

Week 5 Overview:

Building a Better Breakfast and Snack

Why is breakfast an important meal?

- Did you know the word "breakfast" means to break the fast? A "fast" is when we do not eat or drink for a period. Each night we go 7-10 hours without food or drink, and we break that fast with breakfast.
- Our bodies work even when they are asleep, using energy and requiring nutrients during that time.
- How do you feel when you skip breakfast? Probably not great, so you can understand why eating a nutritious breakfast is important.
- A nutritious breakfast is one that has at least one item from at least three groups.

Why do we need snacks?

- They help to keep our energy level up during the day, and it's important that we eat a small snack that is nutritious.
- Here are some examples of healthy snack options from each of the food groups
 - Dairy= string cheese
 - Protein = hard-boiled egg
 - Vegetable= baby carrots
 - Fruit = 1 apple
 - Grain = popped popcorn
 - Fats = small handful of almonds

What to expect this week:

- Activity: The Food Hero Song (1st-4th)
Make a Meal Plan (5th+)
- Recipe: Apple Nachos
- Exercise: DIY Fitball

Week 5 Activity:

The Food Hero Song

Verse 1:

*Veggies, fruits, and one pot meals
The Popeye Smoothie's pretty chill
Sunshine Roll-Ups have appeal
Kale Dip is a real big deal*

Chorus:

*Give em more of that good stuff
Recipes that kids love
It's hard to get enough
Where healthy food is fun
Give em more of that good stuff
Recipes that kids love
It's hard to get enough
Where healthy food is fun
Being a Food Hero is fun
Yeah Yeah Yeah
It's hard to get enough
Being a Food Hero is fun
Yeah Yeah Yeah*

Verse 2:

*Kids can help you make the meal
Wash hands first to keep it real
They can stir or they can peel
Help them gain some cooking skills*

Chorus:

*Give em more of that good stuff
Recipes that kids love
Where healthy food is fun
Give em more of that good stuff
Recipes that kids love
It's hard to get enough
Where healthy food is fun
Being a Food Hero is fun
Yeah Yeah Yeah
Being a Food Hero is fun
Yeah Yeah Yeah*

*Give me more of that good stuff
Recipes that I love
I can't get enough
Healthy food is fun
Give me more of that
good stuff
Recipes that I love
I can't get enough
Healthy food is fun
Being a Food Hero is fun
Yeah Yeah Yeah
Being a Food Hero is fun
Yeah Yeah Yeah*



Week 5 Activity:

Make a Meal Plan

Based on everything you have learned so far, we know that a variety of foods and 3 meals a day are important!

Supplies Needed:

- Crayons/markers

Directions: List ideas for meals with at least 3 food groups. An example is included to get you started.

Example:


	Food Group 1	Food Group 2	Food Group 3
Breakfast	Scrambled Eggs	Whole Wheat Toast	Fruit

Use the table below for your meal plan (can you find ways to include more food groups at each meal)?

	Food Group 1	Food Group 2	Food Group 3
Breakfast			
Lunch			
Dinner			
Breakfast			
Lunch			
Dinner			
Breakfast			
Lunch			
Dinner			
Breakfast			
Lunch			
Dinner			

Week 5 Recipe:

Apple Nachos

AGENCY SHOPPING LIST (suggested) <ul style="list-style-type: none"> <input type="checkbox"/> 1 teaspoon lemon juice <input type="checkbox"/> 2 medium apples (thinly sliced) <input type="checkbox"/> 2 tablespoons peanut butter or any nut butter (creamy style) <input type="checkbox"/> 5 1/2 tablespoons honey 	
RECIPE INGREDIENTS <ul style="list-style-type: none"> <input type="checkbox"/> 1 teaspoon lemon juice <input type="checkbox"/> 2 medium apples (thinly sliced) <input type="checkbox"/> 2 tablespoons sunflower seeds (unsalted and shelled) <input type="checkbox"/> 1/4 cup dried cranberries (unsweetened [or raisins]) <input type="checkbox"/> 1 tablespoon chocolate chips (mini) <input type="checkbox"/> 2 tablespoons peanut butter (creamy style) <input type="checkbox"/> 5 1/2 tablespoons honey 	NOTES
DIRECTIONS <ol style="list-style-type: none"> 1. Wash hands with soap and water. 2. Gently rub apples under cool running water. 3. Add lemon juice to sliced apples to reduce browning. 4. Spread apple slices on a plate. 5. Top apple slices with sunflower seeds, dried cranberries, and mini chocolate chips. 6. Combine peanut butter and honey in a small, microwaveable safe container. Microwave 20 seconds and stir until smooth. Be careful when removing from microwave. 7. Drizzle peanut butter sauce over apple slices. 	

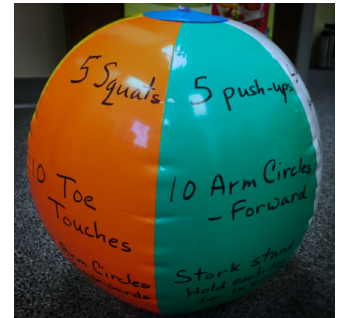
Week 5 Exercise:

DIY Fitball

How to Play FitBall:

Supplies:

- DIY FitBall (12-inch beach ball)
- Marker
- Music on a device
- Speakers to play the music
- DJ - A person in charge of starting/stopping the music during the game.



FitBall Directions:

1. Blow up a 12-inch beach ball
2. Using a permanent marker, write 3-4 fitness activities per color panel. Modify or change activities as needed depending on the ages of the participants.
 - a. Activity Options:

Yellow Panel:	Orange Panel	Green Panel	White Panel	Red Panel	Blue Panel
<ul style="list-style-type: none"> • 5 Squats • 10 Toes Touches • 10 Arm Circles (Backward) 	<ul style="list-style-type: none"> • Run in Place for 10 counts • 5 push-ups • Stork Stand (Hold each leg for 5 counts) • 5 Side to Side Jumps 	<ul style="list-style-type: none"> • 5 jumping jacks • 10 sit-ups • Butterfly Sit (Hold for 10 counts) 	<ul style="list-style-type: none"> • Straddle Sit (Left, right, center for 5 counts each) • 10 Lunges (Alternating Legs) • 10 Shoulder Rolls (Forward 5 times & backward 5 times) 	<ul style="list-style-type: none"> • 10 Arm Circles (Forward) • Side Arm Stretch (Hold each arm for 5 counts) • 5 Forward and Backward Jumps 	<ul style="list-style-type: none"> • 5 Jumps to the Sky • Hop on 1 Foot (5 Hops per foot) • Upward Arm Stretch (Hold for 10 counts)

b. Activity Options (Younger):

1. Jump like a frog
2. Hop like a bunny
3. Walk like a penguin

Game Directions:

1. Participants arrange themselves in a circle.
2. The DJ starts the music and participants will hand or toss the beach ball from one person to the next while the music is playing.
3. When the music stops, the person holding the beach ball picks the activity closest to his or her right thumb for the group to perform. Make sure everyone had the appropriate space before starting the activity.
4. Return to your group circle and continue playing the game as time allows.

Additional Tips:

- If an exercise is chosen that has already been done during that activity, I recommend the participant to pick the closest exercise that has not been completed.
- Participants will be tempted to hit the ball like playing volleyball and may cause the activity to become louder due to everyone getting excited. If you would like a calmer game, instruct participants that they cannot hit the ball.