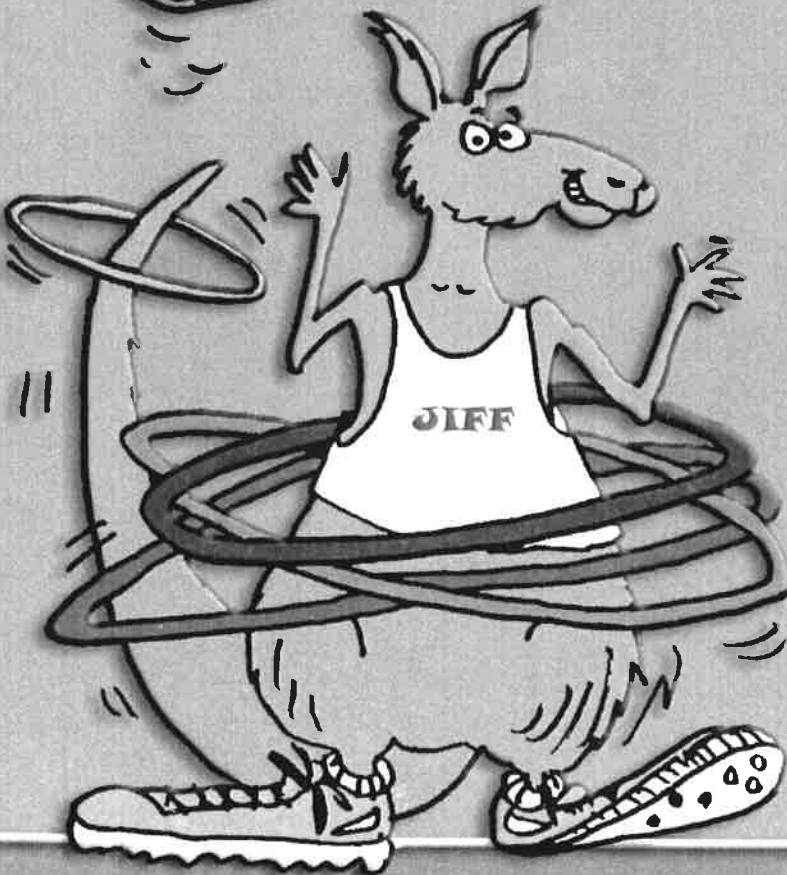
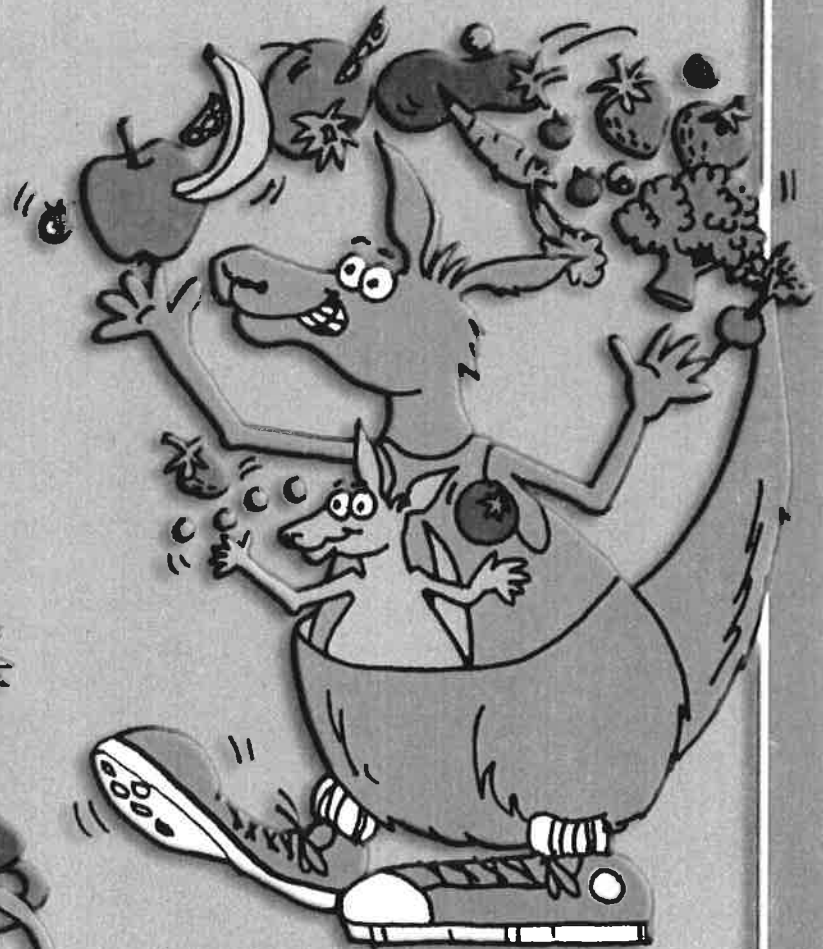
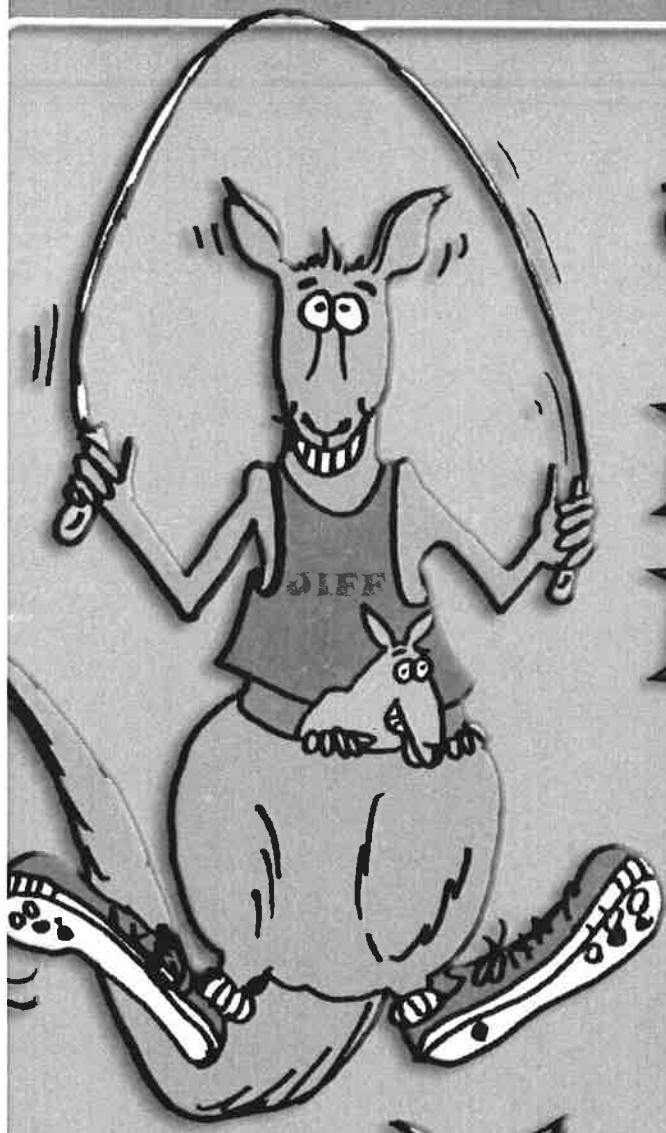


JUMP Into Foods & Fitness



MICHIGAN STATE
UNIVERSITY
EXTENSION

4-H Youth Development
Family & Consumer Sciences

JUMP INTO FOODS:

Great Grain Obstacle

Course*

Objectives:

The children will:

- Identify a variety of foods made from grains.
- Be encouraged to be physically active using a food theme.
- Learn how grain foods provide energy to fuel activity.

Learning & Life Skills:

- Acquiring knowledge
- Understanding nutrition information

Materials:

- Newsprint or other large paper
- Markers
- Masking tape
- Objects for obstacle course stations
- A variety of food picture cards, magazine or other pictures of food representing a variety of foods from the grain group (see Helpful Resources section)
- "Kangaroo Food 'N' Fitness Activity Log" (one per person)
- Fast, upbeat music and music player (optional)

Time:

20 minutes

Procedure:

Before the meeting:

1. Decide how many and which of the obstacle course stations in the following list you want to set up. (Adapt the stations on the list or create entirely different stations to suit your group's needs.) Make and display newsprint posters to identify each obstacle course station. Station suggestions include:
 - Spaghetti Stretch – Players stretch up, down, to the left and to the right
 - Rice Run – Players run in place to a count of 15
 - Popcorn Hop – Players hop on one foot 10 times
 - Bread Basket – Players march in and out of a row of chairs
 - Cracker Crunch – Players jump in place to a count of 15
 - Cereal Circles – Players walk in a circle around two chairs twice

(Volunteer Note: An alternative for groups with physically challenged members or limited space might be to match food in this group to the grains from which they come – or show grains such as flour or cornmeal and see how many foods made from this they can name.)

2. Gather the materials you'll need for the stations and have the kids help you set them up.

During the meeting:

1. Introduce the grain group to the children. Explain that foods in the grain group supply the body with energy, and that our bodies need energy to grow, to play, to work and to do just about everything. Point out that grain foods are the "go foods," helping kids do many of the activities on the MyActivity Pyramid.
2. Ask the children to name favorite foods in the grain group that they have tried. Explain that we need to eat grain foods every day and at least half of all grains consumed should be whole grains. In general, recommended daily amounts range from 5 to 7 ounces for children aged 8 to 11. More active children require amounts at the higher end of the range than children who are the same age and sedentary, for example. Please see the charts on page 26 for more specific information on grain group recommendations for children aged 8 to 11. Use food picture cards to show examples of amounts.
3. To give kids an idea of ounces, show them the actual samples or photographs of grain foods (such as 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked cereal, rice or pasta). Point out that a typical sandwich with two slices of bread is actually two ounces from the grain group.

* Adapted from the *Team Nutrition Community Nutrition Action Kit (MP-1538)* by the U.S. Department of Agriculture Food and Consumer Service, 1996.

4. Tell the kids that now they're going to tackle the "Great Grain Obstacle Course." Explain that the activity is designed to remind them that grain foods give us energy. Describe and demonstrate the activity they'll be doing at each station.
5. Depending on the number of stations and the size of your group, divide the kids into three- or four-person groups. Have one group begin at each station. At your signal, have them go through whatever obstacle course is near them. At the next signal, have the groups move to the next station and complete that activity, too.
6. Pass out the "Kangaroo Food 'N' Fitness Activity Log" and explain how to complete it by the next meeting.

Try This, Too:

- For added fun, play fast, upbeat music while the groups move around the stations.
- Have the kids hop, skip, walk backward or move in some other fashion to get from one station to another.
- Be creative with the station names. For example, use the names of different grains (such as rice, oats, wheat or cornmeal) or grain foods (such as bread, biscuits, pizza crust or tortillas).
- At each of the obstacle course stations, set up a display of the grain food that the station is named after. For example, at the "cereal circle" station, display a variety of cereals and at the "spaghetti station," display a variety of pastas. The children can then view and interact with the sample grain foods as they work their way around the stations.

Talking It Over:

1. Have the group form a circle. Remind the kids that foods in the grain group give us the energy we need to be able to run, play, learn and do just about everything on the MyActivity Pyramid.
2. Ask the group the following questions:

Share It:

What are some foods made from various grains (wheat, cornmeal, rice, oats)?

Process It:

Why is it important to eat foods made from grains every day?

