

TACKLING CHILDHOOD OBESITY

Your Students Making a Difference

Motivate your Family and Consumer Science students and FCCLA members to impact others while developing their own healthy lifestyles.

Empower your team with resources from Fuel Up to Play 60!

What is FUTP60?

- A combined endeavor of the National Dairy Council and National Football League to increase awareness and motivate students toward healthy eating and active living
- A lively peer education program which fits perfectly with FCS objectives and FCCLA goals
- A dynamic collection of effective projects and activities
- Up-to-date, printable resources at your fingertips
- Grant opportunities to enable your students to make long-term changes in your school



Go to fueluptoplay60.com and check out the:

- FUTP60 Welcome and [FUTP60 Quick Start Resource](#)
- [FUTP60 Playbook](#), a searchable database of effective “plays”
- [FUTP60 Challenges](#) to raise awareness and excitement
- Incentives, rewards, and Student Ambassador Program to motivate and recognize students
- Simple grant applications at [Funds | Fuel Up To Play 60](#)
- Ways this program will enhance student learning and leadership skills in your classroom or FCCLA chapter



Quote from Cheryl Beene, 2007 MS Teacher of the Year, Retired FCS Teacher/FCCLA Sponsor

“Dairy Council resources and materials were always an important part of my classroom. I see FUTP60 as a valuable tool that could have a huge impact on childhood obesity. Students will love the “glitz” of the NFL connection. The plays and challenges will easily adapt to classroom projects and FCCLA activities/competitions which will help make long-term changes in schools, in families and in your student’s lives.”

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A Dozen Ways To Utilize FUTP60 Plays In Your School

- 1 FUEL UP WITH MYPLATE** - Use ideas from [Fuel Up with MyPlate through Fuel Up to Play 60 Healthy Eating Plays](#) to help students experience MyPlate for themselves! Incorporate the key messages about each food group into your school's FUTP60 campaign. Capitalize on students' love of seeing themselves in photos using the "Gotcha" Activity ... it's easy to accomplish and has a very strong message for students. "Catch" students eating the Focus Food Group and post photos on bulletin boards or walls labeled "got milk?", "got fruits?", "got veggies?", "got whole grains?" Your team could have prize drawings for those students "caught" and for the student photographers!
- 2 HEALTHY FOOD DEMOS** - Video FCS students hosting healthy food demonstrations – such as smoothies, salads, and sandwiches – to showcase on school TV. (Think of the *Today Show's* short demos where they move fast, show briefly how to prepare and then have someone taste the finished product.) Recruit a student to film or let the school TV crew film in Nutrition/Wellness class where students have researched, planned and will "star in" an assigned healthy food demonstration. [What Foods Can Do for You](#) is a clear, concise tool to start your students thinking about possible demonstrations. National competition for your students is possible with the FUTP60 [Cooking Show Challenge](#).
- 3 TASTE TESTS** - Get everyone involved with taste-testing nutritious foods which could have a future on your school lunch and breakfast menus. FCCLA members or Nutrition/Wellness classes can host a Taste Testing Booth during breakfast or lunch and let students vote on their choices. The play [Taste Test Days](#) offers smart ways to organize and implement this activity. A recorded Healthy Food Demo over school TV could be used to introduce the Taste Test and inform students how to participate. Voting on a food can be as simple as having red and green squares to place in a brown paper sack! Have your students wear FUTP60 or FCCLA t-shirts and chefs hats for fun! Don't forget to communicate with your administrators and school food service director about the information gained from the Taste Tests to get those items added to the school menus.
- 4 RECIPE CONTEST** - Hold a [Recipe Contest](#) for new breakfast or lunch items to build students' interest in making healthy eating choices. Let the finalists' recipes be taste tested by the entire school to determine the winner. Ask the food service director to put the winning recipes on the menu and get publicity for students who participate! Appeal to students' competitive nature and desire for recognition! These recipes could also be the focus of Healthy Food Demos (see #2 above).
- 5 TEEN TEACHING** - Have your students or FCCLA members plan, prepare, and implement presentations for younger children on healthy eating and getting active. Have students go into lower grade classes or preschools in teams to teach. Look at these FUTP60 plays to help plan: [Activity Zones](#), [Stop and Go Signs](#), [You'll Love Yoga](#), and [Learning the Moves](#). Have children play a game distinguishing healthy snacks from various food items or food models and provide a dairy/fruit snack for both students and children to enjoy together.



6 STUDENTS TAKE THE LEAD - Develop leadership skills in your students by having them get involved with school food service in the cafeteria. Design signs or table tents for the cafeteria to promote healthy eating, getting active and FUTP60 activities. [Monthly Mini-Promos](#) can help with ideas and you can find examples of [Sample Morning Announcements](#) and [Bulletin Board Blurbs](#). Also utilize [If You Ask Them, They Will Eat](#) and [Cafeteria Culture](#) to encourage healthy choices as students come through the lunch line.

7 ACTIVITY BREAKS - Have your classes compile a list of in-school 3-5 minute activity breaks (great for block classes) to encourage more physical activity during the school day. [In-Class Physical Activity Breaks](#) has a great list of activities already developed. Your students could distribute lists and promote ideas school wide.

8 CELEBRITY SPOTLIGHT - Invite celebrities or NFL players to visit the school to encourage students to eat healthy and exercise more. This would make a dramatic [Kickoff Pep Rally](#) for FUTP60 or would be effective in small group settings like [A Hero's Breakfast](#). [Guest Speaker Series](#) has more ideas.

9 FCCLA FAMILY NIGHT - Model your commitment by bringing families together for a fun, educational night. Provide a nutritious meal, active group games, and information about your organization and class goals. Give students leadership roles, introduce club officers and projects, and let each student "shine" in some way to make their families proud! See the play [Family, Food and Fitness Day](#) for ideas and tools to help in planning this effective event. Be sure to give families a copy of the [Nutrition Reference Guide for Busy Parents](#) and [Partners in Nutrition](#) handouts to use at home.

10 GRAB-N-GO BREAKFAST - Grab everyone's attention with the importance of eating breakfast. Have administrators consider providing a [Grab-n-Go Breakfast](#) filled with conveniently-packed and easy-to-clean-up foods including fruits, vegetables, whole grains, and low-fat or fat-free dairy foods through school food service. FCCLA members could place food coupons or healthy information bookmarks and pamphlets in sacks and decorate the sacks with stickers. Ask teachers school wide to take a moment to discuss information, allow students time to enjoy breakfast, and to set rules for clean-up. More plays on breakfast ideas: [A Hero's Breakfast](#), [Breakfast in the Classroom](#) and [Breakfast Picnic](#).



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TRIVIA CHALLENGES - Promote healthy eating by holding lunchtime trivia competitions at your school. Provide rewards for contest winners and promote interest in FUTP60 in your school. Find trivia questions and tools for planning in the play [Trivia Challenge!](#) and [Know Your Fuel Trivia Game](#). Add trivia questions about athlete's nutritional needs to appeal to the athletes in your school. See [The Power behind the Play](#) for more helpful tools and ideas.

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SPECIAL SEATING - Have your FCCLA create a "bistro" seating section in the cafeteria with inviting tables and chairs – possibly a canopy. Let students make reservations as a reward for making progress in healthy eating and physical activity habits or let teachers nominate students for this special seating. Check out [In the "Hot" Seat](#) for ways to make this positive project happen. Display nutrition posters or bulletin boards on walls in the area to encourage healthy choices.



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Schools.



www.southeastdairy.org