



Have Fun with Healthy Eating

The district Health Education and Resource Team (**HEART**) offers Nutrition Olympics at elementary and middle school field days, science fairs, Open House, Spirit or reward days, or assemblies.

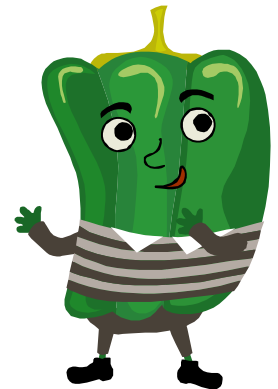
The purpose of the Nutrition Olympics is to promote healthy eating of fruits and vegetables, while children have fun being physically active.

Examples of activities:



- Coconut Bowling – roll coconuts to knock over pins
- Melon Lifting – count lifts using melon dumb bells
- Carrot Hop – race holding a carrot under chin
- Potato Sack Race – hop to the finish line inside a sack
- Apple Toss – toss apples into an apple shaped target
- Pepper Throw – hit peppers with targets
- 5-In-A-Row-Throw – toss fruit and vegetable balls into a tic-tac-toe board to get 5 fruits and vegetables in a row
- 5-A-Day Prize Wheel – spin a wheel and answer a fruit or veggie question
- Farmer’s Mini-Market – taste-test seasonal produce
- Bugs on a Log or Veggie Bling Snack – learn to prepare a healthy snack that can be made at home

Students are encouraged to try all of the activities. At each event, they are rewarded with a hand stamp. For every 5 hand stamps they receive, they get to have a fruit or veggie temporary tattoo of their choice. Two adults are needed to supervise and enjoy each activity with students.



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