



WELCOME TO THE 2008 DAIRY NUTRITION & FITNESS CHALLENGE PRACTICE SET

The National Dairy Council in coordination with Destination ImagiNation is pleased to bring you a practice set of Challenges to support your creativity, teamwork and problem solving experience this season. This practice set includes 13 Challenges to spur along your Tournament preparation while promoting some good nutrition and fitness messages.

INSTANT CHALLENGES

Food Processor

Healthy foods provide energy for an active life.

Food DI-bate

Four food groups kids need more of!

Healthy Food Grab

Eating healthy is easy!!

MINI-CHALLENGES

Vote for Me, Food on a Stick, Move that Fruit!, Waiting in Line, Meal or No Meal, Rearranged!, Get Up and Go!, Building Blocks!, Activity Coach!, 3-A-Day Relay!





NUTRITION & FITNESS INSTANT CHALLENGE

ENTRY AND ADVANCED LEVELS

FOOD PROCESSOR

Healthy foods provide energy for an active life

To keep a healthy body, energy in (the foods and beverages you consume) must balance with energy out (how much you move). It doesn't matter how you move, what matters is that you make 60 minutes of physical activity an important part of each and every day. The *quality* of foods and beverages you choose to put in your body can give you a competitive edge both on the field and in the classroom — to help you be the best problem-solvers you can be! Choose low-fat and fat-free dairy foods, fruits and vegetables and whole grains more often, to get the nutrients you need most.

Challenge: Your **TASK** is to use materials to make a food processor and then present a **PERFORMANCE** in which you show how the food going into the processor provides energy for different activities. For the purposes of this Challenge, a "food processor" is something that will change the foods that we should eat more of (such as dairy, whole grains, fruits and vegetables) into energy for activities.



FOOD PROCESSOR

Healthy foods provide energy for an active life

Time:

You will have up to 5 minutes to use your **ImagiNation** to create your food processor and to practice your skit, and then up to 2 minutes to present your skit to the Appraisers.

The Scene:

PART ONE (5 minutes): Use the materials on the table to make a food processor. Your food processor should be able to turn dairy, whole grains, fruit and vegetable food items into energy. Your team should identify four different activities that your food processor will be used to power. You may practice your skit in Part One.

PART TWO (2 minutes): Present your skit in which you show how the food processor works. Be sure to demonstrate what foods go into the processor and how that creates energy for each of the four activities. You should use the materials to make your food processor. You should use imaginary objects in your **PERFORMANCE** as the healthy food items to show how the food processor works.

Materials:

4 Sheets of Newspaper	6 Rubber Bands	8 Chenille Sticks (Pipe Cleaners)
2 Styrofoam Cups	4 Pencils	6 Mailing Labels
1 Paper Bag	6 Craft Sticks	

Your team also will have 2 pairs of scissors, but these may NOT be part of your food processor. In addition, a piece of paper and a pencil will be available for your team to use as you plan and present your **PERFORMANCE**.

Scoring:

You will receive

- A. 30 points for how creatively you use the materials to make your food processor.
- B. 30 points for the creativity of how your processor converts the four different foods to energy for the four different activities.
- C. 20 points for the creativity of your **PERFORMANCE**.
- D. 20 points for how well your team works together.

©2008 National Dairy Council®

©2008 Destination ImagiNation, Inc.



NUTRITION & FITNESS INSTANT CHALLENGE

ENTRY AND ADVANCED LEVELS

FOOD DI-BATE

Four food groups kids need more of!

Dairy foods, fruits and vegetables and whole grains provide essential nutrients that are often too low in kids' diets. That's why the *Dietary Guidelines for Americans*¹ calls them "Food Groups to Encourage." Take action for your healthy future today by choosing these foods more often and being physically active for 60 minutes a day.

Challenge: Your **TASK** is to create a debate in which four foods battle for votes.

Time: You will have up to 5 minutes to use your **ImagiNation** to plan and practice your debate, and then up to 4 minutes to present your **PERFORMANCE** to the Appraisers.

¹ U.S. Department of Health and Human Services and the U.S. Department of Agriculture, *Dietary Guidelines for Americans*, 2005.



FOOD DI-BATE

Four food groups kids need more of!

The Scene:

There are so many choices for food these days! Your team is to portray each of the four foods that we should all be eating more of: dairy, whole grains, vegetables, and fruits in a political style debate. The purpose of this debate is to try to make a case for why each of these four foods is important and why we should eat more of them. Your debate should include the following topics:

- Why each food is a “healthy” choice?
- What physical activity might best match-up with each food (and why)?
- Why is it important to include each of the four foods in a daily diet?

Materials:

4 Name Tags: Dairy, Whole Grains, Vegetables, Fruits (to be used by team members during the debate). In addition, a piece of paper and a pencil will be available for your team to use as you plan and present your **PERFORMANCE**.

Scoring:

You will receive

- 10 points (40 points max) for the portrayal of each of the four foods in the debate.
- Up to 30 points for how creatively each food addresses the required topics.
- Up to 10 points for the creativity of your debate **PERFORMANCE**.
- Up to 20 points for how well your team works together.



NUTRITION & FITNESS INSTANT CHALLENGE

ENTRY AND ADVANCED LEVELS

HEALTHY FOOD GRAB

eating healthy is EASY!!

When you are hungry, what do you grab? Foods and beverages supply the nutrients needed to fuel your body so you can perform your best — both on the field and in the classroom. Choose low-fat and fat-free dairy foods, fruits and vegetables and whole grains often, to get the nutrients you need most. Take action for your healthy future today, include more of these foods and 60 minutes of physical activity in your daily routine.

Challenge: Your **TASK** is to use materials to grab healthy food that you will need to fuel your day.

Time: You will have up to 5 minutes to use your **ImagiNation** to make a device or devices that will grab healthy food and to practice, and then up to 3 minutes to grab healthy food for score.



HEALTHY FOOD GRAB

eating healthy is EASY!!

Set-up:

In the center of the room is a taped area. Inside the area are different types of food. Some of the food is healthy and some of the food is not really good for you to use to build a healthy body. There is also a table with materials that you should use to make a device or devices to help grab the healthy food.

Procedure:

PART ONE (5 minutes): Use the materials on the table to make a device or devices that will allow you to grab healthy food. When grabbing healthy food, team members who are using a device will be blindfolded and must be guided by other team members. Team members grabbing healthy food must stay outside the taped area, but may reach over the taped lines. A food item is considered "grabbed" if it is brought outside the taped area. You may practice grabbing healthy foods in Part One.

PART TWO (3 minutes): Grab healthy foods for score. Before Part Two begins, any team members who are going to grab the healthy foods will be blindfolded. Up to three team members may grab food. After the team decides which team members will grab food and these team members are blindfolded, the Appraisers will move the food items within the taped area and time will begin. Entry Level teams may talk during Part Two; Advanced Level teams may only communicate using sounds made with their hands. If your team is able to grab the three glasses of milk, you will receive extra score. Only the team members using the devices may touch the food items in Part Two.

Materials:

6 Sheets of Newspaper	6 Rubber Bands	6 Mailing Labels
2 Styrofoam Cups	4 Pencils	1 Paper Bag

Scoring:

You will receive

- A. 5 points (15 points max) for each glass of milk that you grab in Part Two.
- B. 25 points if you grab all 3 glasses of milk in Part Two.
- C. 2 points (20 points max) for each other type of healthy food you grab in Part Two.
- D. Up to 20 points for how creatively you use the materials.
- E. Up to 20 points for how well your team works together.

HEALTHY FOOD GRAB

... eating healthy is EASY!!

For Appraisers Only:

1. The set-up consists of a 4 ft x 4 ft (120 cm x 120 cm) taped area in the center of the room. Within the taped area are:

3 plastic glasses labeled "milk"
2 plastic apples
2 plastic bananas

2 granola bars
2 plastic carrots
2 plastic beets

3 plastic glasses labeled "soda"
2 candy bars
2 small bags of chips

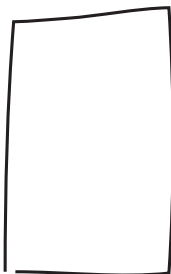
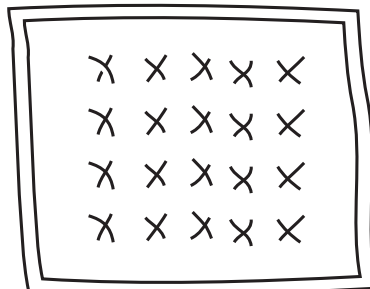


Table with Materials



Taped Area with Food Items

2. At the end of Part One, team members who will be using the devices to grab healthy foods should be blindfolded. The Appraisers should then rearrange the food items within the taped area.
3. In Part Two, a team member using a device may reach over the line, but if a team member using a device crosses over a taped line, that team member should be warned. If crossing over the taped line results in a food item being grabbed, that item should not receive score.
4. The team will not receive score for retrieving the glasses of soda, the candy bars or the bags of chips.



NUTRITION & FITNESS MINI CHALLENGES

ENTRY AND ADVANCED LEVELS

MINI-CHALLENGES

bite-sized challenges

Take action for your healthy future today. The formula is simple; to keep a healthy body, energy in (the foods and beverages you consume) must balance with energy out (how much you move). What matters most is that you make 60 minutes of physical activity and more dairy foods, whole grains and fruits and vegetables a part of each and every day.

Vote for Me

Challenge: Create the election campaign for two candidates running for the best dairy food, fruit, vegetable, or whole grain. What are their platforms (why should they be elected), what will they do for people who eat them (benefits, vitamins, minerals, etc.), and how often should they be eaten.

Materials: Paper, pencil, 2 poster boards and markers.

Bonus: Create a campaign for different types of physical activity.



MINI-CHALLENGES

bite-sized challenges

Food on a Stick

CHALLENGE: Many families on-the-run eat lots of junk food simply because it is fast and easy to eat. Invent a healthy version — design a food-on-a-stick that children will enjoy eating.

MATERIALS: A variety of healthy foods and thin wooden sticks. Enjoy eating the food when you are done!

BONUS: “Instant” foods are also popular because the preparation time is, well, instant. However, many healthy foods also have a quick prep time. Create a commercial for a healthy “instant” food.

Move that Fruit!

CHALLENGE: Devise a system to move 12 team-created fruits and vegetables from one end of the room to the team-created “mouth” at the other end of the room, without touching the fruits and veggies.

MATERIALS: 10 chenille stems, 10 craft sticks, 2 labels, 1 poster board, markers, 5 sheets of newspaper, 4 jiggly-eyes and 1 milk jug (empty).

BONUS: Figure out how to move milk from one side of the room to the other, without touching it — or making a mess!

Waiting in Line

CHALLENGE: Design a series of exercises that can be done while waiting in line — and still keeping your spot.

MATERIALS: Variety of books and small school-type bags.

BONUS: Prepare a commercial that promotes your innovative new “line workout” to the world.

Meal or No Meal

CHALLENGE: Create a game show that helps teams choose healthy ingredients for a nutritious diet.

MATERIALS: Paper and pencils.

BONUS: Design a scoring system to “grade” each ingredient based on how healthy it is.

MINI-CHALLENGES

bite-sized challenges

Rearranged!

CHALLENGE: Rearrange the letters in one of the following phrases to make a catchy commercial jingle for students:

- Energy in – Energy out
- Get up and play an hour a day!

MATERIALS: Several pieces of paper and pencils.

BONUS: Set your jingle to music!

Get Up and Go!

CHALLENGE: Design a new game to play with your friends/team that involves as many different types of physical activity as possible. The game should take at least 60 minutes to play.

MATERIALS: Pencil and paper, inflatable beach ball, small rubber ball, small jump rope.

BONUS: Create a public service announcement, showcasing your game, to convince young people to get up and go!

Building Blocks!

CHALLENGE: Using tape and only half of the items provided, create a free-standing tower as strong and as tall as possible.

MATERIALS: 4 sets of a card stock food “pyramids” cut along the lines (so it looks like a puzzle). Sections should show dairy foods, fruits, veggies, whole grains, meats, fats/junk food, etc. The more nutritious the food, the larger those pieces should be.

BONUS: Discuss how you can use these building blocks to ensure you have a strong body.

Activity Coach!

CHALLENGE: Using the items provided as your inspiration, act like an overly excited coach and give your team a “pep talk” about getting 60 minutes of physical activity each day.

MATERIALS: Whistle.

BONUS: Create a team cheer that includes choosing the right foods to balance your daily physical activities.

MINI-CHALLENGES

bite-sized challenges

3-A-Day Relay!

CHALLENGE: Create a relay race that includes servings of dairy, whole grains, fruits and vegetables.

MATERIALS: At least 1 sample of each of the four foods: dairy, fruits, vegetables, and whole grains.

BONUS: Create a relay race that also includes other types of healthy foods and obstacles created by junk food.

©2008 National Dairy Council®

©2008 Destination ImagiNation, Inc.