

Food & Fun After School

Planning Tool

This Planning Tool is designed to help you plan your use of the Food & Fun afterschool curriculum. It can help you identify the types of activities you use most frequently and what kids in your program enjoy most, as well as activities and units you might want to devote more attention. Use it weekly, monthly, or as often as you feel it will be helpful!

You can use the boxes below to plan when you will use the components of Food & Fun and keep track of what you’ve done during the year. Make sure to note the games or snacks you want to return to and record the other types of activities you added to help promote each healthy goal. You may want to record how you engaged families, including how many receive the parent materials. The Family Engagement Planning Toolcan also be used to help connect parents to the Food & Fun messages. After each unit, try to think of one small step you can take to continue to promote each healthy goal at your program. Think about who you might need to involve to reach your goal and decide when and how you plan to take action.

The complete Food & Fun After School Curriculum can be downloaded at no cost from the Food and Fun website: www.[foodandfun.org](file:///C%3A%5CUsers%5CRMOZAFFA%5CAppData%5CLocal%5CTemp%5CTemp1_Food%20and%20Fund%202nd%20Ed%20website%20and%20HSPH%20PRC.zip%5Cwebsite%20and%20HSPH%20PRC%5CUnits%5Cfoodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

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| UNIT 1: Fruits and Vegetables—Take a Bite! |
| ***Arts & crafts***  | Make a fruit and vegetable placemat |  |
| ***Active games*** | Fruit & vegetable relays |  |
| ***Books*** | *Eating the Alphabet* |  |
|  | *I Will Never Not Ever Eat a Tomato* |  |
| ***Group games*** | Going on a Picnic |  |
|  | Find the favorite |  |
|  | Bingo |  |
| ***Snack activities*** | Bugs on a log |  |
|  | Fruit kabobs with spiced yogurt topping |  |
|  | Oven baked carrot strips |  |
|  | Fruit & veggie taste test |  |
| ***Parent handout*** | Fruits & vegetables: Eat 5 or more servings for health |  |
| ***Newsletter article*** | “Fruits and vegetables for better health” |  |
| ***Email message*** | “Healthy Habits Power Tips—fruits and veggies” |  |
| What unit 1 activities did kids enjoy the most? Would you make any changes next time? |
| What other activities will/did you do to encourage kids to eat fruits & vegetables?  |
| How will/did you connect with families about eating fruits & vegetables? |
| Name one small step you will take to continue to encourage kids to eat fruits & veggies. |

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| UNIT 2: Get Moving! You’ll Feel Great! |
| ***Arts & crafts*** | Active Day Cartoon |  |
| ***Active games*** | Warm up and cool down activities |  |
|  | We belong to many groups |  |
|  | Get moving relay |  |
| ***Books*** | *Jonathan and His Mommy* |  |
|  | *Salt in His Shoes* |  |
| ***Parent handout*** | Activate your family |  |
| ***Newsletter article*** | “Healthy Habits Power Tips: Get Moving!” |  |
| ***Email message*** | “Activate your Family!” |  |
| What unit 2 activities did kids enjoy the most? Would you make any changes next time? |
| What other activities will/did you do to encourage kids to be physically active? |
| How will/did you connect with families about physical activity? |
| Name one small step you will take to continue to encourage kids be physically active. |

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| UNIT 3: Be Sugar Smart |
| ***Active games*** | Bowling for sugar smarts |  |
|  | Sugar surprises relay |  |
| ***Group games*** | Pour it out |  |
|  | Count it up  |  |
| ***Snack activities*** | Trail mix |  |
|  | Summer breeze smoothies |  |
|  | Cinnamon toast |  |
|  | Silly water taste test |  |
| ***Parent handout*** | More whole grains, less added sugar for good health |  |
| ***Newsletter article*** | “Sugar is Sweet—and Drinks are Too?” |  |
| ***Email message*** | “Healthy Habits Power Tips—Be Sugar Smart!” |  |
| What unit 3 activities did kids enjoy the most? Would you make any changes next time? |
| What other activities will/did you do to encourage kids to limit sugary drinks & snacks? |
| How will/did you connect with families about limiting sugary drinks & snacks? |
| Name one small step you will take to continue to encourage kids to limit sugar. |
| UNIT 4: Go for Good Fat |
| ***Active games*** | Snatch the fat |  |
| ***Group activities*** | Food label mosaic |  |
|  | Track the trans fat |  |
| ***Snack activities*** | Salsa & guacamole |  | Migas crumbs |  |
|  | Awesome granola |  | Healthy fats taste test |  |
| ***Parent handout*** | Dietary Fats: The good, the bad, and the ugly |  |
| ***Newsletter article*** | “Go for Healthy Fats!” |  |
| ***Email message*** | “Healthy Habits Power Tips—Fats in Foods” |  |
| What unit 4 activities did kids enjoy the most? Would you make any changes next time? |
| What other activities will/did you do to encourage kids to eat foods with healthy fats? |
| How will/did you connect with families about choosing foods with healthy fats? |
| Name one small step you will take to continue to encourage kids to choose healthy fats. |

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| UNIT 5: Go for Whole Grains |
| ***Arts & crafts*** | Mosaic creations |  |
| ***Active games*** | Red Hen relay |  |
| ***Books*** | *Everybody Cooks Rice* |  |
|  | *Bread is for Eating* |  | *The Little Red Hen* |  |
| ***Group activities*** | Make corn tortillas |  | Make flour from wheat berries |  |
| ***Snack activities*** | Silly popcorn |  | Whole wheat mini pizzas |  |
|  | Corn on the cob |  | Whole wheat banana pancakes |  |
|  | Awesome granola |  | Whole grain taste test |  |
| ***Parent handout*** | More whole grains, less added sugar for good health |  |
| ***Newsletter article*** | “Get the Whole Story on Whole Grains” |  |
| ***Email message*** | “Healthy Habits Power Tips: Go for Whole Grains” |  |
| What unit 5 activities did kids enjoy the most? Would you make any changes next time? |
| What other activities will/did you do to encourage kids to eat more whole grain foods? |
| How will/did you connect with families about eating whole grain foods? |
| Name one small step you will take to continue to encourage kids to eat whole grains. |

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| UNIT 6: Super Snacks |
| ***Arts & crafts*** | Super snack book |  |
|  | Silly snacks |  |
| ***Active games*** | Too much “sometimes” food tag |  |
|  | Healthy house |  |
| ***Books*** | *The Bernstein Bears: Too Much Junk Food* |  |
| ***Group activities*** | Commercial Mania  |  |
| ***Snack activities*** | Butterfly bite |  | Burrito bites |  |
|  | Peachy PB pockets |  | Silly snack taste test |  |
| ***Parent handout*** | Snacks: A Bridge Between Meals |  |
| ***Newsletter article*** | “Snacking the Healthy Way!” |  |
| ***Email message*** | “Healthy Habits Power Tips—Super Snacks” |  |
| What unit 6 activities did kids enjoy the most? Would you make any changes next time? |
| What other activities will/did you do to encourage kids to choose healthy snack foods? |
| How will/did you connect with families about eating fruits and vegetables? |
| Name one small step you will take to continue to encourage kids to eat healthy snacks. |

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| UNIT 7: Fruits and Vegetables—Mix it Up! |
| ***Arts & crafts*** | Build a rainbow by creating a fruit and vegetable mural |  |
| ***Active Games*** | Color relay |  | Fruity freeze tag |  |
| ***Books*** | *Eating the Alphabet* |  | *Stone Soup* |  |
| ***Group games*** | Parts of the plant |  | Bingo |  |
| ***Snack activities*** | Cucumber yogurt dip |  | Vegetable quesadillas |  |
|  | Tasty bugs |  | Berry blast fruit shake |  |
|  | Fruit & veggie taste test by color or part of the plant |  |
| ***Parent handout*** | Fruits & vegetables: Eat 5 or more servings for health |  |
| ***Newsletter article*** | “Fruits and Vegetables for Better Health” |  |
| ***Email message*** | “Healthy Habits Power Tips—fruits and veggies” |  |
| What unit 7 activities did kids enjoy the most? Would you make any changes next time? |
| What other activities will/did you do to encourage kids to eat fruits and vegetables? |
| How will/did you connect with families about eating fruits and vegetables? |
| Name one small step you will take to continue to encourage kids to eat healthy snacks. |

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| UNIT 8: Tune out the TV |
| ***Arts & crafts*** | Power up your body posters |  |
| ***Active games*** | Power up charades |  |
|  | Walk around town |  |
| ***Books*** | *The Bernstein Bears and Too Much TV* |  |
|  | *The Best Way to Play* |  |
| ***Group activity*** | Tune Out Challenge  |  |
| ***Parent handout*** | Take Control of TV |  |
| ***Newsletter article*** | “Tune Out TV for Better Health!” |  |
| ***Email message*** | “Healthy Habits Power Tips: Tune Out the TV” |  |
| What unit 8 activities did kids enjoy the most? Would you make any changes next time? |
| What other activities will/did you do to encourage kids to watch less TV? |
| How will/did you connect with families about watching less TV? |
| Name one small step you will take to continue to encourage kids to watch less TV. |

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| UNIT 9: Play Hard |
| ***Arts & crafts*** | Build an activity wheel |  |
| ***Active Games*** | Warm up and cool down activities |  |
|  | Play soft, play hard |  |
|  | What happens when?  |  |
| ***Books*** | *Jonathan and His Mommy* |  |
|  | *Salt in His Shoes* |  |
| ***Parent handout*** | Activate Your Family |  |
| ***Newsletter article*** | “Get Moving! Feel Great!” |  |
| ***Email message*** | “Healthy Habits Power Tips: Get Moving!” |  |
| What unit 9 activities did kids enjoy the most? Would you make any changes next time? |
| What other activities will/did you do to encourage kids to engage in vigorous activity? |
| How will/did you connect with families about engage in vigorous physical activity? |
| Name one small step you will take to continue to encourage vigorous activity. |

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| UNIT 10: Be Active, Stay Cool |
| ***Arts & crafts*** | Cup coolers—make your own |  |
| ***Active games*** | “Everyone Moves” obstacle course |  |
| ***Group games*** | Gulp! |  |
| ***Snack activities*** | Silly water taste test |  |
| ***Parent handout*** | Quenchers |  |
| ***Newsletter article*** | “Hydrated Kids are Healthy Kids” |  |
| ***Email message*** | “Healthy Habits Power Tips: Stay Cool” |  |
| What unit 10 activities did kids enjoy the most? Would you make any changes? |
| What other activities will/did you do to encourage kids to drink water? |
| How will/did you connect with families about drinking water? |
| Name one small step you will take to continue to encourage kids to drink water. |

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| UNIT 11: Food & Fun Finale |
| ***Active games*** | Mix and mash |  |
| ***Group games*** | Name three! |  |
|  | Act up! |  |
|  | Health steps |  |
| ***Snack activities*** | Make your favorite recipe or taste test |  |
| What favorite activities did you return to for the Food & Fun finale? |
| How did you connect with families to reinforce the Food & Fun messages? |