



EVENT IN A BOX ACTIVITY SUGGESTIONS Adult and Senior Edition

Find out why healthy proteins are important for healthy living.

Who is this for? Adults, seniors and if applicable, caretakers.

Why is this event important? Eating healthy proteins is a small change that makes a big difference!

20 Questions

Give each person a note card and pen and ask them to write down a meal cooked with their favorite healthy protein from the list below (example, spaghetti made with ground turkey). Then have the rest of the group ask the card holder yes or no questions about the characteristics of the meal until someone can guess what it is. Each person gets a turn as the card holder. It might also be fun to play music in the background during the game.

- Healthy proteins list: Salmon, trout, herring, cod, catfish, chunk light tuna, lean beef, chicken, turkey, lean cuts of pork, nuts and seeds, beans and eggs.

Mixed Nuts

Allot an hour for everyone to get together and mingle — enjoy a social hour while getting their fill of healthy proteins. Play some music, put out bowls of nuts and encourage them to eat up, explaining that nuts contain protein, healthy fats and vitamin E. It's a good way to get everyone socializing and munching. (It would also be a good idea to print sheets of nutrition facts for each type of nut and place them near each bowl.)

Name It

Make sure each person has a sheet of paper and pen. They should write down their whole name and using only the letters in their first, middle and last name, come up with examples of healthy proteins — it can be as simple as "bean," or a dish made with healthy proteins such as "chili" (for its beans and meat). If they need help, they can get into pairs and use both peoples' names combined. To extend the game, participants can use names of their kids, grandkids, caretakers, friends, or pets.

To join the conversation and talk about game ideas with other Nutrition Network partners, visit the discussion board at EatWellBeWell.org/partners.