

FUEL YOUR GAME DAY

Every Day Is Game Day

ACTIVITY: FUEL UP FIRST!

OVERVIEW

In this activity, you will consider the relationship between nutrients and the human body. Specifically, you will focus on the relationship between various nutrients and the variety of activities that students perform throughout the day! You'll be making observations, brainstorming with your classmates, and working together with other students to build awareness about the important relationship between nutrients and the body—and how important it is that all students fuel up first—every day!

TIME

Step 1, Observation: Duration of one full school day.

Completing Steps 2 through 4: 4 x 45-minute sessions.

MATERIALS

Work with teachers or an adult to be sure you have the following materials:

- **Observation Checklist** (Included Below)
- **Materials for Group Brainstorm:** (Included in This Activity!)—
 - MyPlate Graphic
 - Nutrient Tables
 - School Breakfast Success Flowchart
 - Eat This, Do That! Worksheet
- **Poster-Making Materials** (such as art supplies, poster board, and markers, or design software to create digital posters)

INTRODUCTION

Throughout the day, your body performs in many ways. Your body uses energy, builds and repairs muscle, and heals injuries. To accomplish all of that, your body needs certain nutrients. Let's take a closer look at what your body does, what it needs to function, and the benefits of Fueling Up First!

ACTIVITY: FUEL UP FIRST

ACTIVITY STEPS

STEP 1: OBSERVATION

Using your *Observation Checklist*, observe and list the variety of activities you see other students performing throughout the school day, and then briefly describe those activities including which parts of the body they use. Use the checklist to help categorize the various activities as cardiovascular, muscle-building, cognitive, or other type of activity. Examples of some of the activities you may observe include walking, climbing stairs, rolling a wheelchair, carrying a backpack, riding a bike, talking, concentrating, or anything else you see!

STEP 2: GROUP BRAINSTORM AND REFLECTION

Join your classmates to reflect and brainstorm about the variety of activities that you observed during the day. In your group, go through activities A–E below:

- A. Reflect on these questions and discuss:
 - Which activity did you observe the most?
 - Which activity did you observe the least?
 - Which activities make use of the cardiovascular system the most?
 - Which activities required the most of students' muscles?
 - Which activities have the greatest cognitive demands?
- B. With your group, discuss the benefits of sufficiently **Fueling Up First** with the necessary nutrients. Then, discuss the consequences of not sufficiently fueling up for the day's activities.
- C. Select three activities from the observation you conducted. Then, review the different **MyPlate** food groups and consider the variety of foods students must eat to support those three activities. Describe how each food group supports each selected activity.
- D. Review the *Nutrient Tables* and locate the nutrients that support the three activities you identified based on the ways those nutrients help your body (column 2). Then, list examples of foods that contain those nutrients.

ACTIVITY: FUEL UP FIRST

E. Review the *School Breakfast Creates Pathways for Student Success flowchart*. With your group, discuss what you observe in the flowchart, and discuss your answers to the following questions based on the information in the flowchart:

- What are some of the benefits of eating breakfast?
- What are some of the benefits of eating breakfast at school?

STEP 3: EAT THIS, DO THAT!

Independently complete the *Eat This, Do That! Worksheet*.

STEP 4: FUEL UP FIRST POSTER DESIGN

Help to build awareness of how important it is for all students to Fuel Up first, every day!

Work independently or with your group to create awareness posters that demonstrate how important it is for all students to **Fuel Up First**.

Your poster should:

- show what you learned about the relationship between nutrients and activities.
- include information and facts about the benefits of eating school breakfast.
- include examples from your *Eat This, Do That! Worksheet*.

Create your poster using art materials such as poster boards and markers, or you can use design software and then print them out.

Finally, work with school adults to proudly display your posters in a highly visible location in your school!

**GREAT WORK
COMPLETING THIS
ACTIVITY!**

ACTIVITY: FUEL UP FIRST

OBSERVATION CHECKLIST

Use this checklist to record the various types of activities that you observe your peers performing throughout the school day.

Cardiovascular Activities:

_____	Description: _____
_____	Description: _____
_____	Description: _____
_____	Description: _____
_____	Description: _____

Muscle-Building Activities:

_____	Description: _____
_____	Description: _____
_____	Description: _____
_____	Description: _____
_____	Description: _____

Cognitive Activities:

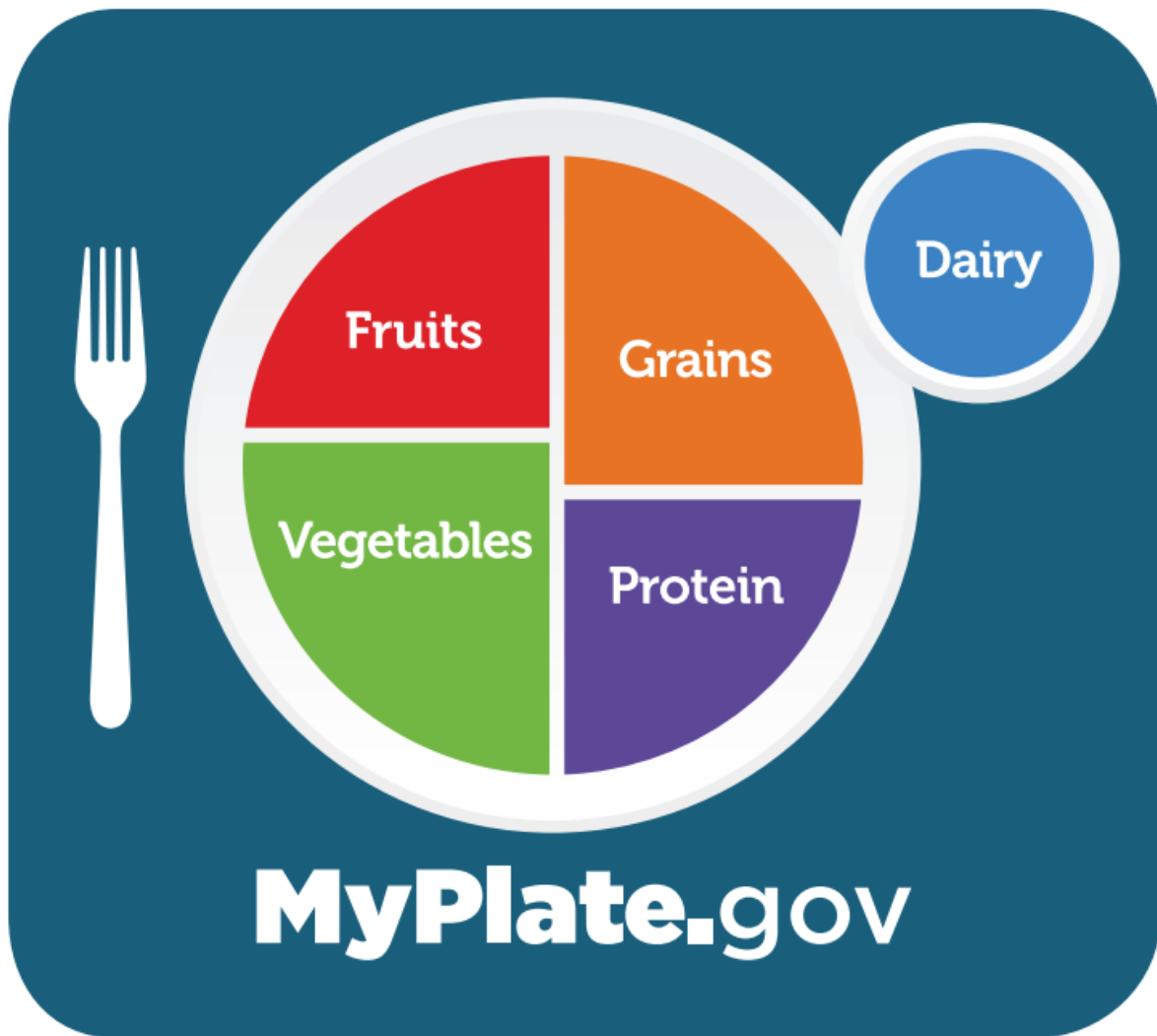
_____	Description: _____
_____	Description: _____
_____	Description: _____
_____	Description: _____
_____	Description: _____

Other Activities:

_____	Description: _____
_____	Description: _____
_____	Description: _____
_____	Description: _____
_____	Description: _____

ACTIVITY: FUEL UP FIRST

MyPlate Graphic



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NUTRIENT TABLES

MACRONUTRIENT TABLE	HOW IT HELPS YOUR BODY	FOODS
Protein	Helps build maintain healthy muscles and gives your body energy	milk, yogurt, chicken, beef, nuts, egg, peanut butter, fish, cheese
Carbohydrate	Gives your body energy	pasta, cereal, bread, beans, popcorn, rice
Fats	Gives your body energy and helps your body absorb nutrients	whole milk, oil, avocado, full-fat cheese, salmon, beef, butter
Fiber**	Helps support digestion	apples, corn, whole grains, berries, avocado

**Although Fiber is technically not considered a macronutrient, it's important to make sure that it's included in what you eat. *These nutrients are not found on nutrition labels.

MACRONUTRIENT TABLE	HOW IT HELPS YOUR BODY	FOODS
Vitamin A*	Helps keep eyes and skin healthy	eggs, milk, carrots, spinach, peppers, cereal, black-eyed peas
Vitamin C*	Helps heal cuts and bruises	oranges, bell peppers, tomatoes, kale, snow peas, kiwi
Vitamin D	Helps build strong bones and teeth	milk, salmon, cremini mushrooms, cereal, eggs
Vitamin E*	Helps protect cells	almonds, avocados, spinach, broccoli, shrimp, olive oil
B vitamins*	Helps cells function properly	tuna, milk, yogurt, cheese, beef, crab, cereal, beans, eggs
Iron	Helps keep your blood healthy	beef, shellfish, spinach, beans, quinoa, cereal, dried fruit
Calcium	Helps build strong bones and teeth	milk, yogurt, cheese, trout, squash, spinach, clams
Potassium	Helps nerves and muscles to function	salmon, beans, avocado, bananas, milk, mushrooms, tomato
Magnesium*	Helps the heart stay healthy	spinach, almonds, lima beans, tuna, brown rice

School breakfast creates pathways for student success!

SCHOOL BREAKFAST SUCCESS FLOWCHART



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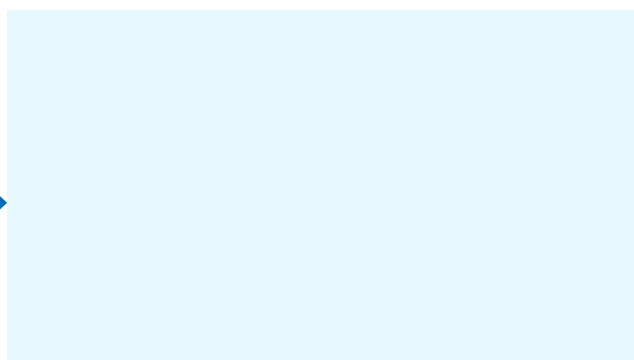
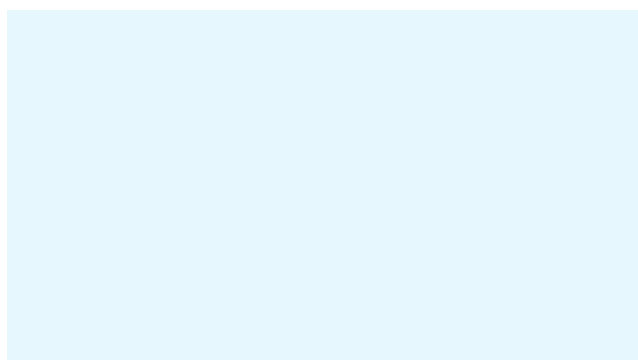
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EAT THIS, DO THAT! WORKSHEET

Identify three activities that you do during the day and match them to foods that support those activities. Review the *Nutrient Tables* to find foods that support the activity. Illustrate each *Eat This, Do That!* duo.

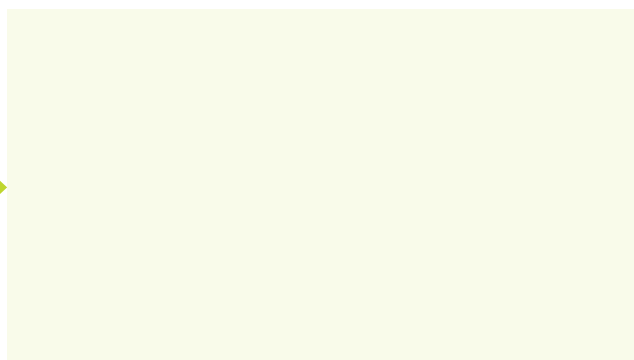
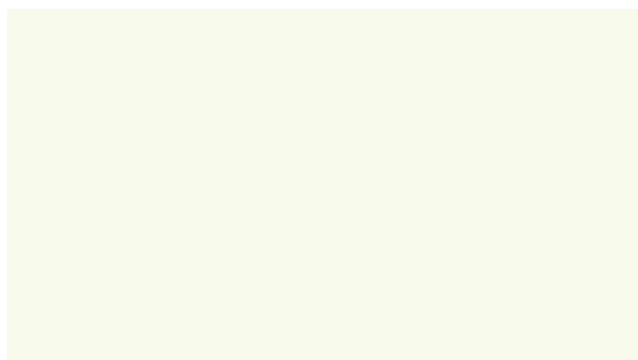
Activity One:

Supporting Foods:



Activity Two:

Supporting Foods:



Activity Three:

Supporting Foods:

