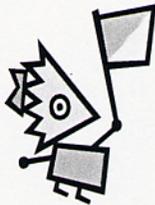


PRE-RACE WEEK

NJ Race to Good Nutrition

Instructions for Race Officials



LESSON Content

- Overview of Lesson Plans for 6 weeks race
- Overview of Introducing the Race to students & parents
- Overview of NJ Race to Good Nutrition Road Race Map
- Overview of Parent Materials



LEARNING Objectives

- Teachers & staff will understand and be able to “officiate” events and activities of each weekly race lesson plan & competition
- Teachers & staff will be able to stimulate and maintain student interest in their individual race to good nutrition
- Teachers & staff will successfully engage parent participation



Lesson TIME:

Preparation TIME: 60 minutes to review all lesson plans for the six weeks and to study and understand competition rules



MATERIALS Needed

- The Food Guide Pyramid Poster
- The NJ Race to Good Nutrition road race map

New Jersey Core Curriculum Content Standards for Comprehensive Health & Physical Education

For each lesson throughout the six weeks of the Race, we will here list the corresponding curriculum sections that are met by the content of that week’s lessons. All lessons respond to Section 2.1 Wellness, Strand C. Nutrition. Each week also includes a physical activity that responds to Section 2.6 Fitness, Stand A. Fitness and Physical Activity.



Overview of Lesson Plans for 6 weeks race

As outlined in “Officiating the Race,” there are six lessons, one for each week of the NJ Race to Good Nutrition. Each lesson covers one of the important food groups in the Food Guide Pyramid.

There is no lesson devoted to the fats, oils and sweets group of the Food Guide Pyramid. We believe that children today get more than adequate supplies of this group. Our intention is to focus on foods that children need to eat more often and to give them positive experiences with these foods.

This program also emphasizes foods rather than nutrients. Like all of us, children eat what they like. Knowing the nutrient content of a food or its function or contribution to good health does not necessarily make us like it or want to eat it! We believe that positive learning experiences with food are an essential step to building healthful eating habits.

All children in all grades will be learning the same basic content each week. We believe that this design will create reinforcement in the school atmosphere and reinforcement at home when a family has more than one child enrolled in the school.

Each week has three lessons. A lesson may focus on art, mathematics, health, social studies, and/or language and always includes a physical activity exercise. Each lesson meets and fulfills New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education.

Lessons are laid out with learning objectives, a list of needed materials and the lesson plan. For the most part, materials are included are minimal in cost or easily gathered from existing supplies or from children’s homes.

If your school does not serve lunch to Kindergarteners, feel free to adapt the rules of the race. For example, if your school daily serves a snack consisting of milk and either fruit or grain items (i.e. milk with oatmeal cookies; apple with cheese; etc), simply adapt the rules to allow the child to move forward in the race if they consume the items offered each day.

Please review the Food Guide Pyramid document at pages 9-26.

Overview of Introducing the Race to Students

Each child will receive a NJ Race to Good Nutrition Race Track Road Map (page 36) and a “Fuel up with 5” pencil case (see photo on page----).

Explain the rules of wining to your students. They are simple. Each day each child needs to eat foods from each of the five food groups for lunch. When they do, they get to move ahead on the racetrack. At the end of each week, if they ate foods from all five groups everyday at lunch, they will pass a checkpoint on the racetrack and win a prize.

Each day, ask the child to report whether or not they ate some or all of each food group. We are advocates of the “no thanks” taste – if a child has a particular dislike for a food, ask them to eat a one teaspoon taste. This qualifies as eating the serving. If they ate foods from each of the five food groups, they get to fill in the paver in the road map. Please see examples on the following page.

At the end of the week, all five pavers should hopefully be colored in. If so, they will have passed a checkpoint. When they pass a checkpoint, they receive a prize. Prizes for each checkpoint are:

Week One:	Bookmark (Pyramid your Power!)
Week Two:	Pencil (Get in the Grain Lane)
Week Three:	Fruit Straw (has no logo)
Week Four:	Pencil sharpener (Veg up!)
Week Five:	Eraser (Protein Pit Stop)
Week Six:	Ruler (Bone up on Milk)

If you notice that a child refuses the same food group each day, inquire why. For example, a child who does not drink milk may be lactose intolerant. One who does not eat bread may have a wheat allergy. In these cases, encourage the child to eat other foods from that group (e.g. a lactose intolerant child can eat cheese and yogurt if they are part of the meal) and/or allow the child to move forward on the road race without eating that food.

If a child refuses a food because they do not like it, encourage them to have a “no thanks” taste so that they can move forward. If they still refuse, send home a “ticket” notifying the child’s parent. (pages 37-39)

Overview of the NJ Race to Good Nutrition Racetrack Map

There are six segments to the NJ Race to Good Nutrition racetrack map. Each corresponds to the focus of the lesson for that week. Each track segment has five pavers or road stones – one for each day of the week – and ends with a checkpoint. (page 36)

Have your students color in a road paver each day that they eat foods from all five food groups at lunchtime. If a child eats only four of the food groups that day, they should not color in a paver.

At the end of five days, the child who ate all five components at lunchtime all five days, will pass a checkpoint. Each checkpoint corresponds to the less of that week. When they pass a checkpoint, they earn a prize. For example, when they pass the vegetable checkpoint they win a pencil sharpener with the words “Veg up!”

Some children may take more than one week to reach a checkpoint. That is, they may not eat all five food groups at lunchtime each day of the week and may fall behind in the race. Encourage them to keep going and reward them with a prize when they pass a checkpoint.

At the end of the racetrack is a finish line. Those children who “finish” the race during the six week period (i.e., eat all five food groups all five days of the week for all six weeks) receive a “Fuel up with Five” logo license plate suitable for their bicycle or for hanging on the wall.

We have produced enough prizes for every child in your class to win. If you want to continue the race after the finish date, feel free to do so. You might consider creating a billboard to list your students in their finish order. For example, those children who “finish” in six weeks are 1st place winners. Those who finish next are 2nd place and so forth.

The important thing to emphasize is that all children WIN when they eat foods that are good for them. Some win sooner than others, but all win if they keep going!

Overview of Parent Materials

Parent materials are included for each week of the race. These materials can be copied and sent home with the child or they can be reproduced in a school newsletter or submitted to the local newspaper. (page 37)

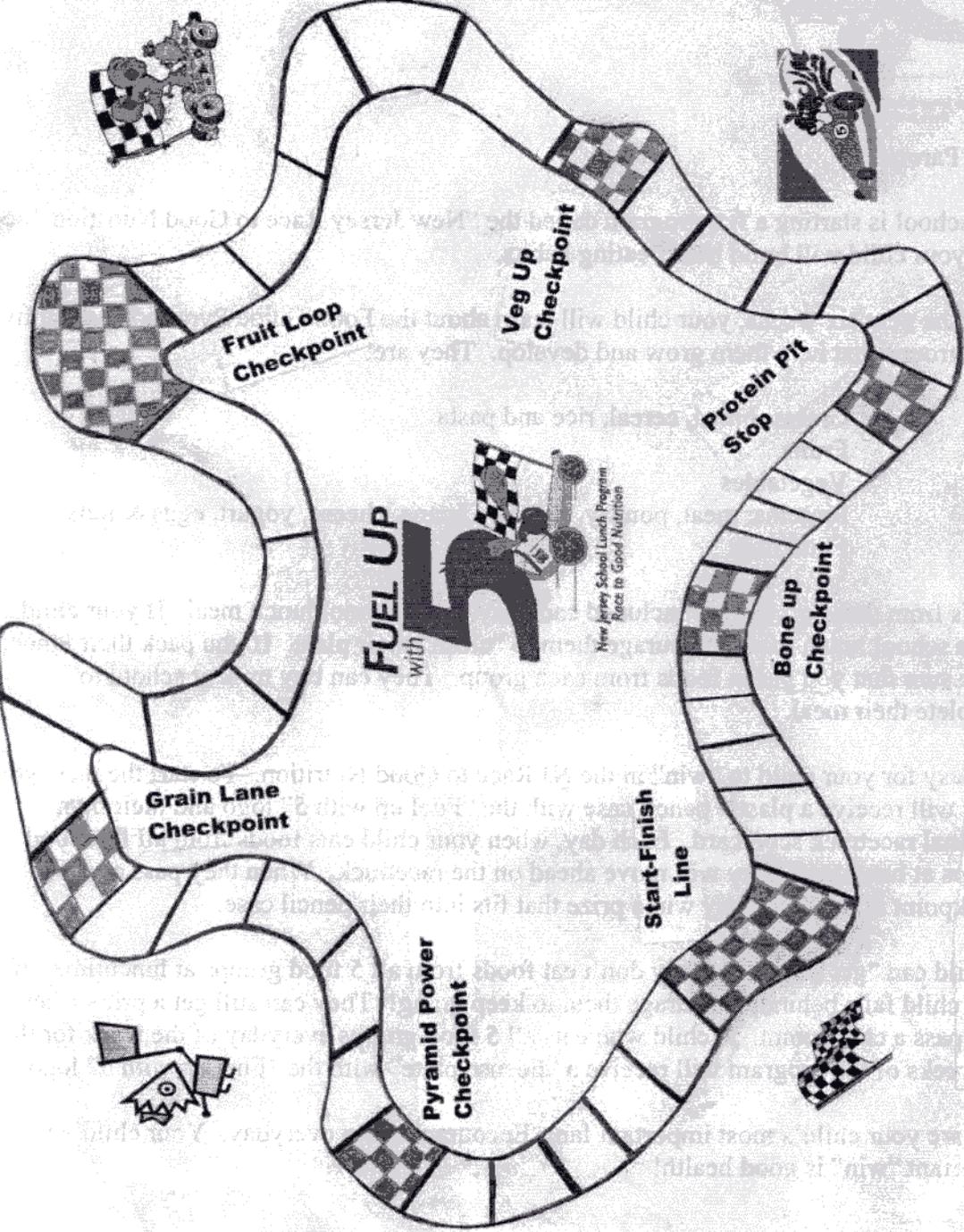
Parent materials include a brief overview of the lesson content for the week and recipes to make at home that include the foods being studied at school. Our website provides lists of materials available at no or low cost that you might want to order to sent home to parents. Our website is <http://njteamnutrition.rutgers.edu>

“Tickets” are simple notices to parents that their child is not eating foods from a certain food group. (pages 38-40) The ticket asks for the parent’s assistance in encouraging the child to eat those foods. A ticket includes tips on how to include foods from that group in the child’s meals.

All materials included in this program are available in color as pdf files from our website at <http://njteamnutrition.rutgers.edu>. You can either photocopy materials included in this manual or download them directly from our website.

Support Materials

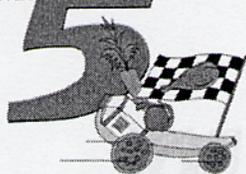
Pre-Race Week



RACE TRACK ROAD MAP for

FUEL UP

with



New Jersey School Lunch Program
Race to Good Nutrition

Dear Parent,

Our school is starting a fun program called the “New Jersey Race to Good Nutrition,” to help your child will build better eating habits.

Over the next six weeks, your child will learn about the Food Guide Pyramid and the five food groups that help them grow and develop. They are:

Grains: bread, cereal, rice and pasta

Fruits

Vegetables

Proteins: meat, poultry, fish, dry beans, cheese, yogurt, eggs & nuts

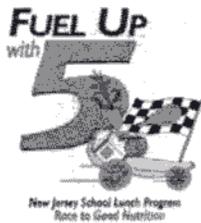
Fluid milk

Foods from these groups are included each day in the school lunch meal. If your child eats a school lunch meal, encourage them to “clean” their plate. If you pack their lunch, make sure that you put in foods from each group. They can buy milk at school to complete their meal.

It’s easy for your child to “win” in the NJ Race to Good Nutrition. To start the race, you child will receive a plastic pencil case with the “Fuel up with 5” logo and their own personal racetrack scorecard. Each day, when your child eats foods from all five food groups at lunchtime, they will move ahead on the racetrack. When they pass a checkpoint in the race, they win a prize that fits into their pencil case.

A child can “get behind” if they don’t eat foods from all 5 food groups at lunchtime. If your child falls behind, encourage them to keep going! They can still get a prize when they pass a checkpoint. A child who eats all 5 food groups everyday of the week for the six weeks of the program will receive a “license plate” with the “Fuel up with 5” logo.

You are your child’s most important fan! Encourage them everyday. Your child’s most important “win” is good health!



NJ Race to Good Nutrition Violation Notice

Your child _____
is in danger of losing the NJ Race to
Good Nutrition because they are not
eating foods from the Breads, cereal,
rice and pasta group.

These foods are important source of energy,
fibers vitamins and trace minerals.

The best choices are oatmeal, whole wheat
bread, brown rice and all 100% whole grain
products like whole grain breakfast cereal and
pasta.

Your child needs at least six servings per day
from this group. Here are some ideas to help
them get 6 servings:

At breakfast offer them:

- 100% whole grain cereal with fruit & milk

Morning snack:

- rye crisps topped with cottage cheese

For Lunch:

- Sandwich made with 100% whole wheat
bread

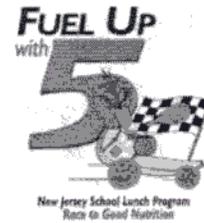
For Snack:

- Peanut butter and banana slices on 100%
whole grain crackers

For Dinner:

- Brown rice topped with beans

Encourage your child to eat foods from the
bread, cereal, rice, pasta and grain group at
lunch at school so that they can win the Race
to Good Nutrition!



NJ Race to Good Nutrition Violation Notice

Your child _____
is in danger of losing the NJ Race to
Good Nutrition because they are not
eating foods from the Fruits group.

Fruits are an important source of essential
vitamins and minerals.

Fruits are naturally sweet and tasty. Buying
raw fruits in season helps keep cost low. Use
fruits canned in natural juice or water.

Your child needs at least two servings per
day from this group. Here are some ideas to
help them get 2 servings:

At breakfast offer them:

- chop or grate raw apple on their cereal

Morning snack:

- Toss dried cranberries, raisins or currants
with nuts to make trail mix

For Lunch:

- Cut fruit into bite size pieces to make
them easier to eat

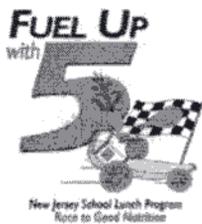
For Snack:

- Dip sliced fruit in flavored yogurt

For Dinner:

- Bake pears, apples or bananas for dessert

Encourage your child to eat the fruit that is
part of the school meals program or bring
fruit in their packed lunch so that they can
win the Race to Good Nutrition!



NJ Race to Good Nutrition Violation Notice

Your child _____
is in danger of losing the NJ Race to
Good Nutrition because they are not
eating foods from the Vegetable group.

Vegetables are our most important source of
vitamins and minerals and they are great
sources of dietary fiber.

The more colorful the vegetable is the more
nutrients it contains—like dark green and deep
yellow and orange vegetables.

Your child needs at least three servings per day
from this group. Here some ideas to help them
get 3 or more servings daily.

For Breakfast:

- Omelet made with cooked vegetables

For Snack:

- Celery sticks filled with cheese

For Lunch:

- Roasted vegetables in pita bread

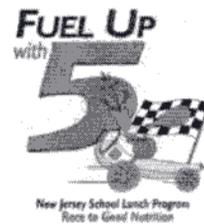
For Snack:

- Cucumber spears with yogurt dip

For Dinner:

- Tossed green salad or cooked vegetables

Encourage your child to eat raw and cooked
vegetables everyday and to have a vegetable
with lunch at school so that they can win the
Race to Good Nutrition!



NJ Race to Good Nutrition Violation Notice

Your child _____
is in danger of losing the NJ Race to
Good Nutrition because they are not
eating foods from the Protein group.

Protein foods include beef, lamb, duck,
chicken, eggs, fish, cheese and dried beans,
peas, legumes and nuts. Proteins are an im-
portant source of nutrients for building
strong muscles and other tissues. Your child
needs at least two servings per day from this
group.

Your child needs at least three servings per
day from this group. Here are some ideas to
help them get 3 servings daily.

For Breakfast:

- Add raw or roasted nuts to cereal

For Snack:

- Cheese cubes with pear or apple slices

For Lunch:

- Tortilla filled with refried beans &
cheese

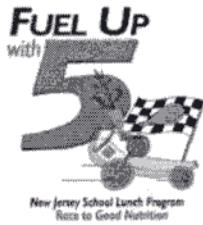
For Snack:

- Peanut butter spread on apple slices

For Dinner:

- Main meat or bean dish

Encourage your child to eat protein rich
foods everyday and to eat the meat group en-
trée in their school or home packed lunch so
that they can win the Race to Good
Nutrition!



NJ Race to Good Nutrition Violation Notice

Your child _____
is in danger of losing the NJ Race to
Good Nutrition because they are not
drinking their milk at lunch.

Milk and dairy products are our most important source of calcium. Milk is also an excellent source of protein.

If your child is lactose intolerant or has milk allergy, please tell their teacher. Your child will not be required to drink milk in order to win the Race to Good Nutrition.

If your child is lactose intolerant, remember today there are many lactose free milk products available as well as supplements to help ease milk digestion. It is hard to get enough calcium without milk, so you might consider these products for your child.

Soft drinks are a poor health substitute for milk. They are made of colored, flavored water with no nutrients. And they are costly. Milk is packed with protein, vitamins and calcium. Calcium helps grow strong bones and teeth. It helps the heart function and, recent studies show that it may even help balance weight.

Encourage your child to drink milk with their lunch at school so that they can win the Race to Good Nutrition!