



Physical Activities and Healthy Snacks for **YOUTH PROGRAMS**



TABLE OF CONTENTS

INTRODUCTION	3
CANADA'S FOOD GUIDE SNAPSHOT	4-5
MATERIALS	6
PHYSICAL ACTIVITIES	
Activity #1 Muscle Warmer-Uppers	7
Activity #2 Survivor: The Healthy Way	8-9
Activity #3 Living it Up: Amazing Race	10-11
Activity #4 Running to the Grocery Store	12-13
Activity #5 Fun Food Obstacle Course	14-15
Activity #6 Food Headbandz	16
HEALTHY SNACKS	
Fruit Salad Parfait	18
Racing Roll-Ups	18
Banana Berry Smoothie	18
Shannon Crocker's Munchie Mix	19
Stuffed Pita Pizzas	19
Easy Hummus Dip	20
Creamy Rice Pudding	20
Fruit-Veg-n-Cheese Kabobs	21
Fruity Wrappers	21
APPENDICES (ACTIVITY TOOLS)	
Appendix A: Survivor: The Healthy Way - Team Challenge Cards	23
Appendix B: Living it Up: Amazing Race - Challenge Cards	24-26
Appendix C: Running to the Grocery Store - Grocery Money	27-28
Appendix D: Running to Grocery Store and Food Headbandz Pictures	29-33
NUTRITION-RELATED WEBSITES	34
CONTACT INFORMATION	34

INTRODUCTION

Eat Great and Participate (EGaP) aims to increase access to healthy food and beverage choices in recreation, sport and community settings and believes that healthy food and beverages can be offered anywhere physical activities are enjoyed.

This resource was developed in partnership with EGaP, Recreation Newfoundland and Labrador, the Regional Nutritionists (Registered Dietitians) in the four Regional Health Authorities, and the After School Physical Activity planning committee in support of the two-year provincial After School Physical Activity (ASPA) initiative. The resource can be used in any other after school program as well. The ASPA initiative created opportunities for young people to be more active and learn about a variety of recreation and physical activities. The EGaP program supported the ASPA initiative through resource development and support.

This resource is intended for program facilitators and/or volunteers, and includes physical activities that incorporate education around healthy eating. The activities are geared towards youth aged 9-15 and can be modified for facilities with limited space. Included with each activity is the educational outcome, the fundamental movement skills involved, as well as suggested modifications for youth with physical and/or intellectual disabilities.

There is also a Healthy Snacks section for after school programs wishing to incorporate a snack during some of their sessions. The recipes are quick and easy and fit within Canada's Food Guide. Try making a snack as a group after completing an activity, or provide participants with a copy of a recipe to try at home.

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods



Discover your food guide at

Canada.ca/FoodGuide

Eat well. Live well.

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



**Limit foods high in sodium,
sugars or saturated fat**



Be aware of food marketing

MATERIALS

The following materials are useful to have on hand when preparing for some of the activities in this booklet:

- Six Pieces of Construction Paper
- One copy of Canada's Food Guide Snapshot that can be photocopied (see pages 4-5)
- Two Pieces of Rope (Skipping Rope)
- Letter Cut-Outs for the Healthy Living Rhyme (Activity #2, Challenge #5)
- Survivor: The Healthy Way - Team Challenge Cards (Appendix A)
- Two Small Balls
- Two Sets of Living It Up: Amazing Race - Challenge Cards (Appendix B)
- Two Sets of Grocery Money (Appendix C)
- Two Sets of Food Pictures (Appendix D)
- Two Grocery Bags
- Two Plastic Cups
- Scotch Tape

ACTIVITY #1

MUSCLE WARMER-UPPERS

Try these warm up activities to get participants' muscles warmed up. If the activity of the day is not at a vigorous intensity, you can also do this warm up at the end.

Banana Split

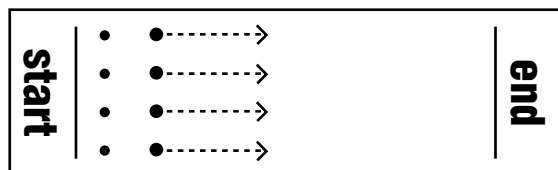
Equipment: container, pieces of paper or index cards, and pencils/pens

Have participants create their own activities (i.e., 10 jumping jacks, 10 front kicks, 20 kickboxing jabs, etc.) and place in a reusable container. Invite participants to form 2 lines with participants standing shoulder to shoulder. On the signal to begin, everyone performs the same movement (i.e., walking, skipping, galloping, running, wheeling, etc.). Be sure participants stay beside their partner and in line with other pairs as they move around the playing area. Every 15-20 seconds, call "banana split", at which point the two participants at the front of the line will "peel"; one participant turns to the right and the other to the left and they both travel to the end of the line and end up side by side again. After a few banana splits, call 'cherry on top' and ask a participant to reach into the container and pull out an activity, for all to perform. You can place tape on the floor to help them stay in a straight line.

Partner Pursuit

Equipment: one flag "tail" or scarf for each participant, pylons indicating a start and end line

This activity works wells in a large space, such as a gymnasium or possibly outside. Place pylons down indicating a start and end line and have the participants pair up, each placing a 'tail' in their waist band, hanging off to one side. Participants line up with their partners, one behind the other (approx. 1 meter apart on the start line). Beanbags or tape can be placed on the ground to mark the distance between the partners if necessary. On the signal to begin, both participants run/walk/wheel toward the end line with the end partner behind attempting to remove the other partner's 'tail'. If removed before reaching the end line, that participant receives one point. Both participants walk/run/wheel back to the start line, and switch places. Repeat for 3-5 times, or a certain amount of time. You can also switch partners.



Inclusion/Modification

If needed, participants can be placed in groups of 3 with 2 participants in front being pursued by the participant behind. Consider having participants with physical or intellectual disabilities partner up and move together by linking arms or holding a pool noodle between them. *(Please note: this is only one suggestion and does not include all possible modifications.)*

Modified from Ever Active School: Schools Out...Let's Move

ACTIVITY #2

SURVIVOR: THE HEALTHY WAY

Two or more teams of 4-10 participants, relay-style race

Materials

- Pieces of material to create a survivor bandana (a different color for each team) or, if playing the activity for the second time, can make small flags using paper and popsicle sticks (1 per team)
- Canada's Food Guide Snapshot (1 per team)
- Piece of rope (1 per team)
- Letter cut-outs for Healthy Living Rhyme (see Challenge #5 below)
- Survivor team challenge cards (see Appendix A)

Directions

- First, each team creates a flag or survivor bandana including a team name – be creative and use healthy eating names (i.e., wild watermelons, whole grain gorillas).
- While the youth are creating their survivor teams, place a copy of Canada's Food Guide Snapshot (1 per team) in a hidden but accessible place at your site. Hide bag provided with cut out letters in the play area (see Challenge #5 below).
- Organize teams on one side of the play area, and place the challenge cards face down on the other side of the play area.
- Participants crab walk (walking on all fours with body facing the ceiling/sky) one at a time up to their team's set of challenge cards, pick up one card and shuffle back to their teammates.
- The challenges must be completed as a whole team while the program leader supervises each team.
- Once the challenge is completed, a different team member crab walks up to retrieve another challenge card. Play continues until a team has retrieved and completed each of their challenges.
- The first team to complete all their challenges are the survivors.

Challenges (see Challenge Cards in Appendix A)

- #1. Find the hidden copy of Canada's Food Guide snapshot and read one of the key messages. (**Answers:** Have plenty of vegetables and fruit; Choose whole grain foods; Eat protein foods; Make water your drink of choice; Be mindful of your eating habits; Cook more often; Enjoy your food; Eat meals with others; Use food labels; Limit foods high in sodium, sugars or saturated fat; and Be aware of food marketing.)
- #2. Create a physical activity using the rope (i.e., skip rope or jumping over the rope).
- #3. Do 5 star jumps and 10 mountain climbers. (Be sure to demonstrate this exercise prior to starting the activity. See description on next page).
- #4. Name a healthy meal that contains foods from Canada's Food Guide. (**Answer:** A healthy meal includes plenty of vegetables and fruits, whole grain foods, and protein foods with water your drink of choice. Example: Turkey, lettuce and tomato sandwich on whole grain bread, side salad and glass of water.)
- #5. Solve the healthy living rhyme: To be a good teammate you should:
_ A _ _ _ _ T & _ _ R _ _ C _ _ T _ ! (**Answer:** EAT GREAT AND PARTICIPATE).
- #6. With a soccer ball or similar size ball, each participant will take a turn kicking the ball through their teammates legs while they stand in a single file line approx 5-10ft away with their legs opened. Each participant must successfully kick the ball between the set of teammates legs to complete the challenge.

SURVIVOR: THE HEALTHY WAY

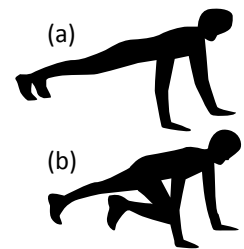
Star Jumps

Stand on a flat surface with your knees slightly bent. Squat down towards the ground, then jump as high as you can, extending your arms and legs out to the side like a jumping jack (or a star). Before you land, pull your arms and legs back together, landing with your feet just inside shoulder width – you will land in the same position you started.



Mountain Climbers

Start at the top of a pushup (a). Keeping your abs braced, pick up your right foot and slowly bring your knee toward your right shoulder (b). Hold for two seconds, then return to start. Alternate legs until you've done 10 reps per leg.



Inclusion/Modifications

- For the physical activity challenges, have a large light ball that can easily be grasped by the individual. Have them throw the ball into the air and catch it. You may even pair the person up with a buddy to make it more enjoyable.
- Incorporate music and scarves to get the individual's body moving. Have them swing the scarf around to the beat of the music and throw it up in the air as well. Scarves are excellent items for persons who may have a slower reaction time.
- For the crab walk, consider setting up pylons instead so that individuals in wheelchairs can weave through.
- For Challenge #6, consider having participants create a circle with their arms and have the other person try to toss a soft ball through the arm circle for those in a wheelchair.
- For the Star Jumps, place post-it notes or stickers on the wall for individuals who can not jump. Have the individual reach for the stickers on the wall.
- For the Mountain Climbers:
 - For individuals in a wheelchair: throw a ball at a target on the wall and catch the ball when it bounces back. Ensure there is a partner to retrieve the ball if needed.
 - For individuals with an intellectual disability: have them perform a pushup or a sit up, if appropriate.

Please note: these suggestions are not comprehensive and do not include all possible modifications.

Fundamental Movement Skill Involved

- Agility, Balance, Coordination, Jumping, Kicking, and Skipping.

Outcome

- Familiarizes participants with Canada's Food Guide while being physically active.

Modified from 'The Go Healthy with Ticker Tom' program activity book

ACTIVITY #3

LIVING IT UP: AMAZING RACE

Two teams of 4-10 participants, one leader per team, relay-style race

Materials

- Green and red construction paper* to make bracelets for each participant
- Small plastic balls
- Team Challenge cards (1 set per team) - see Appendix B
- Skipping rope or balance beam/bench

***Be sure to match colors. Have the same color bracelet as the challenge cards so the participants remember which color challenge card they are searching for.**

Directions

- Program leader to supervise each team.
- Set up a start and a finish place (doesn't have to be a straight line – just somewhere the teams know to go once they have all their challenge cards found and completed).
- The program leaders are to hide a set of 5 challenge cards per team around the site (or outside if suitable).
- Both teams start in the same location: 'On your mark. Get set. Go'. Each team must walk/run/wheel out to find the hidden challenge cards (that matches the color of their team bracelet) but can only complete the challenge when all team members are together.
- Challenges can be modified to suit your group/facility.
- The first team to complete all 5 challenges and have team members returned to the indicated finish place are the winners.

LIVING IT UP: AMAZING RACE

Challenges

#1. Know Canada's Food Guide

Name examples of: vegetables and fruits, whole grain foods and protein foods

#2. It's a race but watch your pace

(Hide piece of rope or skipping rope with this card). One at a time, the team members have to safely walk the length of the bench or the piece of rope provided without falling off. If a team member falls off they must start over. For younger children or individuals with an intellectual disability, the program leader may choose to walk along side of the child and hold their hand.

#3. Elbow ball

Find a ball! Team members line up in single file. The team member at the back of the line places the ball between their elbows and passes the ball to the next person in line. The ball must travel from the back to the front of the line without touching the ground. If the ball is dropped, the team must restart.

#4. Guess that food

Each team will need to identify 4 foods based on the description given to them (read by leaders if necessary):

- I am red in color, high in vitamin C and wear my seeds on the outside. What am I?
- Start the day with a bowl of me and you will have lots of fiber and energy. What am I?
- I give you calcium to build strong bones but I'm easier to eat with a spoon not a straw. What am I?
- I come from the ocean and give you protein and certain types of healthy fats. What am I?

#5. Team workout

All team members must complete the physical activities together in order (provide copy of descriptions on page 26):

- | | |
|----------------------|------------------------|
| (a) 20 high knees | (b) 20 raise the roofs |
| (c) 20 football runs | (d) 20 frog jumps |

Fundamental Movement Skill Involved

- Balance, Coordination, Catching, Jumping, and Speed.

Outcome

- Familiarizes participants with Canada's Food Guide while being physically active.

Modified from 'The Go Healthy with Ticker Tom' program activity book

ACTIVITY #4

RUNNING TO THE GROCERY STORE

Two teams of 4-12 participants, relay-style race

To complete this activity, everyone should be familiar with Canada's Food Guide. Program leaders can choose to review Canada's Food Guide with the participants prior to starting the activity by asking a few simple questions: Is everyone familiar with Canada's Food Guide? What foods should make up half your plate? (Answer: vegetables and fruit) What is the recommended beverage? (Answer: water)

Materials

- A set of grocery money per team (see Appendix C)
- Pictures of foods (see Appendix D)
- Canada's Food Guide
- Grocery bag

Directions

- Refer to suggested floor plan on the following page. Participants line up on one side of the play area and a grocery bag is given to the first person in each line. The bigger the area, the more active the participants can be.
- Place all food pictures **FACE UP** on a table on the opposite side of the room; this is considered the grocery store.
- Place grocery money **FACE DOWN** on separate tables per team in the center of the room.
- When the relay begins, only the participants holding the grocery bag walk/run/wheel to the grocery money table and take one piece of money from their team's pile.
- Next they walk/run/wheel to the grocery store and choose one food item from Vegetables and Fruits, Whole Grain Foods and Protein Foods - whichever is written on their grocery money.
- The money is given to the cashier (program leader) at the grocery store and the food is placed in the grocery bag.
- The participant then walks/runs/wheels back to their teams and passes the bag to the next person. The play continues until all the grocery money has been spent. Each team must then try to create a balanced meal (Vegetables and Fruits, Whole Grain Foods and Protein Foods) using the foods they have.

Inclusion/Modification

If there are individuals with an intellectual disability, consider pairing them with a partner so they can participate in going from table to table.

Fundamental Movement Skill Involved

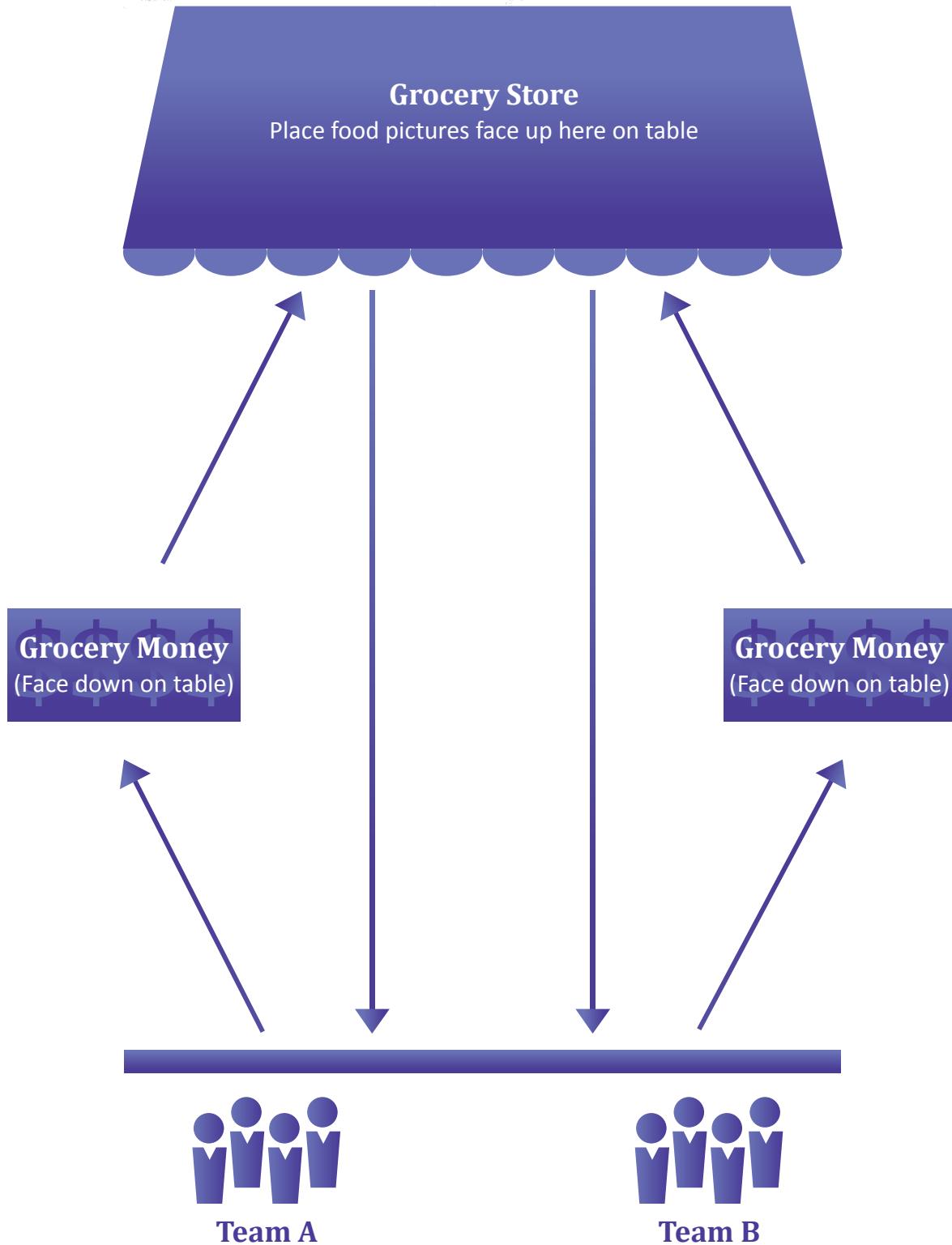
- Agility, Balance, Coordination and Walking/Running/Wheeling.

Outcome

- Familiarizes participants with the types of food included in Canada's Food Guide while being physically active.

Modified from 'The Go Healthy with Ticker Tom' program activity book

RUNNING TO THE GROCERY STORE



ACTIVITY #5

FUN FOOD OBSTACLE COURSE

Can be individual, or in teams, depending on the group or size of play area.

If individual – you can time each participant and then repeat the activity in several weeks to see if they can beat their previous time. Can use as many obstacles as you wish, or that are feasible, in the space you have available.

Materials

- Plastic cups
- Small plastic balls
- Skipping rope
- Hula hoops and pylons
- Hard cover book

Directions

- Set up as many obstacles in your play area while also allowing space for participants to walk/run/wheel from station to station.

Challenges

- #1. Skip and spell** – While the participant is skipping, the leader blurts out a healthy food from Canada's Food Guide and the participant must spell it correctly (while continuing to skip). Try to use challenging healthy foods such as:– cantaloupe, cucumber, yogurt, broccoli, spinach, banana, barley, chickpeas, salmon, etc.
- #2. Fruity knees** – Lay hula hoop, touching, in a straight line. The participant places a small plastic ball between their knees and must walk through the line of hula hoops without touching the hula hoops or dropping the ball.
- #3. Sip me and flip** – on a small table have a plastic cup filled 1/3 with water. The participant must drink the water and then, by balancing the cup on the edge of the table, flip it upside down (see photo on following page).
- #4. Breakfast of champions** – place the picture of unsweetened whole grain cereal (on next page) at a station. Participants must identify the correct name of what the picture is showing (whole grain cereal) and then name a good reason to eat this for breakfast (i.e., gives you fiber, gives you vitamins and minerals, gives you energy, helps you think in class, etc.). Program leaders can give clues.
- #5. Ball relay** – set up pylons and have participants walk/run/wheel around each pylon while balancing a ball on a spoon. If the ball is dropped, they must start over at the beginning.
- #6. Cheeky race** – designate a start and finish line. Participants must sit on the floor with legs straight out in front of them, then they try to walk on their behinds. Participants cannot use their hands or feet to push themselves forward.
- #7. Book balance** – set up a start and finish place. The participant must balance a book on their head while walking/running/wheeling from the start to finish. If the book is dropped, the participant must start from the beginning.
- #8. Shoots** – participants must shoot a basketball into the basket from a marked distance (or increase the number of successful shots for more difficulty).

FUN FOOD OBSTACLE COURSE

Inclusion/Modification

Challenge #1: For individuals with a physical disability, try balancing on one leg, or toss a ball up and down.

Challenge #4: For individuals with an intellectual disability, provide multiple choice answers so the individual has a list to choose from instead of having to come up with the answer.

Challenge #5: If an individual has a gripping issue, then place a book on the persons' head to balance.

Please note: these suggestions are not comprehensive and do not include all possible modifications.

Fundamental Movement Skill Involved

- Balance, Coordination, Skipping and Throwing.

Outcome

- Familiarizes participants with whole grain foods from Canada's Food Guide, and recognizes the importance of eating whole grains at breakfast.

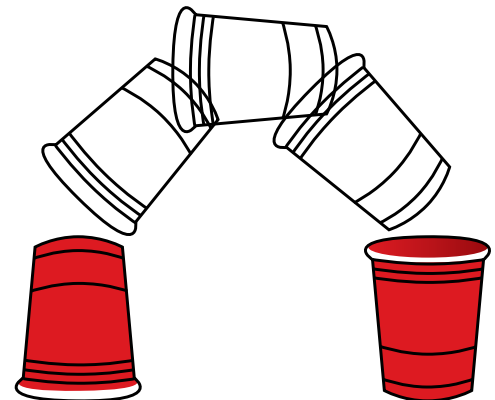
Modified from 'The Go Healthy with Ticker Tom' program activity book

Breakfast of Champions

If more than one is required you can photocopy and cut this page. Print and laminate picture.



Whole Grain Cereal



Sip Me and Flip

ACTIVITY #6

FOOD HEADBANZ

Teams of 4-8 participants, one leader per team, relay-race style

Materials

- Food pictures (see Appendix D)
- Tape
- Construction paper
- Canada's Food Guide snapshot

Directions

- Have participants make a headband out of construction paper and tape.
- Divide participants into teams.
- One at a time, each participant has to bear or monkey walk, or wheel, to the other side of the play area (preferably a gymnasium so the participants have more room to be active).
- A leader will tape a food picture to the participants' headband.
- The participant then has to bear or monkey walk, or wheel, back to their team
- The participant must identify the food taped to their headband by asking their teammates 'yes' and 'no' style questions only:
 - Do I grow in the ground? - Am I a vegetable or fruit?
 - Am I eaten at breakfast time? - Do I come from an animal?
- Once the participant has identified the food correctly the next person goes.
- Add a twist: once all the participants on a team have guessed their food correctly, they group together with members of the other teams that have a food or beverage from the same food grouping (Vegetables and Fruits, Whole Grain Foods, Protein Foods).
- The first group to correctly assemble is the winner.

***Note: Instead of having teams, place food pictures on participant's headband and have them mingle as a large group and ask questions to all other participants and leaders. The participants must only ask one 'yes' or 'no' question to another participant before moving onto a different participant. Continue with the last two points from above.**

Fundamental Movement Skill Involved

- Agility, Balance, Coordination and Walking/Running/Wheeling.

Outcome

- Familiarizes participants with the types of foods and beverages included in Canada's Food Guide while being physically active.

Modified from 'The Go Healthy with Ticker Tom' program activity book

HEALTHY SNACKS



HEALTHY SNACKS



Fruit Salad Parfait

Ingredients:

- Your favorite fresh fruit and/or canned fruit packed in water
- 2% Yogurt or Greek Yogurt
- Unsweetened whole grain or bran cereal
- Parfait dishes (or regular)

Directions:

1. Wash and cut all fruits and put into a large bowl.
2. If using canned fruit, drain and empty it into the bowl with the prepared fresh fruit.
3. Spoon layers of fruit, yogurt and whole grain cereal into your glass.



Racing Roll-Ups

Ingredients:

- ½ cup lower fat cream cheese (softened)
- ½ cup Ranch dressing
- Shredded cheese
- Finely chopped broccoli
- Peppers (any colors)
- Green onion

Directions:

1. Blend together cream cheese and ranch dressing.
2. Spread onto 4-5 large size whole grain tortillas.
3. Top with a mixture of grated lower fat cheese and finely chopped broccoli, peppers (any colors) and green onion.
4. Roll up the tortillas tightly. Slice into 2.5 cm (1 inch) portions and serve.



Banana Berry Smoothie

Ingredients:

- 8 oz (250ml) container of unsweetened yogurt (greek, plain or fruit)
- 1 cup berries (fresh or frozen)
- 1 banana
- 4-5 ice cubes

Directions:

1. In a blender process all ingredients until combined. Serve immediately.

Serves 4-5.

Munchie Mix

Ingredients:

- Air-popped popcorn
- Whole-grain cereal (wheat squares, o's, puffs)
- Dried fruit (apricots, raisins, apple, pear)
- Roasted chickpeas
- Unsalted pretzels
- Unsweetened coconut flakes
- Whole grain mini crackers
- Dark chocolate chips (optional)

Directions:

1. Place a variety of the above ingredients on a table in different bowls with spoons/serving utensils
2. After washing their hands, have kids make their own crunchy medley using the ingredients they like the best. Store it in an airtight container or baggie.

(THE CANADIAN PRESS—TORONTO Source: Shannon Crocker, Registered Dietitian).



Stuffed Pita Pizzas

Ingredients:

- Small whole grain pita pockets
- Shredded carrots
- Shredded cheese
- Tomato slices
- Sauces (barbeque, tzatziki, or hummus)
- Any other favorite veggies

Directions:

1. Preheat oven to 250°F.
2. Wash and cut all vegetables.
3. Open pita, cut in half and spread sauce of your choice.
4. Fill pita with veggies and sprinkle with cheese.
5. Bake in oven until cheese is melted (5-6 minutes).

Variation: can also make these on top of a whole grain pita to make mini pizzas.



HEALTHY SNACKS



Easy Hummus Dip

Ingredients:

- 19oz can of drained and rinsed chickpeas
- 3 tablespoons lemon juice
- 2 tablespoons canola oil
- 1 teaspoon ground cumin
- 2 garlic cloves; chopped or crushed (you can substitute ¼ teaspoon garlic powder for the 2 garlic cloves)

Directions:

1. Drain the can of chickpeas, rinse well with water, and place in a blender or food processor.
2. Add lemon juice, canola oil, ground cumin, and garlic cloves (or minced garlic).
3. Blend or process until smooth. Add a small bit of water, if needed.
4. Add pepper to taste. Keep refrigerated.

Serve with whole grain crackers or pita bread, or vegetables.



Creamy Rice Pudding

Ingredients:

- 1/2 cup whole grain brown rice
- 2 tablespoons sugar
- 2 1/3 cup skim, 1%, or 2% white milk, or unsweetened soy milk
- 1 teaspoon vanilla

Directions:

1. Cook rice, sugar and milk in double boiler until rice is tender.
2. Remove from heat and let cool.
3. Add vanilla.

Serves 4.

Variation: add frozen berries, toasted almonds or raisins to top.

Fruit-Veg-N-Cheese Kabobs

Ingredients:

- Any fruit or vegetable that's able to be placed on a skewer (grapes, strawberries, kiwi, oranges, bananas, melons, cucumber, peppers, tomatoes etc.)
- Cheese of choice
- Yogurt to dip (optional)
- Wooden skewers or round toothpicks

Directions:

1. Wash and cut all vegetables and fruits into cube shapes.
2. Cut cheese into squares or triangles.
3. Using skewer, create kabob using a variety of vegetables, fruits and cheese combinations. Try something new!



Fruity Wrappers

Ingredients:

- Fresh or frozen (thawed) strawberries
- Bananas
- Small whole grain wraps
- Unsweetened yogurt

Directions:

1. Remove stems and wash strawberries. Peel bananas. Cut bananas in coins and strawberries in half.
2. Spread yogurt on a wrap and fill with banana coins and strawberry pieces.
3. Fold wrap (heat in microwave for about 20-30 seconds if desired).



Variation: can also try using vegetables with lower fat cream cheese.



APPENDICES

Activity #2 - Survivor: The Healthy Way - Team Challenge Cards

#1	Find the hidden copy of Canada's Food Guide and read one of the key messages.	SURVIVOR
#2	Create a physical activity using the rope. (i.e., skip rope or jumping over the rope).	SURVIVOR
#3	Do 5 star jumps and 10 mountain climbers.	SURVIVOR
#4	Name a healthy meal that contains foods from Canada's Food Guide.	SURVIVOR
#5	Solve the healthy living rhyme: To be a good teammate you should _ A _ _ _ _ T & _ _ R _ _ C _ _ T _ !	SURVIVOR
#6	Find a soccer ball or similar size ball, each of you will take turns kicking the ball through your teammates legs while they stand in a single file line approx 5-10ft away with their legs opened. Each participant must successfully kick the ball between the set of teammates legs to complete the challenge.	SURVIVOR

See Activity #2 for suggestions to make this activity more inclusive.

APPENDIX B

Activity #3 - Living it Up: Amazing Race - Challenge Cards

#1	KNOW CANADA'S FOOD GUIDE Name examples of: vegetables and fruits, whole grain foods and protein foods	LIVING IT UP
#2	IT'S A RACE BUT WATCH YOUR PACE All team members have to safely cross the bench or piece of rope without falling off. If a team member falls off, they must start over.	LIVING IT UP
#3	ELBOW BALL Find a ball. Team must line up in single file. The team member at the back of the line places the ball between their elbows and passes the ball to the next person in line. The ball must travel from the back to the front of the line by only using your elbows. If the ball is dropped, you must start from the beginning.	LIVING IT UP
#4	GUESS THAT FOOD Identify 4 foods based on the following descriptions (can be read by leader): • I am red in color, high in vitamin C and wear my seeds on the outside. What am I? • Start the day with a bowl of me and you will have lots of fiber and energy. What am I? • I give you calcium to build strong bones but I'm easier to eat with a spoon not a straw. What am I? • I come from the ocean and give you protein and certain types of healthy fats. What am I?	LIVING IT UP
#5	TEAM WORKOUT* (see exercise descriptions provided) All team members must complete the team workout challenge in the following order: • 20 high knees • 20 raise the roofs • 20 football runs • 20 frog jumps	LIVING IT UP

Activity #3 - Living it Up: Amazing Race - Challenge Cards

#1	KNOW CANADA'S FOOD GUIDE Name examples of: vegetables and fruits, whole grain foods and protein foods	LIVING IT UP
#2	IT'S A RACE BUT WATCH YOUR PACE All team members have to safely cross the bench or piece of rope without falling off. If a team member falls off, they must start over.	LIVING IT UP
#3	ELBOW BALL Find a ball. Team must line up in single file. The team member at the back of the line places the ball between their elbows and passes the ball to the next person in line. The ball must travel from the back to the front of the line by only using your elbows. If the ball is dropped, you must start from the beginning.	LIVING IT UP
#4	GUESS THAT FOOD Identify 4 foods based on the following descriptions (can be read by leader): • I am red in color, high in vitamin C and wear my seeds on the outside. What am I? • Start the day with a bowl of me and you will have lots of fiber and energy. What am I? • I give you calcium to build strong bones but I'm easier to eat with a spoon not a straw. What am I? • I come from the ocean and give you protein and certain types of healthy fats. What am I?	LIVING IT UP
#5	TEAM WORKOUT* (see exercise descriptions provided) All team members must complete the team workout challenge in the following order: • 20 high knees • 20 raise the roofs • 20 football runs • 20 frog jumps	LIVING IT UP

APPENDIX B

Activity #3 - Team Workout – Exercise Descriptions

High knees

Stand with your feet shoulder-width apart and arms at sides. As you lift your right leg up, bending your knee to a 90-degree angle, also bend your left arm in front of you. Then jump onto your right leg, bending your right arm in front of you. Continue alternating back and forth, lifting your knees as high as you can.



Raise the roofs

While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Can make it harder by holding bottles of water.



Football run

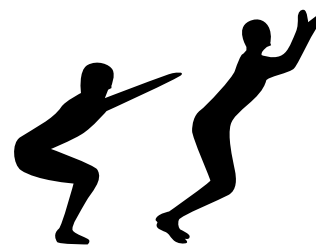
Start in squat position with your arms at a 90 degree angle. Jog on the spot as fast as you can but only slightly lifting your feet off the ground. Keep your knees bent and try not to bounce.



Frog jumps

Squat down into a sitting position, this will be your starting position. Jump forward several feet making sure to land back in squat position and touch the ground with your hands. When you are ready, go again jump backwards to the start position, landing again in squat position and touching your hands on the ground (like a frog).

(Can add or modify challenge to suit your group or facility)



Activity #4 - Running to the Grocery Store - Grocery Money

(If more money is needed, photocopy this page)

**VEGETABLES
AND FRUIT**

**VEGETABLES
AND FRUIT**

**VEGETABLES
AND FRUIT**

**VEGETABLES
AND FRUIT**

**VEGETABLES
AND FRUIT**

**VEGETABLES
AND FRUIT**

**WHOLE GRAIN
FOODS**

**WHOLE GRAIN
FOODS**

**WHOLE GRAIN
FOODS**

**WHOLE GRAIN
FOODS**

**WHOLE GRAIN
FOODS**

**WHOLE GRAIN
FOODS**

APPENDIX C

Activity #4 - Running to the Grocery Store - Grocery Money

(If more money is needed, photocopy this page)

**PROTEIN
FOODS**

**PROTEIN
FOODS**

**PROTEIN
FOODS**

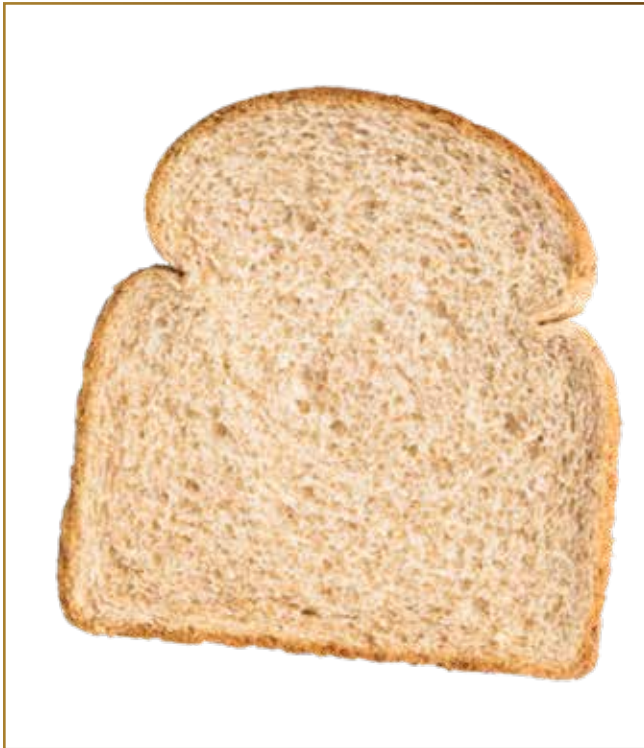
**PROTEIN
FOODS**

**PROTEIN
FOODS**

**PROTEIN
FOODS**

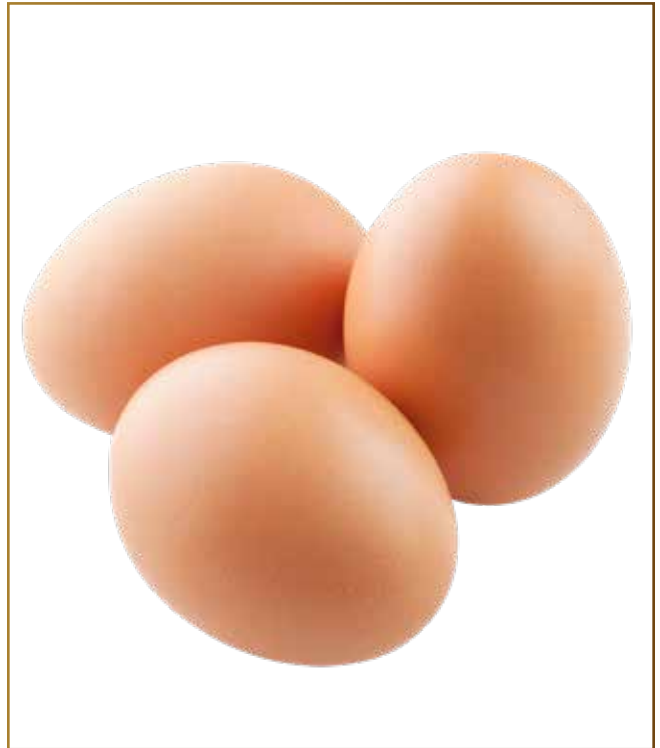
APPENDIX D

Activities #4 and #6 - Running to Grocery Store and Food Headbanz Pictures



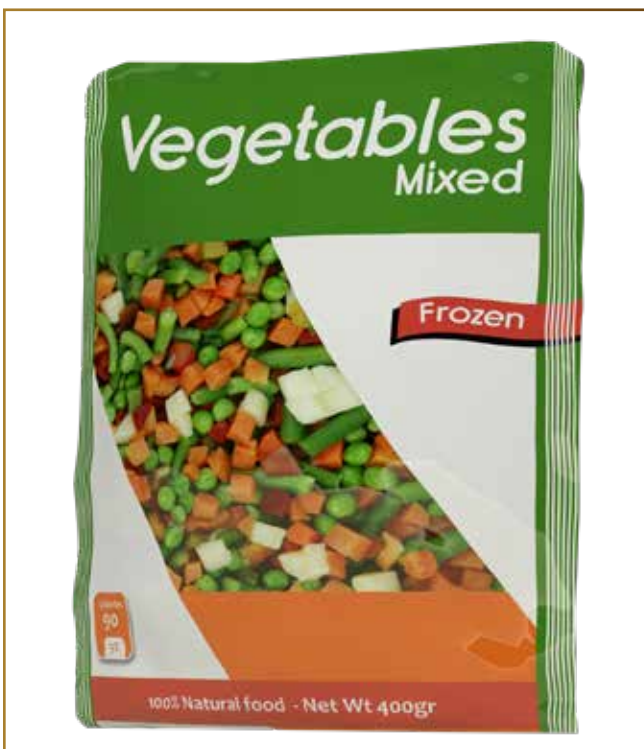
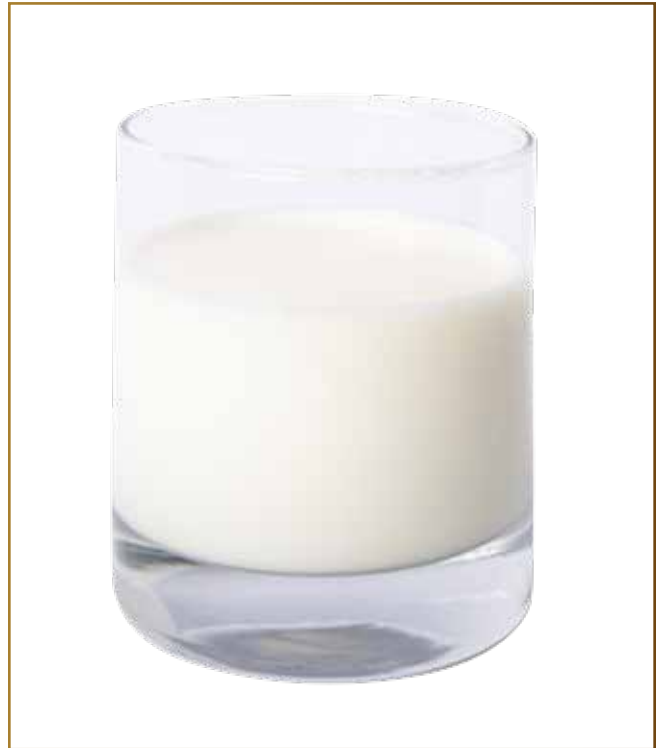
APPENDIX D

Activities #4 and #6 - Running to Grocery Store and Food Headbanz Pictures



APPENDIX D

Activities #4 and #6 - Running to Grocery Store and Food Headbanz Pictures

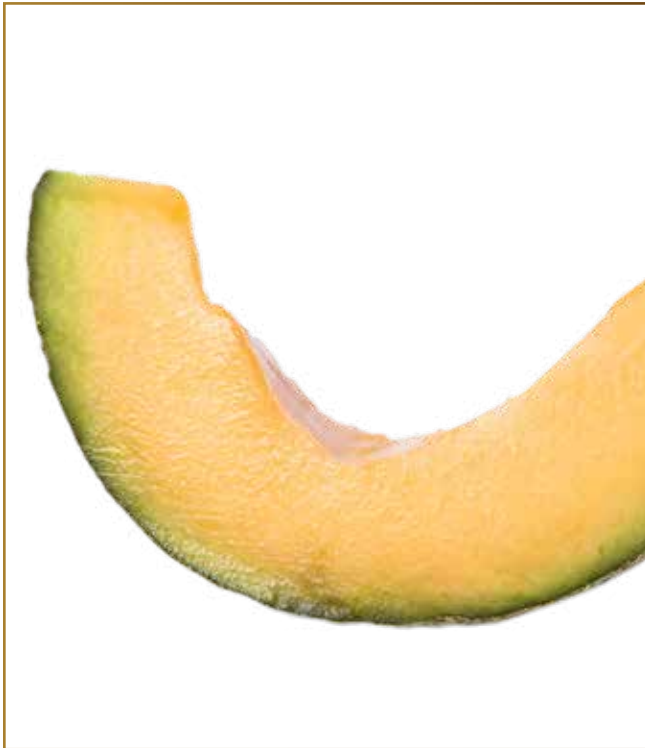


APPENDIX D

Activities #4 and #6 - Running to Grocery Store and Food Headbanz Pictures



Activities #4 and #6 - Running to Grocery Store and Food Headbanz Pictures



NUTRITION-RELATED WEBSITES

For additional healthy snack ideas, check out the following websites:

- Eat Great and Participate: www.recreationnl.com/eat-great-participate
- Healthy Eating in NL Resource Centre: www.healthyeatingnl.ca
- Canada's Food Guide: <https://food-guide.canada.ca/en/>
- Unlock Food: www.unlockfood.ca

CONTACT INFORMATION

Contact a Regional Nutritionist (Registered Dietitian) in your region, or the Eat Great and Participate Dietitian, for additional information or nutrition-related resources or ideas.

REGIONAL NUTRITIONISTS

EASTERN HEALTH

Avalon Region:

Phone: (709) 752-4422

Holyrood (covering Rural Avalon & Burin & Bonavista Peninsulas):

Phone: (709) 229-1605

CENTRAL HEALTH

Gander

Phone: (709) 651-6335

WESTERN HEALTH

Corner Brook

Phone: (709) 784-5257, or (709) 784-5677

LABRADOR-GRENFELL HEALTH

Happy Valley-Goose Bay

Phone: (709) 897-2391

Eat Great and Participate Coordinator (Registered Dietitian):

mpark@recreationnl.com

Phone: (709) 729-4490



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eat great
& participate