



Power Survey



- Pick one person in your group to be the *Surveyor*—the one who asks the questions.
- Pick someone else to be the *Recorder*—the one who keeps track of the answers.
- The *Surveyor* reads each question out loud. For each question, ask everyone in the group to raise their hands if they want to answer “yes.” Don’t forget to include the *Surveyor* and the *Recorder*. The *Surveyor* counts the number of hands that are raised.
- The *Recorder* writes the number of “yes” answers in the question’s box.
- Example: The *Surveyor* asks, “Do you eat fruits and vegetables for snacks?” Four students raise their hands to say “yes.” The *Recorder* writes “4” in that question’s box.

1 Do you think eating fruits and vegetables can help give you stronger bones and teeth?

2 Do you usually do something physically active after school?

3 Do you think fruits and vegetables can help make you stronger?

4 Do you eat fruits and vegetables for snacks?

5 Do you think eating 3 to 5 cups of fruits and vegetables every day is easy?

6 Do you like the taste of a lot of different fruits and vegetables?

7 Do you think being physically active can help you pay attention in school?

8 Do you think it’s easy to get at least 60 minutes of physical activity every day?

9 Do you think physical activity can give you more energy?



Power Scramble



Rearrange the letters in each word to form the name of a fruit or vegetable. Write each word on the line next to the scrambled word. You can use the word list for help.

- 1 aelpepnip _____
- 2 rulerebyb _____
- 3 ganeptlg _____
- 4 yasebrpr _____
- 5 focawrullie _____
- 6 lebl erpppe _____
- 7 etews otptoa _____
- 8 nalemrewot _____
- 9 yaappa _____
- 10 tinancere _____
- 11 beabacg _____
- 12 cipotar _____
- 13 craon ahsqus _____
- 14 shpacin _____
- 15 ransisi _____

WORD LIST

acorn squash

apricot

bell pepper

blueberry

cabbage

cauliflower

eggplant

nectarine

papaya

pineapple

raisins

raspberry

spinach

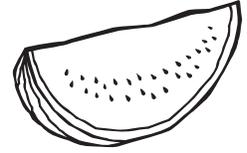
sweet potato

watermelon





Presentation Power



Prepare a short oral report about your fruit or vegetable that answers the questions below. If you can, show a picture of the fruit or vegetable or bring the real fruit or vegetable to show the class.

1

What is the name of the fruit or vegetable? _____

2

Is it a fruit or vegetable? _____

3

What does the fruit or vegetable look like?
Describe its color on the inside and outside, its shape, and its size.

4

Does it grow in the United States? Where? _____

5

What is in this fruit or vegetable that makes it good for you?
Are there vitamins found in it? If yes, what are they?

6

What are some ways that you can eat this fruit or vegetable?



How Much Do I Need? BOY



9-year-old boy

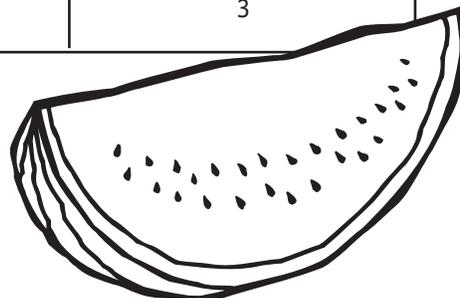
Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2	3½
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	2½	4½

10-year-old boy

Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2	3½
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	3	5

11-year-old boy

Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2½	4
30 to 60 minutes	2	2½	4½
More than 60 minutes	2	3	5

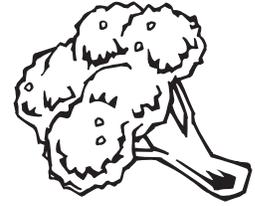


Name _____

Date _____



How Much Do I Need? GIRL



9-year-old girl

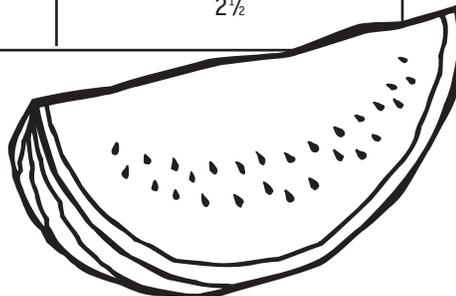
Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	1½	3
30 to 60 minutes	1½	2	3½
More than 60 minutes	1½	2½	4

10-year-old girl

Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	1½	3
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	2½	4½

11-year-old girl

Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2	3½
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	2½	4½



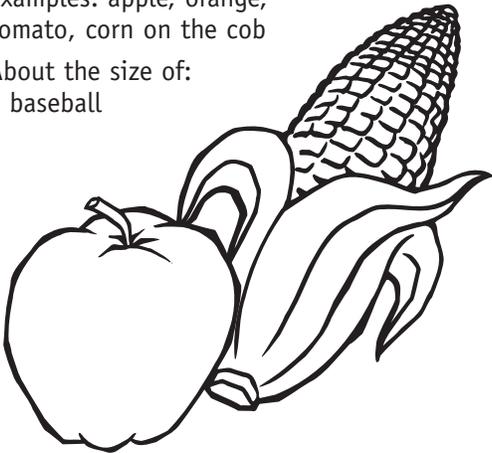
Cups of Colorful Fruits & Vegetables

Want to stay healthy and have lots of energy? Use Worksheet 3A to find out how many cups of fruits and vegetables you should eat every day. Then add up your cups to meet your goal. How do you know how many cups you are eating? Use these tips to help you.

1 whole fruit or vegetable = 1 cup

Examples: apple, orange, tomato, corn on the cob

About the size of:
a baseball

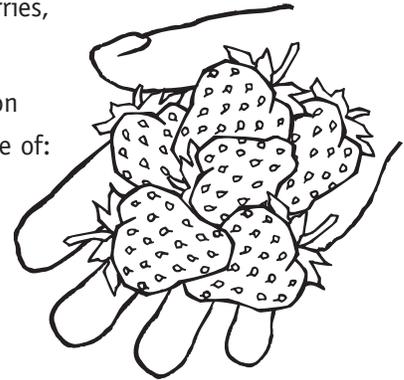


1 cupped handful of fresh, frozen, or canned* fruits or vegetables = 1/2 cup

*canned fruit packed in 100% juice

Examples: berries, baby carrots, broccoli, chopped melon

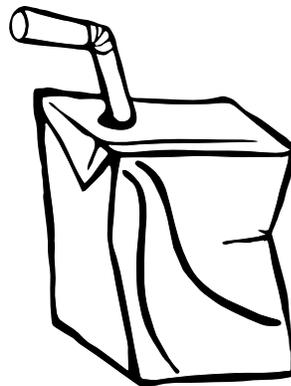
About the size of:
1/2 a baseball



2 cupped handfuls of raw, leafy greens = 1 cup

Examples: green salad, spinach

About the size of:
a baseball

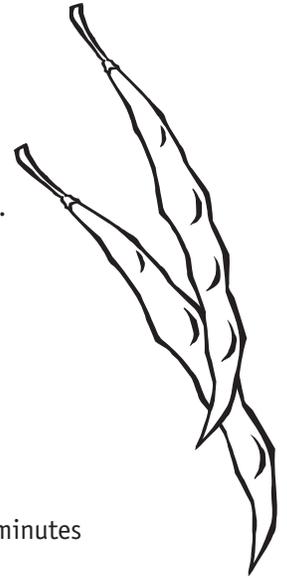


1 juice box
with 100%
juice = 3/4 cup
(6 ounces)

Examples: orange juice,
apple juice, tomato juice



Power Play! Math



Solve the math problems below. Use Cups of Colorful Fruits and Vegetables, Worksheet 3B for help. If you use an equation to solve the problem, write it down.

- 1** 1 cupped handful of baby carrots = _____ cup(s)
- 2** 2 whole peaches = _____ cup(s)
- 3** Justin has 1 cup of chopped cantaloupe. He is 11 years old and active for more than 60 minutes every day. How many more cups of fruit does Justin need to eat today?
- 4** It takes Ana 15 minutes to ride her bike from home to the park entrance and 10 more minutes to ride her bike around the park back to the entrance. If Ana rides to the park, through the park, and then back home, how many minutes of physical activity did she get?
- 5** Jessica gets 2 cups of strawberries at a picnic. She gives $\frac{1}{4}$ cup to Rebecca and $\frac{1}{2}$ cup to Abby. How many cups of fruit does Jessica have left?
- 6** Latisha makes a smoothie with 2 cups of strawberries, 1 cup of pear slices, $\frac{1}{4}$ cup of plain yogurt, and $\frac{1}{2}$ cup of milk. How many cups of fruit does Latisha have in her smoothie?

If Latisha splits her smoothie in half with her friend, how many cups of fruit does Latisha have left?

7

It takes Carlos 20 minutes to walk to school. At the end of the day, he walks back home. How many minutes of physical activity does Carlos get on these walks each school day?

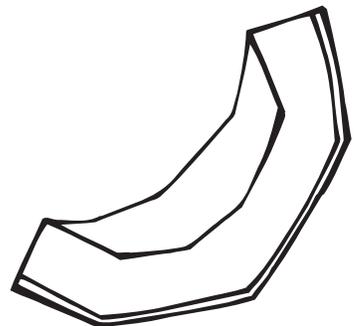
Carlos needs to get at least 60 minutes of physical activity every day. Use a fraction to show how many of the total minutes of physical activity he needs every day come from his walks. Use the simplest fraction possible.

8

Kristin is 9 years old and is active for less than 30 minutes every day. She eats $\frac{1}{2}$ cup of baby carrots with her lunch. Later, she eats $\frac{1}{2}$ cup of green beans with dinner. How many cups of vegetables has she eaten?

What percentage of Kristin's daily fruit and vegetable requirement does this equal?

How do you write this percentage as a decimal?



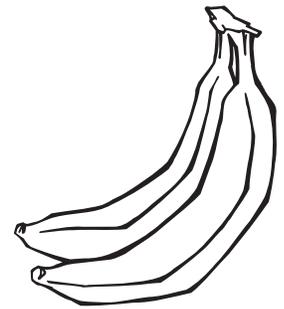


Making Better Breakfast Choices

Influences

Complete each of the sentences below. Then explain your answer in more detail.

Example: One thing that makes it easier for me to eat a healthy breakfast is having fresh fruit at home. My mom always buys fresh fruit, washes it, and keeps it in a bowl on the counter.



One thing that makes it easier for me to eat a healthy breakfast is:

One thing that makes it harder for me to eat a healthy breakfast is:

How can you change one of things that makes it harder for you to eat a healthy breakfast?

Top 5 Favorite Fruit and Vegetable Breakfast Ideas

List your personal favorite fruit and vegetable breakfast ideas below.

1

2

3

4

5



Making Better Activity Choices

Influences

Complete each of the sentences below. Then explain your answer in more detail.

Example: One thing that makes it easier for me to watch less TV is having a place to play basketball. I live near a park, and I can ride my bike there after school or on the weekend to shoot hoops with my friends.

One thing that makes it easier for me to watch less TV is:



One thing that makes it harder for me to watch less TV is:

How can you change one of the things that makes it harder for you to watch less TV?

Top 5 Favorite Healthy Activity Ideas

List your personal favorite healthy physical activities below.

1

2

3

4

5

Get the Power!

Do you want to grow and stay healthy? Do you want more energy to do well in school and sports?

Eat Fruits and Vegetables Every Day!

You should eat 3 to 5 cups of colorful fruits and vegetables every day. Fruits and vegetables are high in fiber and low in fat and sugar. They also have important vitamins.

Why do I need fiber?

Eating foods that are high in fiber protects you from diseases. It also helps you feel full so you don't eat too much. You get fiber from plant foods like fruits, vegetables, beans, whole grain breads, and cereals.

Why should I limit fat and sugar?

Eating too many foods that are high in fat can give you serious health problems when you are older. Fruits and vegetables have very little fat. Toppings like butter, salad dressing, and cheese can be high in fat. If you use toppings or dips with your fruits and vegetables, try to use just a little and make them low in fat.

If you eat foods with a lot of sugar, you will probably eat fewer healthy foods. Fruits and vegetables have small amounts of natural sugar in them. Try to eat fruit without a lot of sugar added to it. For example, drink 100% fruit juice without added sugar.

Why are vitamins important?

Vitamin A

Vitamin A helps you grow and helps your eyesight and skin. It also helps keep you from getting sick. Fruits and vegetables have a lot of vitamin A. Look for fruits and vegetables that are dark yellow, orange, or dark green and leafy.

Try these for vitamin A

apricot, cantaloupe, carrot, collard greens, chili pepper, leaf lettuce, mango, spinach, sweet potato, tomato, and watermelon.

Vitamin C

Vitamin C helps your body stay strong. It prevents infections and heals cuts. It is also good for healthy bones, teeth, skin, and blood vessels. Most of the vitamin C we get comes from fruits and vegetables.

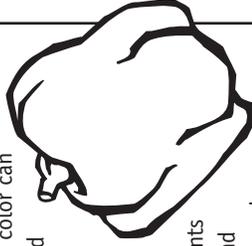
Try these for vitamin C

bell pepper, broccoli, brussels sprouts, cabbage, cantaloupe, cauliflower, grapes, honeydew melon, jicama, kiwifruit, okra, orange, papaya, plum, strawberry, summer squash, tangerine, tomato, and watermelon.

Why should I eat a rainbow of colors?

The same things that give a plant its color can also help keep you healthy. Fruits and vegetables have many colorful phytonutrients. Phyto means plant in Greek. Nutrients are the things in food that help you live and grow.

There are many different phytonutrients in fruits and vegetables. Try fruits and vegetables from all the color groups—red, green, yellow/orange, blue/purple, and white.



Get 60 Minutes of Power Play Every Day!

You should get at least 60 minutes of physical activity every day. You can add up the different things you do during the day. Try to be active for at least 10 minutes at a time. Remember to get moderate and vigorous physical activity every day. Being physically active has many benefits!

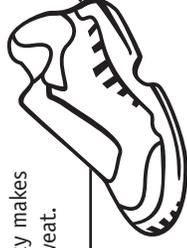
Physical activity can:

- Help keep you from getting sick
- Help you pay attention in school
- Make learning easier
- Make you feel better about yourself
- Build healthy bones and muscles to keep you strong
- Help you with balance and coordination
- Give you more energy
- Help you keep a healthy weight
- Help you relax
- Help you meet new friends
- Give you something fun to do with friends and family

What is physical activity?

Physical activity is a game, sport, exercise, or other action that involves moving your body, especially one that makes your heart beat faster. You can also call this power play.

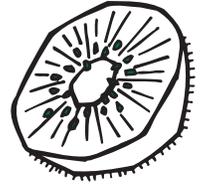
- Moderate physical activity gets you up and moving and makes your heart beat faster.
- Vigorous physical activity makes you breathe hard and sweat.





Fruit & Vegetable and Power Play! Challenge: Journal 1

For 2 days, write down the fruits and vegetables you eat. Then write down what kind of physical activity you do. Use the first chart to track how many cups of fruits and vegetables you eat. Use the second chart to track how many minutes of physical activity you get.



FRUIT AND VEGETABLE JOURNAL

Fruits and vegetables I ate:

Day 1: _____

Day 2: _____

	Cups at Breakfast	Cups at Lunch	Cups at Dinner	Cups at Snacks	TOTAL CUPS
Day 1	Fruits: _____ Vegetables: _____				
Day 2	Fruits: _____ Vegetables: _____				

PHYSICAL ACTIVITY JOURNAL

Physical activity I did:

Day 1: _____

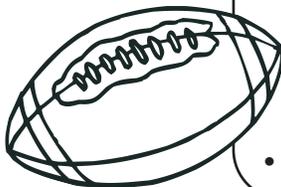
Day 2: _____

	Minutes Before School	Minutes During School	Minutes After School	TOTAL MINUTES
Day 1				
Day 2				

What is physical activity?

Physical activity is a game, sport, exercise, or other action that involves moving your body, especially one that makes your heart beat faster. You can also call this power play.

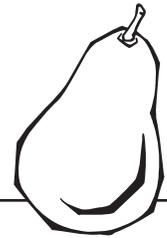
- Moderate physical activity gets you up and moving and makes your heart beat faster.
- Vigorous physical activity makes you breathe hard and sweat.



Name _____ Date _____



Fruit & Vegetable and Power Play! Challenge: Journal 2



For 2 days, write down the fruits and vegetables you eat. Then write down what kind of physical activity you do. Use the first chart to track how many cups of fruits and vegetables you eat. Use the second chart to track how many minutes of physical activity you get.

My fruit and vegetable goal is:

FRUIT AND VEGETABLE JOURNAL

Fruits and vegetables I ate:

Day 1: _____

Day 2: _____

	Cups at Breakfast	Cups at Lunch	Cups at Dinner	Cups at Snacks	TOTAL CUPS
Day 1	Fruits: _____ Vegetables: _____				
Day 2	Fruits: _____ Vegetables: _____				

My physical activity goal is:

PHYSICAL ACTIVITY JOURNAL

Physical activity I did:

Day 1: _____

Day 2: _____

	Minutes Before School	Minutes During School	Minutes After School	TOTAL MINUTES
Day 1				
Day 2				



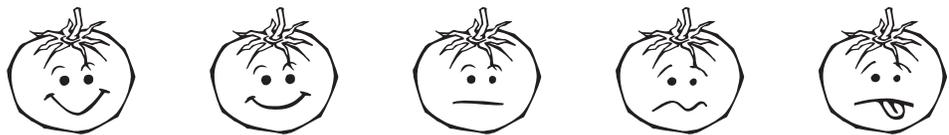
You Be the Food Critic!

Did you like the fruits and vegetables that you tasted? Write adjectives to describe how the food tasted, looked, smelled, and felt. Do not use the same adjective more than two times. Then circle or color the picture that shows how much you liked each food.

Sample 1

Name of this food: _____

Adjectives for this food: _____



Sample 2

Name of this food: _____

Adjectives for this food: _____



Sample 3

Name of this food: _____

Adjectives for this food: _____



Sample 4

Name of this food: _____

Adjectives for this food: _____



Sample 5

Name of this food: _____

Adjectives for this food: _____



Sample 6

Name of this food: _____

Adjectives for this food: _____



The Power of Advertising

Did you know that most kids see over 10,000 food advertisements every year? Most of those advertisements are for snacks, sweets, and soft drinks. Advertisers want you to buy their products or ask your parents to buy them for you.

They have many ways to try to get kids to buy or ask for their products. You might want to try some of these when you create your advertisement.

Jingle/Slogan: a song or phrase that helps you remember a product.

Cartoon Characters: an animated character that promotes a product.

Star Power: a celebrity (like a movie star, a model, a football player) who says he or she uses the product.

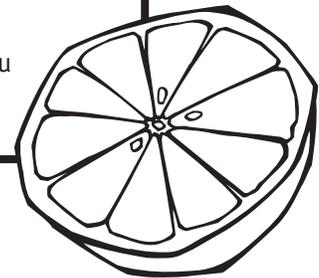
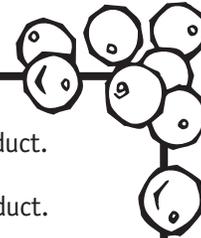
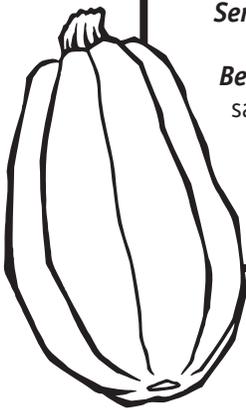
Wannabe Appeal: "wannabe" means "I want to be." The product promises to make you be the way you want, like stronger, healthier, richer, more popular, or happier.

Latest Greatest: everybody loves it and wants it. Don't be left out!

Sensory Appeal: it tastes good, looks good, smells good, or feels good.

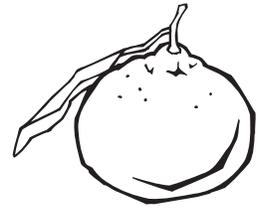
Better Than: this product is better than other brands of the same product.

Dollar Power: you will save money or get something free if you buy this product.





Creating Your Power Ads



What are you trying to sell?

- _____ Eat 3 to 5 cups of fruits and vegetables every day
- _____ Get at least 60 minutes of physical activity (power play) every day
- _____ A fruit: _____
- _____ A vegetable: _____
- _____ A type of physical activity: _____



Who are you selling it to (teens, parents, younger children, etc.)?



What are some of the good things about it?



What keeps people from eating it or doing it?



What might change their minds?



What will your advertisement be?

- _____ Print ad (magazine, newspaper, billboard, etc.)
- _____ Television ad
- _____ Radio ad



Which of the ideas from The Power of Advertising (Worksheet 7A) do you want to use in your advertisement?

What's on a Label?



The Nutrition Facts label tells you about the food inside the package.

How many servings are you eating?

All information on the label is for one serving. Sometimes the serving size shown is much smaller than most people eat at one time.

Calories are a measure of how much energy you get from food. The amount of calories you need depends on your size and how active you are. The more you move, the more food energy (calories) you need.

Eating too much of these nutrients can cause health problems when you get older.

Eating enough of these nutrients can help you stay healthy.

Broccoli, raw	
Nutrition Facts	
Serving Size ½ cup (82g)	
Servings Per Container 1	
Amount per serving	
Calories 25	Calories from fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
<hr/>	
Vitamin A 20%	Vitamin C 50%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

How do you know if a food is HIGH or LOW in a certain nutrient?

LOW is when a nutrient for one serving has 5% Daily Value or less.

HIGH is when a nutrient for one serving has 20% Daily Value or more.

% Daily Value tells you if there is a lot or a little of a nutrient in a serving of food. It shows how much of the nutrient you will get from eating one serving of this food compared with how much you should get in one day.

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high



Adapted from "The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, A Leader's Guide," a publication of the U.S. Department of Agriculture Food & Nutrition Service and the U.S. Department of Health and Human Services Food & Drug Administration. For more information, visit the USDA's Team Nutrition Web site at www.fns.usda.gov/tn under the Educators icon.

Sample Nutrition Facts Labels

Orange	
Nutrition Facts	
Serving Size 1 medium orange (131g)	
Servings Per Container 1	
Amount per serving	
Calories 60	Calories from fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 15g	5%
Dietary Fiber 3g	13%
Sugars 12g	
Protein 1g	
Vitamin A 6%	• Vitamin C 120%
Calcium 6%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Potato Chips ("Big Grab" bag)	
Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container 3	
Amount per serving	
Calories 150	Calories from fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrates 15g	5%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 15%
Calcium 0%	• Iron 2%

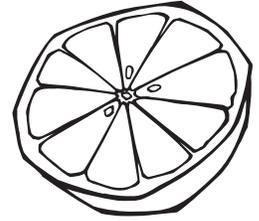
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Fruit Roll-Ups	
Nutrition Facts	
Serving Size 1 roll (14g)	
Servings Per Container 10	
Amount per serving	
Calories 50	Calories from fat 5
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrates 12g	4%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 0g	
Vitamin A 0%	• Vitamin C 25%
Calcium 0%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

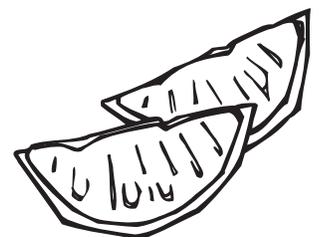


Nutrition Numbers



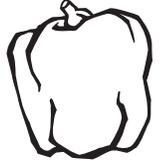
Complete the math problems below. Use the What's on a Label? worksheet for the information you need. If you use an equation to answer the question, write it down.

- 1** Which of the 3 snack items (orange, fruit roll-up, or potato chips) has the most calories in each serving?
- 2** Which of the 3 snack items has the least amount of fat in each serving?
- 3** How many servings of each item would you have to eat to get at least 100% of the daily value of vitamin C?
Orange: _____ Fruit roll-up: _____ Potato chips: _____
- 4** If you want to eat less sodium, which food is the best choice?
- 5** If you eat one serving of potato chips and one fruit roll-up, how many grams of fiber have you had?
What percent daily value of fiber have you had?
- 6** If you ate the whole bag of potato chips, what percent daily value of fat would you have eaten?
Express this percentage as a fraction of the total daily value of fat. Use the simplest fraction possible.
- 7** What fraction of the daily value of vitamin C have you had if you eat 2 servings of fruit roll-ups?
- 8** Which food is the best choice for a healthy snack? Why?





Plan a Power Meal



Use this worksheet to plan a meal with your group. Be sure to include healthy foods that are low in fat and sugar.

1 What meal are you planning?

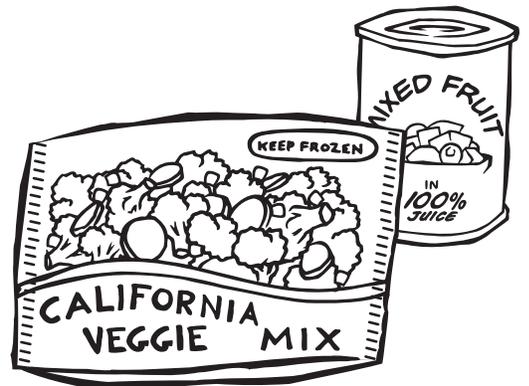
_____ Breakfast

_____ Lunch

_____ Dinner

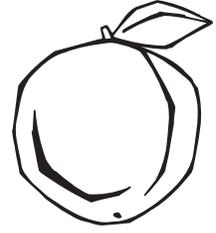
2 Decide which foods you will include in your meal. Write them down.
Foods to include:

3 List the main ingredients for each dish.
Put a star by the ones that are fruits and vegetables.





I Have Power!

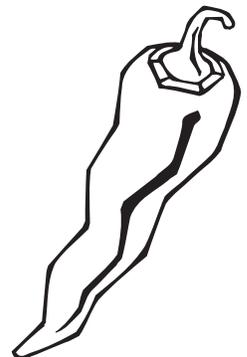


1 Write down one change at school that would make it easier for you to eat more fruits and vegetables.

2 Write down one idea for how to make that change.

3 List two reasons you are asking for that change.

4 Who is in charge of making the change you want to see?
Is it the principal, the food service director, your teacher, or someone else?





Write down one change at school that would make it easier for you to get more physical activity.



Write down one idea for how to make that change.



List two reasons you are asking for that change.



Who is in charge of making the change you want to see?
Is it the principal, your teacher, or someone else?

