

Race Rules

NJ Race to Good Nutrition is a six weeks long campaign. It includes a classroom component with lesson plans and activities for each week. These are described in the teacher's overview, "Building Lean, Mean Racing Machines."

Most important is each child's individual "race" to good nutrition. This component of the program encourages children to eat the five components of the school lunch meal or to carry from home and eat a homemade lunch that includes the same five components.

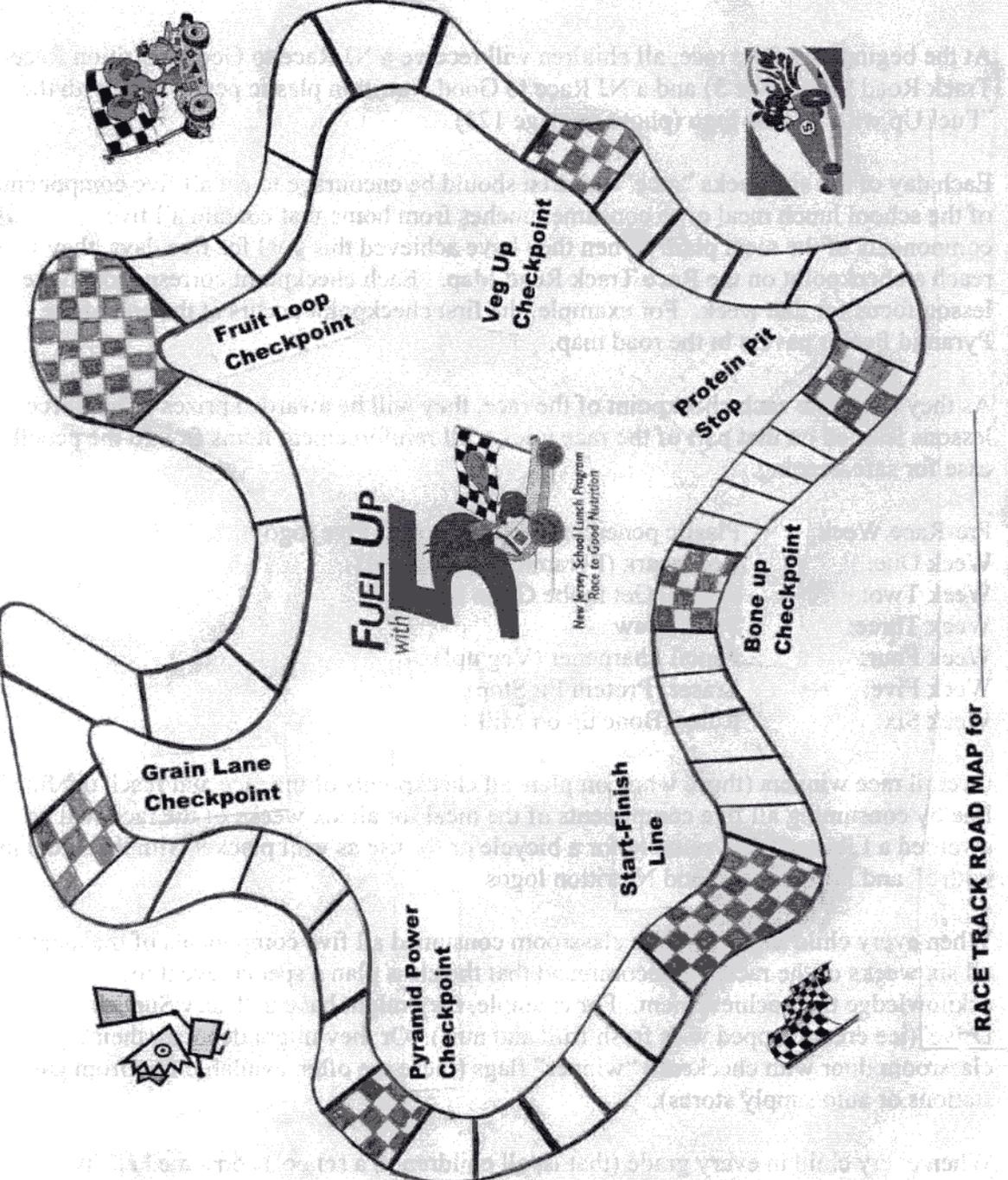
The five components of the school lunch meal are:

- 1 serving of bread, cereal or grain
- 1 serving of fruit
- 1 serving of vegetable
- 1 serving of protein
- 1 serving of fluid milk

To keep track of whether or not each child is consuming these five components, each child will receive a "record" in the form of a NJ Race to Good Nutrition Race Track Road map. (see Track Map on following page) A child advances forward on the race track by consuming the five components of the school lunch meal or consuming a lunch prepared at home that contains the five components. The child fills in the road pavers for each day that they consume the 5 components indicating that they are moving forward toward to "win" the race.

There are 6 checkpoints on the map, each representing completion of one week of the race. A child who fills in all five pavers to reach a checkpoint, receives a prize. Prizes are designed to reinforce the classroom lesson of the week.

Some children will not consume all five components on all five days of the week. They will be "behind" in the race. Encourage them to continue, they can still reach the checkpoint. When they succeed in eating the five components on five days and pass a checkpoint, they should receive the prize connected to that checkpoint.



RACE TRACK ROAD MAP for _____