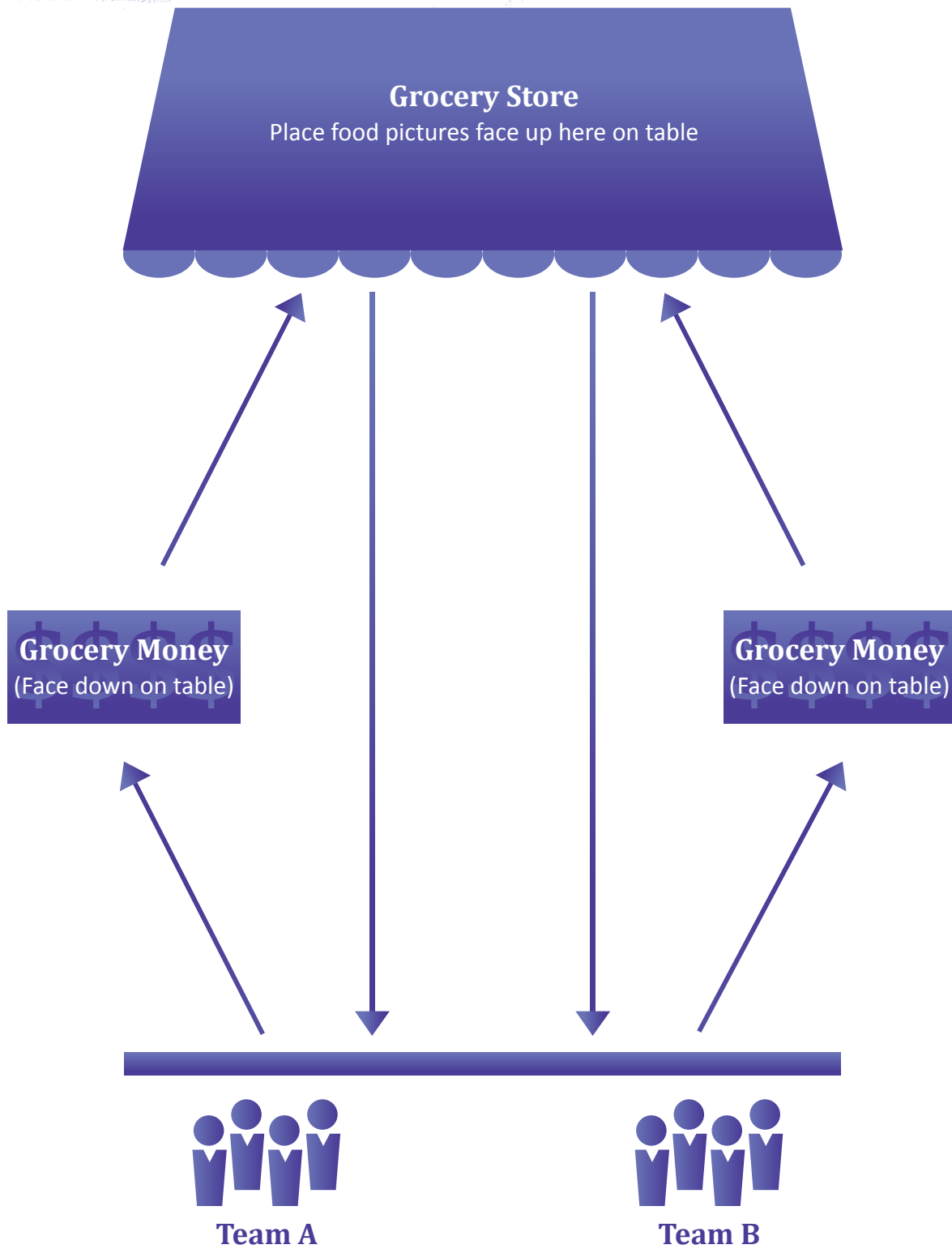
- Agility, Balance, Coordination and Running.

### Outcome

- Familiarizes participants with the types of food included in groups in *Canada's Food Guide* and balancing meals while being physically active.

Modified from 'The Go Healthy with Ticker Tom' program activity book

# RUNNING TO THE GROCERY STORE





## ACTIVITY #5

# FUN FOOD OBSTACLE COURSE

**Can be individual or in teams depending on the group or size of play area.**

If individual – you can time each participant and then repeat the activity in several weeks to see if they can beat their previous time. Can use as many obstacles as you wish or that are feasible in the space you have available.

### Materials (provided)

- Plastic cups
- Small plastic balls
- Skipping rope
- Hula hoops and pylons (not provided)
- Hard cover book (not provided)

### Directions

- Set up as many obstacles in your play area while also allowing space for participants to run from station to station.

### Challenges

- #1. Skip and spell** – While the participant is skipping, the leader blurts out a healthy food and the participant must spell it correctly (while continuing to skip). Try to use challenging food names from the fruits and vegetables food group – cantaloupe, cucumber, yogurt, broccoli, spinach, banana, pumpernickel, salmon, etc.
- #2. Fruity knees** – Lay hula hoop, touching, in a straight line. The participant places a small plastic ball between their knees and must walk through the line of hula hoops without touching the hula hoops or dropping the ball.
- #3. Sip me and flip** – on a small table have a plastic cup filled 1/3 with water. The participant must drink the water and then by balancing the cup on the edge of the table – flip it upside down (see photo on following page).
- #4. Breakfast of champions** – place the picture of whole grain cereal as seen provided in package (on next page) at a station, participants must identify the correct name of what the picture is showing (Whole grain cereal) and then name a good reason to eat this for breakfast (i.e. gives you fiber, gives you energy, helps you think in class, etc.). Program leaders can give clues.
- #5. Ball relay** – set up pylons and have participants walk around each pylon while balancing a ball on a spoon. If the ball falls they must start over at the beginning.
- #6. Cheeky race** – designate a start and finish line. Participants must sit on the floor with legs straight out in front of them, then they try to walk on their behinds. Participants cannot use their hands or feet to push themselves forward.
- #7. Book balance** – set up a start and finish place. The participant must balance a book on their head while walking from the start to finish. If the book is dropped the participant must start from the beginning.
- #8. Shoots** – participants must shoot a basketball into the basket from a marked distance (or increase the number of successful shots for more difficulty).

# FUN FOOD OBSTACLE COURSE

## Fundamental Movement Skill Involved

- Balance, Coordination, Skipping and Throwing.

## Outcome

- Familiarizes participants with the fruits and vegetables food group and recognizes the importance of eating a healthy breakfast while being physically active.

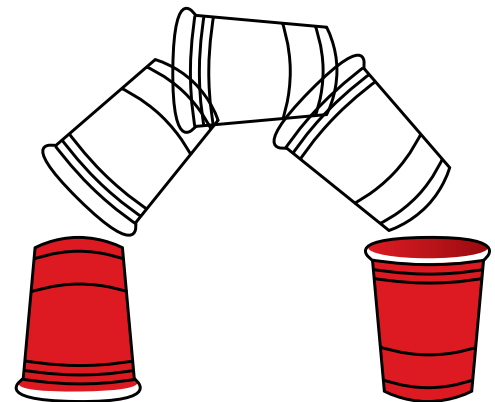
*Modified from 'The Go Healthy with Ticker Tom' program activity book*

### Breakfast of Champions

If more than one is required you can photocopy and cut this page. Print and laminate picture.



**Whole Grain Cereal**



**Sip Me and Flip**

## ACTIVITY #6

# FOOD HEADBANZ

Relay race style, one leader per team, teams of 4-8 participants\*

### Materials (provided)

- Food pictures – (use the pictures for Running to the Grocery Store activity)
- Tape
- Construction paper
- *Canada's Food Guide*

### Directions

- Have participants make a headband out of construction paper and tape.
- Divide participants into teams.
- One at a time each participant has to bear walk (monkey walk or side step – be creative) to the other side of the play area (preferably a gymnasium so the participants have more room to be active).
- A leader will tape a food picture to the participants headband.
- The participant then has to run (or bear/monkey walk) back to their team
- The participant must identify the food taped to their headband by asking their teammates 'yes' and 'no' style questions only:
  - Do I grow in the ground?                      - Am I in the Vegetables and Fruit food group?
  - Am I eaten at breakfast time?              - Do I come from an animal?
- Once the participant has identified the food correctly the next person goes.
- Add a twist: Once all the participants on a team have guessed their food correctly, they group together with members of the other teams that have a food in the same food group (4 groups should be created – Fruits and Vegetables, Grain Products, Milk and Alternatives and Meat and Alternatives).
- The first group to form one of the four food groups in Canada's Food Guide correctly is the winner.

**\*Note: Instead of having teams, place food pictures on participant's headband and have them mingle as a large group and ask questions to all other participants and leaders. The participants must only ask one 'yes' or 'no' question to another participant before moving onto a different participant. Continue with the last two points from above.**

### Fundamental Movement Skill Involved

- Agility, Balance, Coordination and Running.

### Outcome

- Familiarizes participants with the types of food included in groups in *Canada's Food Guide* while being physically active.

Modified from 'The Go Healthy with Ticker Tom' program activity book



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# HEALTHY SNACKS





# HEALTHY SNACKS



## Fruit Salad Parfait

### Ingredients:

- Your favorite fresh fruit and/or canned fruit packed in water
- Yogurt with 2% or less MF (milk fat)
- Whole grain or bran cereal
- Parfait dishes (or regular)

### Directions:

1. Wash and cut all fruits and put into a large bowl.
2. Drain canned fruit and empty it into the bowl with the prepared fresh fruit.
3. Spoon layers of fruit, yogurt and whole grain cereal into your glass.



## Racing Roll-ups

### Ingredients:

- ½ cup reduced fat cream cheese (softened)
- ½ cup reduced fat ranch dressing
- Shredded lower fat cheese
- Finely chopped broccoli
- Peppers (any colors)
- Green onion

### Directions:

1. Blend together cream cheese and ranch dressing.
2. Spread onto 4-5 large size whole grain tortillas.
3. Top with a mixture of grated light cheese and finely chopped broccoli, peppers (any colors) and green onion.
4. Roll up the tortillas tightly. Slice into 2.5 cm (1 inch) portions and serve.



## Banana Berry Smoothie

### Ingredients:

- 8 oz (240ml) container of lower fat yogurt (plain or fruit)
- 1 cup berries (fresh or frozen)
- 1 banana
- 4-5 ice cubes

### Directions:

1. In a blender process all ingredients until combined. Serve immediately.

Serves 4-5.

## Shannon Crocker's Munchie Mix

### Ingredients:

- Air-popped popcorn
- Whole-grain cereal (wheat squares, o's or puffs)
- Dried fruit (look for those made without added sugars: apricots, raisins, apple, pear)
- Roasted chickpeas
- Whole-grain pretzels
- Unsweetened coconut flakes
- Whole-grain mini crackers
- Dark chocolate chips (optional)

### Directions:

1. Place a variety of the above ingredients on a table in different bowls.
2. After washing their hands, have kids make their own crunchy medley using the ingredients they like the best. Store it in an airtight container or baggie.
3. At home scoop some out into smaller containers for lunch each day.

*(THE CANADIAN PRESS—TORONTO Source: Shannon Crocker, Registered Dietitian).*



## Stuffed Pita Pizzas

### Ingredients:

- Small whole wheat pita pockets
- Shredded carrots
- Lower fat shredded cheese
- Tomato slices
- Sauces (barbeque, pizza or hummus)
- Any other favourite veggies

### Directions:

1. Preheat oven to 250°F.
2. Wash and cut all vegetables.
3. Open pita, cut in half and spread sauce of your choice.
4. Fill pita with veggies and sprinkle with cheese.
5. Bake in oven until cheese is melted (5-6 minutes).

Variation: can also make these on top of pita like mini pizzas.





## Easy Hummus Dip

### Ingredients:

- 19oz can of drained chickpeas
- 3 tablespoon lemon juice
- 2 tablespoon canola oil
- 1 teaspoon ground cumin
- 2 garlic cloves; chopped or crushed (you can substitute ¼ teaspoon garlic powder for the 2 garlic cloves)

### Directions:

1. Drain the can of chickpeas, rinse well and place in a blender or food processor.
2. Add lemon juice, canola oil, ground cumin, and garlic cloves (or minced garlic).
3. Blend or process until smooth. Add a small bit of water, if needed.
4. Add pepper to taste. Keep refrigerated.

Serve with whole wheat crackers, pita bread or vegetables.



## Creamy Rice Pudding

### Ingredients:

- 1/2 cup short grain or brown rice
- 2 tablespoon sugar
- 2 & 1/3 cup 1% milk (or soy milk)
- 1 teaspoon vanilla

### Directions:

1. Cook rice, sugar and milk in double boiler until rice is tender.
2. Remove from heat and let cool.
3. Add vanilla.

Serves 4.

Variation: add frozen berries, toasted almonds or raisins to top.

## Fruit-Veg-N-Cheese Kabobs

### Ingredients:

- Any fruit or vegetable that's able to be placed on a skewer (grapes, strawberries, kiwi, oranges, bananas, melons, cucumber, peppers, tomatoes etc.)
- Lower fat cheese
- Yogurt to dip
- Wooden skewers or round toothpicks

### Directions:

1. Wash and cut all fruit/vegetables into cube shapes.
2. Cut cheese into squares or triangles.
3. Using skewer, create kabob using a variety of fruit / vegetable and cheese combinations. Try something new!



## Fruity Wrappers

### Ingredients:

- Fresh strawberries (or frozen-thawed)
- Bananas
- Small whole wheat wraps
- Yogurt with 2% or less MF (milk fat)

### Directions:

1. Remove stems and wash strawberries. Peel bananas. Cut bananas in coins and strawberries in half.
2. Spread yogurt on a wrap and fill with banana coins and strawberry pieces.
3. Fold wrap (heat in microwave for about 20-30 seconds if desired).

Variation: can also use Greek yogurt or try using vegetables with light cream cheese.







# APPENDICES

## Activity #2 - Survivor: The Healthy Way - Challenge Cards

#1	Find the hidden copy of <i>Canada's Food Guide</i> and read a 'Make each Food Guide Serving count' key message.	SURVIVOR
#2	Create a physical activity using the rope. (i.e. skip rope or jumping over the rope).	SURVIVOR
#3	Do 5 star jumps and 10 mountain climbers.	SURVIVOR
#4	Name a healthy meal that contains foods from each of the 4 food groups in Canada's Food Guide.	SURVIVOR
#5	Solve the healthy living rhyme: To be a good teammate you should _ A _ _ _ _ T & _ _ R _ _ C _ _ IT _ !	SURVIVOR
#6	Find a soccer ball or similar size ball, each of you will take turns kicking the ball through your teammates legs while they stand in a single file line approx 5-10ft away with their legs opened. Each participant must successfully kick the ball between the set of teammates legs to complete the challenge.	SURVIVOR

# APPENDIX B

## Activity #3 - Living it Up: Amazing Race - Challenge Cards

#1	<b>KNOW THE GUIDE AND FIND ME INSIDE</b> Recite the four food groups in <i>Canada's Food Guide</i> to the leader and name a food from each group.	LIVING IT UP
#2	<b>IT'S A RACE BUT WATCH YOUR PACE</b> All team members have to safely cross the bench or piece of rope without falling off. If a team member falls off they must start over.	LIVING IT UP
#3	<b>ELBOW BALL</b> Find a ball. Team must line up in single file. The team member at the back of the line places the ball between their elbows and passes the ball to the next person in line. The ball must travel from the back to the front of the line by only using your elbows. If the ball is dropped, you must start from the beginning.	LIVING IT UP
#4	<b>GUESS THAT FOOD</b> <ul style="list-style-type: none"><li>• Identify 4 foods based on the following description (can be read by leader):</li><li>• I am high in vitamin C and wear my seeds on the outside. What am I?</li><li>• Start the day with a bowl of me and you will have lots of fiber and energy. What am I?</li><li>• I give you calcium to build strong bones but I'm easier to eat with a spoon not a straw. What am I?</li><li>• I come from the ocean and give you protein and certain types of healthy fats. What am I?</li></ul>	LIVING IT UP
#5	<b>TEAM WORKOUT* (see exercise descriptions)</b> All team members must complete the team workout challenge in the following order: <ul style="list-style-type: none"><li>• 20 high knees</li><li>• 20 raise the roofs</li><li>• 20 football runs</li><li>• 15 frog jumps</li></ul>	LIVING IT UP

## Activity #3 - Living it Up: Amazing Race - Challenge Cards

#1	<p><b>KNOW THE GUIDE AND FIND ME INSIDE</b></p> <p>Recite the four food groups in <i>Canada's Food Guide</i> to the leader and name a food from each group.</p> <p style="text-align: right;"><b>LIVING IT UP</b></p>
#2	<p><b>IT'S A RACE BUT WATCH YOUR PACE</b></p> <p>All team members have to safely cross the bench or piece of rope without falling off. If a team member falls off they must start over.</p> <p style="text-align: right;"><b>LIVING IT UP</b></p>
#3	<p><b>ELBOW BALL</b></p> <p>Find a ball. Team must line up in single file. The team member at the back of the line places the ball between their elbows and passes the ball to the next person in line. The ball must travel from the back to the front of the line by only using your elbows. If the ball is dropped, you must start from the beginning.</p> <p style="text-align: right;"><b>LIVING IT UP</b></p>
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#5	<p><b>TEAM WORKOUT* (see exercise descriptions)</b></p> <p>All team members must complete the team workout challenge in the following order:</p> <ul style="list-style-type: none"> <li>• 20 high knees</li> <li>• 20 raise the roofs</li> <li>• 20 football runs</li> <li>• 15 frog jumps</li> </ul> <p style="text-align: right;"><b>LIVING IT UP</b></p>



# APPENDIX B

## Activity #3 - Team Workout – Exercise Descriptions



### High knees

Stand with your feet shoulder-width apart and arms at sides. As you lift your right leg up, bending your knee to a 90-degree angle, also bend your left arm in front of you. Then jump onto your right leg, bending your right arm in front of you. Continue alternating back and forth, lifting your knees as high as you can.



### Raise the roofs

While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Can make it harder by holding bottles of water.



### Football run

Start in squat position with your arms at a 90 degree angle. Jog on the spot as fast as you can but only slightly lifting your feet off the ground. Keep your knees bent and try not to bounce.



### Frog jumps

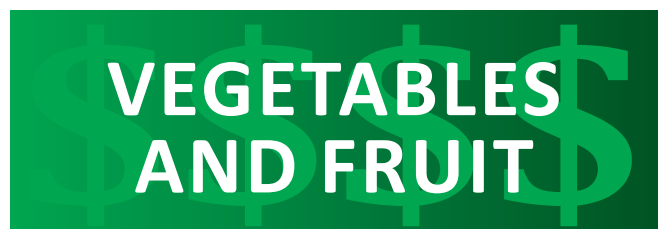
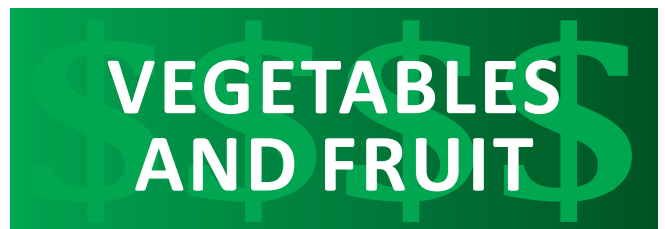
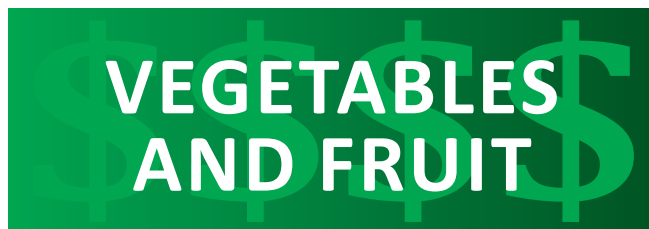
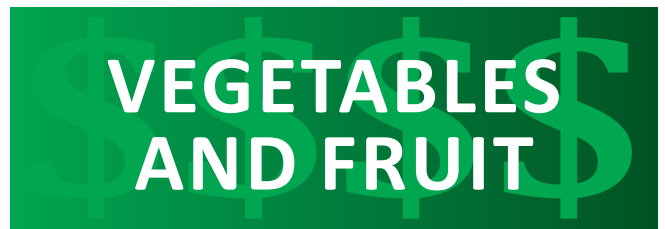
Squat down into a sitting position, this will be your starting position. Jump forward several feet making sure to land back in squat position and touch the ground with your hands. When you are ready, go again jump backwards to the start position, landing again in squat position and touching your hands on the ground (like a frog).

(Can add or modify challenge to suit your group or facility)



Activity #4 - Running to the Grocery Store - Food Group Grocery Money

*(The package includes two sets. If more is needed photocopy this page)*



# APPENDIX C

## Activity #4 - Running to the Grocery Store - Food Group Grocery Money

*(The package includes two sets. If more is needed photocopy this page)*

**MILK AND  
ALTERNATIVES**

**MILK AND  
ALTERNATIVES**

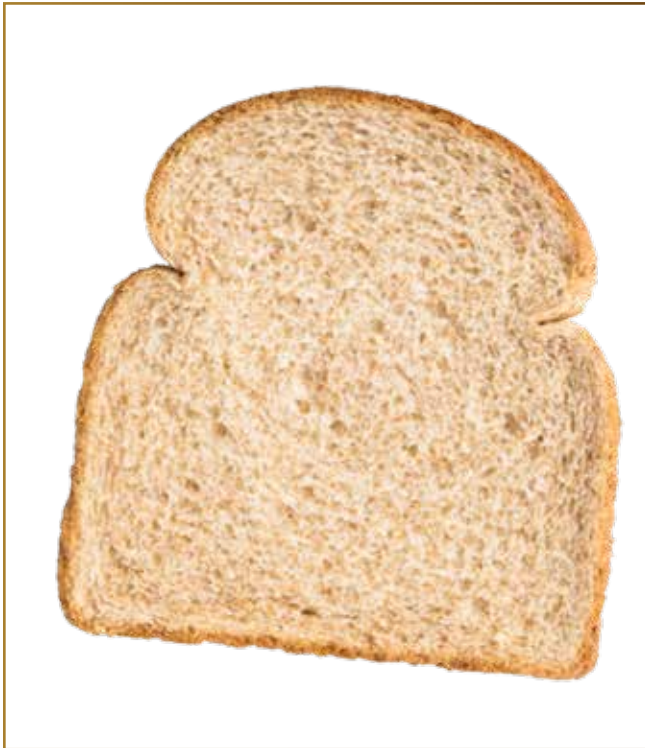
**MILK AND  
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**MEAT AND  
ALTERNATIVES**

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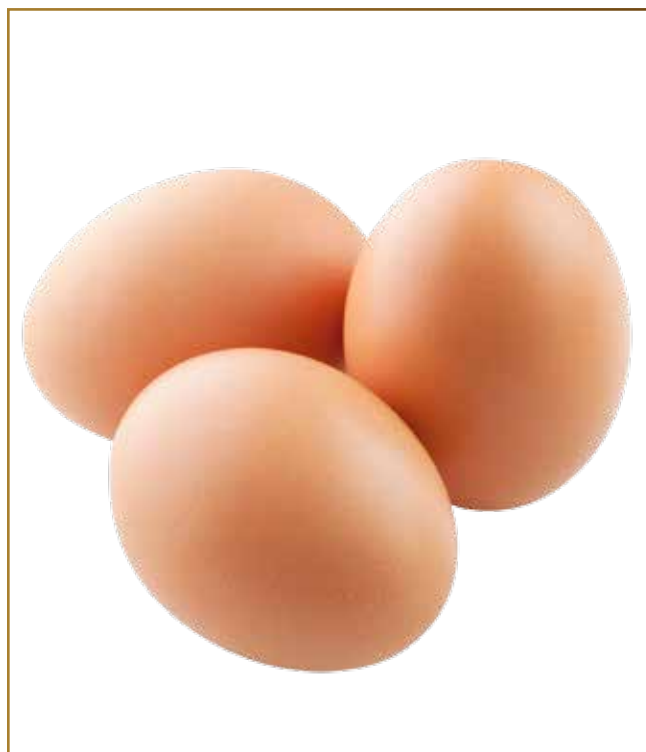
## Activities #4 and #6 - Running to Grocery Store and Food Headbanz Pictures





# APPENDIX D

## Activities #4 and #6 - Running to Grocery Store and Food Headbanz Pictures



## Activities #4 and #6 - Running to Grocery Store and Food Headbanz Pictures

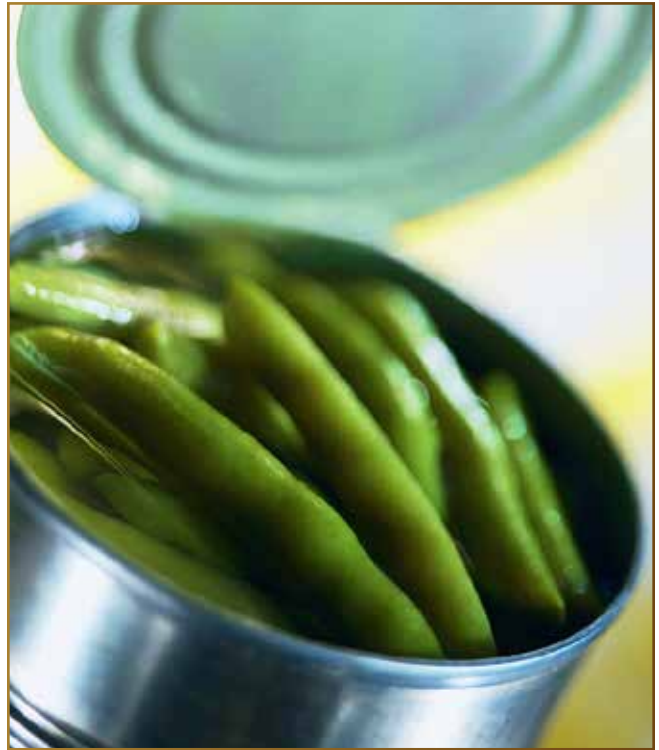
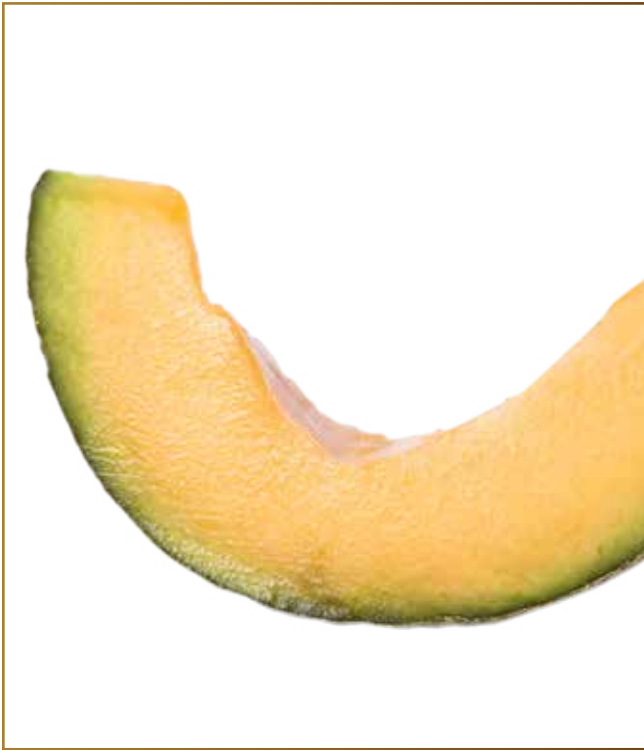


# APPENDIX D

## Activities #4 and #6 - Running to Grocery Store and Food Headbanz Pictures



## Activities #4 and #6 - Running to Grocery Store and Food Headbanz Pictures





# NUTRITION RELATED WEBSITES

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For additional physical activities and healthy snack ideas check out the following websites:

- Provincial Living Healthy website: [www.livinghealthyschools.ca](http://www.livinghealthyschools.ca)
  - Brand Name Food list: [http://www.livinghealthyschools.com/brand\\_name\\_food\\_list.html](http://www.livinghealthyschools.com/brand_name_food_list.html)
- Eat Great and Participate: <http://www.livinghealthyschools.com/eatgreat.html>
- Western School District's website on Living Healthy: [http://web.wnlsd.ca/student\\_health/](http://web.wnlsd.ca/student_health/)
- Eastern School District's website on Living Healthy: <http://www.esdnl.ca/programs/activehealthyliving/>
- PEI Healthy Eating Alliance: <http://www.healthyeatingpei.ca/resources.php>
- Dietitians of Canada: [www.dietitians.ca](http://www.dietitians.ca)
- Kids Health: <http://kidshealth.org/kid/recipes/index.html>
- Heart and Stroke Foundation: [www.heartandstroke.com](http://www.heartandstroke.com) (look under healthy kids)
- Strive for Five at School: <http://nshps.ca/downloads/striveforfive>

# CONTACT INFORMATION

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Contact a Regional Nutritionist in your region or the Eat Great and Participate Coordinator for any additional information or nutrition related resources or ideas.

## REGIONAL NUTRITIONISTS (REGISTERED DIETITIANS):

### EASTERN HEALTH

*Avalon Region:*

Phone: (709) 752-4422

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*Holyrood (covering Rural Avalon & Burin & Bonavista Peninsulas):*

Phone: (709) 229-1605

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### CENTRAL HEALTH

*Gander*

Phone: (709) 651-6335

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### WESTERN HEALTH

*Corner Brook*

Phone: (709) 632-2920

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Fax: (709) 632-2636 or (709) 637-5160

### LABRADOR-GRENFELL HEALTH

*St. Anthony*

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The School Health Promotion Liaison Consultants in your area may also be able to assist you with any additional resources and support.

### LABRADOR SCHOOL DISTRICT

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# CONTACT INFORMATION

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To order more copies of Canada's Food Guide or other nutrition related resource contact the Health Promotion Depots in your area (resources are free to order).

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## **CENTRAL**

*Literature Depot*

James Paton Memorial Regional Health Centre, Gander

Fax: (709) 651-1100

Email: [Fran.gilbert@centralhealth.nl.ca](mailto:Fran.gilbert@centralhealth.nl.ca)

## **ST. JOHN'S**

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## **EASTERN**

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## **LABRADOR GRENFELL**

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[www.recreationnl.com/eat-great-participate](http://www.recreationnl.com/eat-great-participate)



Regional Wellness Coalitions

