Fruits and Vegetables Messages and Tools for Kids

Use the messages (2), printable activity sheets, and game for elementary school children (ages 8-10) to support education aimed at making fruits and vegetables more accessible and appealing to kids. These resources tap into children's desires to have energy for play and sports and to look and feel good. The messages, activities and game use fantasy and fun to challenge, capture kids' attention, and stimulate their motivation to learn about and consume fruits and vegetables.

The resources for children complement the fruits, vegetables, and milk messages for mothers that focus on making these foods more available and accessible in the home.

Conveying the Messages

- Have kids use the **Trying Game** (page 2) to keep track of fruits and vegetables they try at home.
- Post messages in the cafeteria to encourage kids to make healthier food choices and reinforce classroom learning.
- Assign the Track and Field Fuel Up Game during National School Breakfast Week—have kids "Go for Gold."

Messages for Kids

Fruits and vegetables

1. Eat smart to play hard. Eat fruits and veggies at meals and snacks
2. Fuel up with fruits and veggies. And soar through your day like a rocket ship.

Online Kids' Game: *Track & Field Fuel-Up Challenge*

The *Track and Field Fuel Up Challenge* is based on and complements the messages and supporting content for children as well as the new Dietary Guidelines for Americans. It uses an engaging approach that allows kids to have fun while learning about low-fat milk, fruits and vegetables, and whole-grain foods. In this interactive game, kids go for the gold by responding to time sensitive questions that help improve their knowledge and skills in making healthier choices. For more information, see about the game below. Include a link to the online game on your web site (Flash-based application). The separate text-based HTML application makes it accessible to many users and is a good tool for assessing learning.

For more ideas on way to use these resources and background information, see ***Maximizing the Message*** (http://www.fns.usda.gov/fns/corenutritionmessages/Maximizing.htm). Contact us (nutritionmessages@fns.usda.gov) if you are interested in more information about the messages, tips, communication tools or photos. Let us know how you are using these materials and what you find most helpful.

Eat smart to play hard.
Eat fruits and
veggies at meals and snacks.

Fruits and veggies give you energy to help you be a champion when you run and play. Eat them every day at meals, snacks, or for dessert. Ask mom or dad to help you make this recipe and share it with your family and friends. Don't have or like pineapple? Be creative! Use whatever fruits you have at home.

"THE TRYING GAME"

Have you ever tried Amazing asparagus, Exciting eggplant, Peppy peppers, Spunky sweet potatoes, or Tangy mango? There are so many tasty fruits and vegetables, it's fun to see, touch, taste, and smell new ones you've never had before.

Use this chart to write about and draw the new fruits and vegetables you try. Can't think of any? Ask your family and friends to tell you their favorites and try some of those. You can even have a contest with your friends to see who is the Champion at trying new fruits and veggies.

My new fruit or vegetable	How does it taste, smell, feel?	Draw a picture of it
_____	_____	
_____	_____	
_____	_____	
_____	_____	

Champion's POWER Packed Snack—makes 4 servings

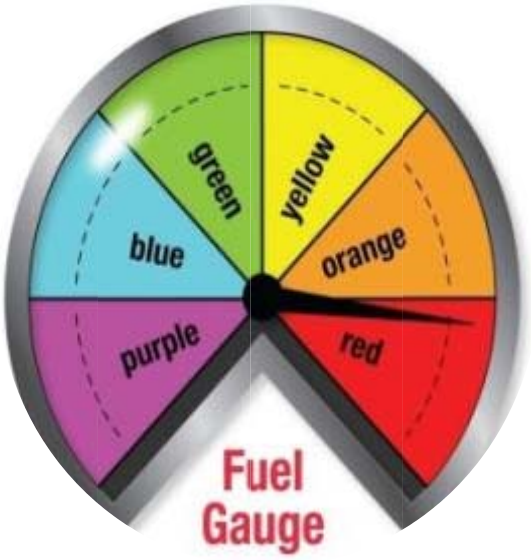
2 cups canned crushed pineapple packed in juice
1 cup fresh or frozen berries, thawed
1 firm medium banana, peeled and sliced
1 cup low-fat vanilla yogurt
1/3 cup raisins

Have fun putting a layer of pineapple, berries, yogurt, banana slices, and raisins into each of 4 glasses.

Fuel up with fruits and veggies. And soar through your day like a rocket ship!

Get ready for liftoff.

Eating fruits and vegetables of every color in the rainbow can help give you the different vitamins and minerals you need to soar through your day.



Write the name of a fruit or veggie on the dotted lines in the fuel gauge that matches each color.

JOKES:

SuperKids love to laugh. Try these jokes with your friends.

Q: Why aren't bananas ever lonely?
A: Because they come in bunches.

Q: What fruit always travels in groups of two?
A: Pears

Q: What did the apple skin say to the apple?
A: I've got you covered.

Q: What does corn say when it's picked?
A: Ouch! My ears.

About the Track & Field Fuel-Up Challenge Game

The ***Track & Field Fuel-Up Challenge Game*** addresses milk, fruits and vegetables, and whole grains in a way that engages kids. It helps to build kids' knowledge, skill and confidence in making healthier choices using a fun, interactive game format. The game leverages the messages and supporting content for this audience, and complement similar messages and supporting content for mothers.

The game uses a question and answer format with a Track & Field theme. It contains 16 questions allocated as follows:

- 5 questions related to milk
- 5 questions related to fruits/veggies
- 3 questions related to whole grains
- 3 questions that are more fun in nature related to the topics above generally

In the game, children compete in four Track and Field events. They answer random questions about healthy eating (one question for each of the four events).

The four events are:

- javelin
- high jump
- long jump
- dash

The faster kids answer correctly, the more skill their player has in his or her event. Players will place 1st, 2nd or 3rd depending on the number of questions answered correctly. Players answering all four questions correctly get a gold trophy. The game also gets kids up and moving by nudging them to get up, celebrate and move to prepare for the next event.

The online game is a Flash-based application. There is also a separate text-based HTML application.