



EVENT IN A BOX ACTIVITY SUGGESTIONS Elementary School Edition

Getting kids excited about being a Champion for Change by eating healthy proteins!

Who is this for? Kids and their parents

Why is this event a good idea? Healthy proteins are a healthy choice for growing kids.

School of Fish

Included is a template of a fish. Make enough copies for each child and have them decorate with whatever they want like paint, construction paper, colored pencils, glitter, etc. Afterwards, put them all up on blue butcher paper on the wall and discuss the many different types of edible fish, and why fish is healthy for you. For example: *"Salmon, trout and herring have lots of protein which helps to give you strong muscles and healthy skin! It also has healthy fats to help your heart stay healthy. What is your favorite type of fish?"*

Protein Dash

Included is a sheet with meals containing healthy proteins with a healthy message.

- Cut out all the images.
- Have the children divide into groups of three and give each team one image.
- Establish a finish line at the other end of the room, and have each team stand an equal distance apart between the starting to finish line (relay style).
- Have the first teammate lie their image face up on their open palm and walk as quickly as they can to reach their next teammate, without letting the wind pick up their protein. If it lands on the floor they have to start back at the beginning and try again.
- The first team to finish the relay wins and that team should read their message aloud to the group. Play many times; each team should pick a new protein before every new game.

Capture the Healthy Proteins Card

Divide the group into two teams. Give each team a note card and help them fill it with facts about healthy proteins. Each team should establish a "base" on their side of the room. The objective is to capture the other team's note card from their base, and bring it safely back to their own base. Opposing players can be "tagged" by players in their home territory; these players are then out of the game and it's up to the remaining players to capture the card. Once captured, the winning player reads the card aloud to the group.

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