

# Get MOOvin' Fitness Club Guidebook

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# Get MOOvin' Fitness Club Overview

## Description of the Program

Get MOOvin' Fitness Clubs will be established in six elementary school buildings in the county. Fourth and fifth grade students will have fun movin' during fitness club activities. They will also be empowered to be advocates for healthy eating and an active lifestyle through learning more about dairy nutrition and the importance of regular physical activity. It is hoped that the enthusiasm generated among students will be contagiously shared at home.

A weekly club meeting time that is convenient for coordinators' schedules will be established at each school. Possibilities would include before school, recess time or after school, depending upon what works best for each school and its student population. The program could also potentially be incorporated into regular PE classes if the class meets at least once a week continuously through the year. Group time should last from 15-30 minutes.

Coordinators will incorporate an easy to use 3-A-Day curriculum with physical activity and creative games with a "dairy twist" into fitness club gatherings. The 3-A-Day curriculum is divided into four "lessons": Dairy Products Primer, Think Your Drink, Holiday Fun with 3-A-Day, and Strong Bones, Healthy Bodies.

Each lesson is designed to be completed over a month's time during the four weekly fitness club sessions. A fitness card which includes several questions (answers are provided) will be used each week to reinforce key concepts for the month.

Games and activities from the guidebook may be used for the physical activity portion of the fitness club sessions. Many other activities such as walking and jumping rope could be done intermittently with the games for added interest.

Participants will complete weekly logs at home to record physical activity done outside of school, and their intake of milk, yogurt and cheese. Incentives will be provided to participants who are physically active at home and are consuming at least 3 servings of dairy foods most days of the week.

Participants will also receive a take home recipe card each week that includes a simple recipe using low fat and fat free milk, yogurt or cheese to make at home. The card also includes tips that reinforce concepts from the curriculum for the month.

School activities begin with a Get MOOvin' Fitness Fair, the kick-off for the program in each building. A Get MOOvin' Family Night will be conducted once in each school for fitness club members to provide an opportunity to share what the students are learning with family members. Assistance from OSU Extension and Fit Youth Initiative members will be available for these events.

Two club challenges will be conducted, including development of a 3-A-Day walking cadence or jump-roping rhyme and a 3-A-Day label logo collecting contest.

The fitness club coordinator will need the assistance of at least one or two people each week, depending on the size of the group. Participants will need to turn in their physical activity and 3-A-Day records and receive their incentive awards based on what they have recorded. Having an assistant or two to facilitate this process will be very helpful.

There may be regular classroom volunteers who could be asked to help with the weekly fitness club session. Coordinators may choose to recruit other reliable and interested parents/grandparents to help. In some schools, classroom teachers or other staff may be able to fill this role.

### **Educational/behavioral objectives:**

- 1) Youth will demonstrate improved dairy nutrition with 75% showing increased consumption of milk, cheese, and yogurt as measured by the *3-A-Day of Dairy Tracker* and pre/post questionnaire.
- 2) Youth will identify components and health benefits of dairy foods with 50% showing increased knowledge as reflected on pre/post questionnaire.
- 3) Youth will understand the importance of physical activity and exercise, and at least 50% will increase physical activity levels as measured by home activity records and pre/post questionnaire.

### **Participant Incentives**

Students will earn incentives on a weekly basis for:

- 1) achieving consumption of 3-A-Day of dairy on most days of the week,
- 2) participation in the planned activity at school, and
- 3) regular physical activity recorded at home.

**“Toe tokens” will be awarded to participants as follows:**

**1 colored token for participation in each weekly session**

**1 colored token for every 2 hours of physical activity properly logged on record sheet (up to 3 tokens per week for home activity)**

**1 glow in the dark token each week if participant consumes a total of at least 18 servings of dairy per week as recorded on 3-A-Day tracker**

Participants will also receive a **special sports bottle** when they begin the program as well as a **fitness file box** to keep their recipe/tip cards in as they collect them each week.

### **Promotion of Get MOOvin’ Fitness Club Program**

Flyers will be provided to schools to be sent home with 4<sup>th</sup> and 5<sup>th</sup> graders at the beginning of the year as a preliminary announcement informing parents to watch for further information. A sample entry for school newsletters is included in the guidebook appendix. A parent letter explaining the program will be provided following the coordinator workshop. Parents will be instructed to contact the Tuscarawas County office of OSU Extension if they have questions regarding the program.

## Get MOOvin' Fitness Fair Planner

The Get MOOvin' Fitness Fair is a kick-off event to serve as a recruitment tool for the fitness club. The fitness fair will last 30-45 minutes and will include a brief 3-A-Day overview, games with a dairy twist, and a sign-up time for the fitness club.

Ideally the fitness fair will be conducted as a 4<sup>th</sup> and 5<sup>th</sup> grade assembly. If this is not feasible however, the necessary information could be provided in each classroom prior to recess with games and sign-up then taking place during recess.

**Location** Gymnasium or other large meeting area

**Time** Determined based on the usual times for similar functions held at the school

### Pre-Planning

- Recruit volunteers to assist with activities if needed
- Invite school principal or other school staff to attend
- Gather supplies needed for games

### Agenda

Welcome  
Class Fitness Challenges or another motivational activity  
Get MOOvin' Overview  
Explanation of participation in study (OSU Extension)  
Games/Activities  
(See Family Night and Games sections for ideas.)  
Sign up time (OSU Extension)

### Lay-Out

- Designated area where sign up for fitness club will take place
- Space in front of area students will be seated in for presentation (will include student participation)
- Games/activities set up in open spaces

### Resource Needs

- 2 tables for sign up area
- Sound system
- Game supplies, including copies of game rules for volunteers

## Get MOOvin' Family Night Planner

The Get MOOvin' Family Night is an opportunity for participants to be empowered through sharing what they are learning with their family members. The event will include carnival type games with a dairy theme, preparation of a simple snack, reinforcement of the record keeping the participants are doing, and recognition of all of those supporting the school's program.

**Location** Gymnasium or other large meeting area

**Time** Determined based on the usual times for similar functions held at the school

### Pre-Planning

- Contact health related agencies/businesses to set up a few educational exhibits. (ex. Hospitals, health department, fitness centers) Suggest the exhibits include a service such as blood pressure, body fat analysis, etc.)
- Send out flyers to invite families (These will be provided to you.)
- Recruit volunteers to assist with family night
  - Welcome/registration area - 2 volunteers
  - Activities/games leaders – 1 volunteer per activity set up
  - Snack leaders – 2-3 volunteers
- Invite media representatives

**Agenda** Actual times to be determined by school

- 6:15 – 6:30 Registration
- 6:30 – 7:00 Overview of program, fitness club, recognition of supporters, directions for the rest of the evening
- 7:00 – 8:00 Families can participate in the games, visit exhibits, talk to support staff, eat snacks

### Lay-Out

- Seating in center for introduction
- Games and exhibits placed around outer perimeter of room and overflow to outer hallways if necessary.
- Set up table at entrance to room for registration.

## Suggested Snacks

Cheese	Yogurt and fruit sundaes
Crackers	Vegetable tray
Pretzels	Milk
Fruit tray	Water

## Resource Needs

- Tables for registration, exhibitors, and snacks
- Sound system
- 3-A-Day or other dairy education handouts
- Other fitness/nutrition related educational handouts
- Additional 3-A-Day recipe cards for participants (OSU Extension)
- Game supplies, including copies of game rules for volunteers
- Games available to borrow from OSU Extension include:
  - “Moo Millionaire” (a take off on “Who wants to be a millionaire?”),
  - “Nutrition Jeopardy”, Magic Wand Food Model Activity
- Door prizes, optional (Ideas: sports balls, jump ropes, Frisbees)
- Drawing prize(s) (bicycle, fitness facility membership, gift certificates)

## Games (★ Adapted from: Healthy Kids Challenge Dairy Dazzling Calcium Carnival)

### ★3-A-Day Putt Putt

- Supplies: Plastic golf clubs or hockey sticks  
Lightweight plastic balls  
Stand-up pictures of milk, cheese, yogurt, and ice cream with small holes cut out for balls to pass through
- Set-up: Create a “mini” golf course using pictures of dairy foods to make the “holes”. (Glue pictures of boxes and cut out holes.)
- Goal: Players getting to the end of the course in only 3 strokes, win.
- Instructions:
- Each player gets a club and a ball and attempts to get the ball through each cutout in only 3 tries.
  - After the first player gets to the 3<sup>rd</sup> “hole” the next player may start.

### ★Got Milk?

Supplies: A life-size cutout of a person or their head with hole cut out for the mouth big enough for small milk carton to pass through. (A toy basketball hoop could also be used.)  
3-5 empty single serving milk cartons for each team  
Masking tape

Set-up: Mark a playing line 5 feet in front of the cutout or basketball hoop

Goal: The first team to get 3 cartons into the mouth wins!  
Score more with 3 servings of milk a day!

Instructions:

- Divide into 2 teams. The first 3 players on each team get a milk carton.
- Line teams up about 5 feet in front of the cutout.
- Each player gets one try to get the carton into the mouth.
- Players pick up the carton they used and hand it to the next player needing one.

### ★Ring the Dairy Product

Supplies: 10 single serving milk cartons or yogurt containers  
2 medium-size boxes (24-36 inches square)  
Masking tape  
10 heavy weight paper plates

Set-up: On the top of each box, tape 5 dairy containers in an X pattern. Place the boxes in the game area opposite each other about 10 feet apart). Then offset the boxes to make space so that 2 lines of players can go at once. Cut the centers of the paper plates to make "rings". Tape several plates together if they need to be heavier.

Goal: Each player attempts to ring 3 milk cartons.

Instructions:

- Give the first player in each line 5 rings.
- Then try to ring 3 cartons to win before the next player takes a turn.
- The rings tossed toward one end become the rings that the other line tosses back.

## ★Milk Tic Tac Toe

Supplies: Interlocking foam squares or masking tape and paper squares  
6 yogurt containers with a physical activity written on the bottom  
6 single serving milk cartons with a physical activity written on bottom

Set-up: Use foam or paper squares to layout "Tic Tac Toe" grid on the floor (3 rows of 3). Place all the milk and yogurt cartons together in a small box.

Goal: Players try to get three of the same dairy foods in a row for a "Tic Tac Toe"!

Instructions:

- Have up to nine players line up around the edge of the grid.
- The first player takes a milk carton and announces the activity on the bottom to all players.
- Everyone does the action movement, and then the player places the carton on the grid.
- Each following player alternates choosing yogurt, then milk again.
- Play until players get 3 milk cartons or 3 yogurt cartons in a row.
- Players who haven't drawn a carton start the next round.

Variation: Divide into groups. Each group has a grid. Play as above, but this variation is a challenge to see which group finishes first.

## Dairy Cube

Supplies: Medium size box covered with colored paper – put a picture of a dairy product on each side of box along with a movement (ie. jumping jacks, hop on foot, etc.)

Set-up: Form line; place box a few feet from the line.

Instructions:

- Players take turns rolling the dice (cube).
- The player does the activity as stated on the side landing face up, then returns to the line for the next player to roll the box.

Variation: Could be done as a relay with teams and multiple boxes.

## ★Dairy Scramble

Supplies: 18 plastic or foam cups – write one letter on each cup, so that together they spell “GOT MILK”, “CHEESE”, “YOGURT”.  
Wide-tip permanent marker  
Masking tape  
Large poster with “GOT MILK”, “CHEESE”, and “YOGURT” hanging on the wall nearby

Set-up: Tape off a 4 ft. diameter circle in the center of the playing area. Mix-up the cups and place in the center of the circle. At three equal distances on the perimeter of the large circle, tape a 3 ft. straight line. Each team must stand behind this line, and they place their cups on it as they spell their dairy word.

Goal: Be the first team to spell a dairy word by scrambling for the correct letters.

### Instructions:

- Assign players to 3 teams and direct them to surround the center circle for instructions.
- Assign words to each team.
- The team must spell that word with the cups one at a time.
- First player RUNS to pick up the first letter from the center circle and places it on their team line; then tags the next player to go.
- Each following player must pick up the letter that comes next in the spelling of his or her word. Then they return to their place behind the team line until their next turn.
- When they finish spelling their word, and all team members are standing in place together behind the team line, the whole team shouts “3 A Day!”

## Fitness Club Challenges

Two club challenges will be conducted to add excitement and interest to the weekly club activities.

**Challenge 1:** Participants in each fitness club will work to develop a fun and educational walking cadence or jump-roping rhyme which reinforces 3-A-Day concepts they have learned. The group creating the most creative and educational cadence or rhyme will be rewarded with a 3-A-Day party. Entries will be due before Christmas break begins and the party will be scheduled in January. All rhymes and cadences will be compiled and distributed to each of the schools participating. See Appendix Item 6 for entry form.

**Challenge 2:** A contest to collect the most 3-A-Day dairy labels (found on many packages of milk, yogurt and cheeses) will also be conducted throughout the program. A container to collect the labels will be provided. (Students should be encouraged to remove the part of the label containing the 3-A-Day logo and wash it before bringing it to school to add to the club's collection.) The container of labels will be collected during the week of January 16. The group collecting the most logos will be rewarded with a 3-A-Day Treasure Chest to include resources for teachers and plenty of dairy goodies for students.

## **Suggested Games and Activities**

☆denotes games which may work well for the Fitness Fair or Family Night

### **Dairy Trivia Kickball**

Supplies needed: baseball field & bases, kickball, dairy trivia questions

The children divide into equal teams. One team takes the field while the other team kicks. Each time a player makes it on base s/he must answer a dairy trivia question before the next player can kick. They can ask their team for the answer if they don't know. The game itself would be played as kickball. Each team gets 3 outs per inning. If the player on base gives the wrong answer 3 times to the question, then it is counted as an Out, and the next player kicks, after the teacher tells the class the right answer.

### **Dairy Dodgeball**

Supplies Needed: playing field, balls, dairy trivia questions

The children divide into equal teams. The game is played the same as Dodgeball, except that when a child is hit with a ball they must go to a designated area and answer a dairy trivia question. If the player answers correctly, s/he can re-enter the game. If the player gives the wrong answer, s/he is out.

### **Strong Bones Relay**

Supplies Needed: one plastic "bone" for each team, lines or cones to mark boundary lines

Divide the children into 2 or more teams (depending on the number of children and the number of "bones" you have) of 5 or more children on each team. Mark two boundaries lines about 10 yards apart. Each team will form a straight line behind one line. The opposite line will be a turn around point for runners from each team. At the start signal the first person in line will pass the "bone" over his/her head to the second person in line. The second person will pass it under his/her legs to the third person. The "bone" continues to be passed over/under/over/under until it reaches the last person in line. This person runs past the rest of the team with the bone, across both boundary lines, and then runs back to the front of the line. Then he/she begins passing the "bone" over/under again. The relay continues until everyone on the team has run from the back of the line to the front. The first team done wins the relay competition.

### ☆**Bowling for Moovers**

Supplies Needed: Sets of 6 or 10 Moovers milk bottles, two softballs for each set of bottles, space for "bowling lanes" at least 5 yards long

Create "bowling lanes" 5 yards or more long with a line at the top for the bowlers to roll from. Each bowler rolls twice to knock down the Moovers bottles. Score like regular bowling. Or give 15 points for strikes, 10 points for spares, and single points for each bottle knocked over. You can try variations like behind the back or through the legs rolls.

### **Cow Patty Relay**

Supplies needed: 2 tennis balls, 4 1-gallon milk jugs cut in half so that the top can be inverted and used as a glove for catching, two boundary lines about 10 feet apart

Divide the group into 2 teams. Have the teams pick a dairy-related name, such as "chocolate milkshakes". Give each team 2 milk jug gloves and a tennis ball. Each team forms a line. The first 2 people in line are given the milk jug gloves. The first person goes about 10 feet forward and turns to face the second person in line. These 2 must make 2 consecutive passes and catches. If they drop the ball (you could call it the "cow patty") they must try again until they make 2 consecutive catches. When they make the catches, the number 2 person runs across to the 10 foot line and turns to face the rest of the group. The number 1 person runs and gives the milk jug glove to the next person in line and then he/she runs to the end of the line. Continue the relay until everyone in line has caught the ball from both positions.

### **Cow Tag**

Supplies Needed: Boundaried space to play tag

Choose one person to be the "Big Cheese" (it). You may want to have more than one "Big Cheese". Everyone else tries not to get tagged by the Big Cheese. If someone is tagged, he/she becomes a "cow" by walking on both hands and both feet and saying moo! To be freed from being a "cow" someone else must crawl under the cow's body. You may (or may not) want to call this "milking the cow." The last one to be tagged becomes the "Big Cheese" for the next round.

### **Dairy Choices**

Supplies Needed: A list of various foods, including numerous dairy products

Set two spots on opposite sides of the room. One spot is the "Dairy" side. The other spot is the "Non-Dairy" side. You may want to include more spots that represent various other food groups. The point of this game is for the children to decide whether various foods are dairy foods or not and to move to the corresponding spot in the room. For variety you could have them move from spot to spot in different motions, such as hopping, skipping, jogging, walking backward. The leader calls out one type of food, for example "Yogurt!", then the children would move to the dairy or non-dairy spot. You could ask individuals to tell the group why they chose the spot they are on. You might want to have a spot half-way in between for food like pizza that has some dairy and some non-dairy products.

### **Bone Sculpture**

Supplies Needed: List of large bones in the human body

Have children get into pairs. One person will be the Sculptor and one person will be the Bones. The Bones person will stand still while the Sculptor moves the Bones around into different poses. The leader calls out various bones of the body and the Sculptor has to position the Bones into a human sculpture. For instance, if the leader calls out "thigh", then the Sculptor may pose the Bones' leg in a variety of positions. Tell the Sculptors to each do their own unique posing. Have the group watch for how many different poses they create. This could also lead to a conversation about how many different movements and positions the human body can get into. You could also discuss joints and levers with this activity.

### **Dairy Scooter Race**

Supplies Needed: 3 scooter boards, 1 traffic cone, starting line

Put pictures of milk, yogurt, and cheese (or other dairy-related items) on the scooter boards. Divide into 3 teams by asking who drank milk or ate yogurt or cheese that day. Be sure to create even sized teams. Children kneel or lay on the scooter boards behind the starting line 10-20 yards from the traffic cone. When the start signal is given the children push themselves down and around the cone and back to the starting line. The leader determines winners. You may want to then give points to the milk, yogurt and cheese teams to see which team wins.

## **Nutrition Knights**

Supplies Needed: 5 Posters from the National Dairy Council or 5 student-generated posters about Meats, Dairy Products, Grains, Fruits & Vegetables, and Combination Foods. 5 chairs. 5 Crowns. Numerous laminated "food cards" with pictures of food and nutrition info on the back.

Set up 5 "Food Castles" around a large room with the posters. Place a chair at each Food Castle and select a King or a Queen for each Food Castle. Each of these Imperial Food Highnesses wears a crown and sits in the chair in front of their poster. Choose 2-3 children to be "Nutrition Knights" who are "it". These Nutrition Knights carry laminated pictures of different foods on them and nutritional info on the back. You can laminate food labels if food cards are not available. The rest of the players are hungry. They have to avoid being tagged by the Nutrition Knights. If the Nutrition Knights tag a hungry person, they shall give the hungry person a food card and the hungry person shall go to the food castle that corresponds to the food card they have been given. Then the hungry person must tell the King or Queen at that Food Castle what food is on their Food Card and also another food that belongs to this food group. Then he/she hands the Food Card to the King or Queen and returns to the game. Every 2-3 minutes appoint new Imperial Food Highnesses at each Food Castle and new Nutrition Knights.

Follow-up discussion can cover topics such as what types of food they like best, the importance of a balanced diet, how proper nutrition and exercise play into a healthy lifestyle, and the impact of junk food on our bodies.

## **☆Cow Chip Flip**

Supplies Needed: Several Frisbees (colored brown if possible), a large field with a few 3 ft. diameter circles scattered around and one large set of concentric circles measuring 2 ft. in diameter, 5 ft. in diameter, and 8 ft. in diameter. System for keeping score.

Have students line themselves around the perimeter of the field. Give "cow chips" (Frisbees) to random students. Have the students throw the "cow chips" into the circles, scoring points for each cow chip in circle. Larger circles are fewer points and smaller circles are worth more points. Each child gets at least one throw, but several throws would be preferable. The leader or a helper keeps score. Another variation on this game would be to mark each circle with a different type of food, such as cheese, milk, fruit, beans, candy bar, soda, etc. Healthy foods would be worth more points than unhealthy foods.

## **Team Marathon/Family Marathon**

Supplies Needed: A gymnasium or other large open room. Several basketballs, hula hoops, and jump ropes would be helpful, but you could do it with different supplies or with no supplies at all if you get creative.

Divide the group into teams of 3-5 people. Each team must complete the 26 events together. The team is not finished until everyone on the team has completed all 26 events. Teammates can assist one another when it is helpful. Here is a suggested list (but feel free to substitute other activities according to your space and equipment):

1. Run a lap around the gym
2. 25 jumps with a hula hoop
3. Dribble a basketball 25 times
4. 10 push-ups
5. 10 tuck jumps
6. Run a lap around the gym
7. 15 jumping jacks
8. Jump rope 15 times
9. Do 5 deep knee bends
10. Run a lap around the gym
11. Snap fingers 20 times
12. Walk toe to toe across the gym
13. Circle a ball around your waist 10 times
14. Hula hoop 15 times
15. Give a high five to everyone on the team
16. Run a lap around the gym
17. Make a fist 20 times
18. 15 toe raises
19. Walk on all 4 hands and feet across the gym
20. Touch all 4 walls of the gym
21. 15 sit-ups
22. Run a lap around the gym
23. Flap chicken wing arms 15 times
24. Jump over a line 20 times
25. Yell "I love milk!" 3 times
26. Run a final lap around the gym

### **Mice vs. Cats**

Supplies Needed: One bottle of milk and one piece of cheese (You could substitute pictures of milk and cheese if necessary).

Divide the group into 2 teams, the Mice and the Cats. Pick a leader from each team. Have these 2 leaders go outside the room or someplace where they cannot see what is happening in the room. In front of everyone else, hide the Milk and Cheese somewhere in the room. Then the 2 leaders can return to the room to try to find the hidden objects. The Mice leader tries to find the cheese, while the Cat leader tries to find the Milk bottle. The rest of the team members try to help their leader by making a specific sound to indicate whether their leader is close to the object or far away. The Cat group "meows". The Mice group chirps or clicks or makes some other agreed upon mouse sound. They may want to make softer and louder sounds to indicate far or near to the object. When a group leader has found the item, then two new leaders are selected and the game begins again.

### **MOOve it to the Music!**

Supplies needed: tape or CD player with upbeat music, 10 cards with pictures or names of dairy products on them for game leader to hold, 10 cards with the same dairy pictures, but also with an action movement direction written on the back side, 10 chairs (or one per player, if there are less than 10 players), clear tape

Place 10 chairs in a circle facing outward. Use the cards that have the dairy picture on one side and action movement direction on the other side to tape onto the backs of the chairs (face the dairy food picture outward). Place a table by an outlet for the tape or CD player.

Each player sits in a chair. When the leader starts the music, all players walk in a circle. A game leader hands a dairy card to one player as they walk by. When music stops, all players sit down. The player with the card calls out the name of that dairy food. The person sitting in the chair with the matching dairy food card flips it up and announces the physical activity to the group. Everyone does the action (including the leaders!) and the music starts again. The player who holds the dairy card hands it back, and another player receives a card while the music plays. Repeat until time is up. There are no winners or losers in this version of musical chairs.

Source: Dairy Dazzling Calcium Carnival

## **20 Questions---Dairy Style!**

Supplies Needed: None

Choose one person to be "The Big Cheese". The Big Cheese must go out of the room while the rest of the group chooses a dairy product, such as American cheese, strawberry yogurt, frozen yogurt, or chocolate milk. When the group has agreed upon a dairy product the Big Cheese comes back and begins to ask Yes or No questions until she/he can guess what dairy product the class chose. The Big Cheese is limited to 20 questions, such as "Do you drink it?", "Is it yellow?", "Can you eat it with a spoon?" etc.

If the Big Cheese can guess the dairy product, give them a dairy treat for a reward. Variation: You could expand the food choices beyond just dairy products to any healthy foods, or choose another food group, such as fruits & vegetables.

## **From Farm to Grocery "Guesstimation"**

Supplies Needed: Paper and pencil, large playing space

Pick two spots on the school playground such as a tree and the end of the sidewalk, or two spots within the gym or other meeting area. Designate one as the dairy farm and one as the local grocery store. Give each participant a piece of paper and a pencil. Have them draw a line down the center and write a "G" for guess on one side and an "A" for actual on the other. Then have participants guess or estimate the number of steps it will take to get from the dairy farm spot to the grocery store spot. (List several methods that could be used to cover the distance, such as baby steps, somersaults, cow steps, etc.) After guessing a number for each method, the participants can find the actual number by trying them. Compare each actual number with the estimated number to see how close they came.

## **☆Got Milk?**

Supplies Needed: A playing space with a safety line or base off to one side

Have the group stand in a circle with one leader in the middle. The leader calls out directions for what the other students must do. For instance, "Stand on one foot", "Hop in circles", or "Do 5 jumping jacks." The rest of the group must obey the leader's directions. About 25 feet away is a safety line. At any time the leader could yell "Got Milk?" and

the whole group turns and runs toward the safety line. The leader will try to tag others before they make it to the safety line. Anyone who is tagged goes into the center of the circle and helps the leader tag others. This game gets fun when the leader calls out a direction, then immediately calls out "Got milk?" Continue playing until there are about 10 people in the center of the circle.

### ★Spin the Milk Bottle

Supplies Needed: 1 empty large Moovers jug, sidewalk chalk

Draw a 4-6 ft. circle on the pavement with the sidewalk chalk. Draw 4-5 pie shaped sections. In each section, write an activity such as the following: Do 10 jumping jacks; Touch your toes 10 times; Do 10 arm circles; Run in place for 10 seconds; Hop on 1 foot 10 times, etc. Place the milk bottle on its side in the middle of the circle.

5-10 players stand around the outside of the circle. One player spins the milk bottle on its side in the middle of the circle. When the bottle stops spinning, whichever activity the spout is pointing to (or whichever area the bottle is in) is the activity that is done. Either all of the players do every activity, or only those players in the section identified with each spin do that activity. Players could rotate around the circle every few spins so they get to do different activities.

### String Cheese Race

Supplies Needed: 1 string cheese for every child, a watch or stopwatch

Divide the children into pairs. Give a string cheese to each child. They must keep it wrapped until the game begins. When the signal is given one child in each pair unwraps his/her cheese and proceeds to rip and eat as many strings of cheese as possible in 1 minute. The partner counts how many strings of cheese are ripped and eaten in the 1 minute. At the 1 minute mark another signal is given and the second child unwraps his/her cheese and proceeds to rip and eat as many strings as possible in 1 minute. The partner counts. When 2 minutes are done, the total number of strings is added together. The pair with the most strings ripped and eaten wins. If one child in a pair doesn't like string cheese, perhaps the other child will eat both.

### **A Snack Time Game**

Supplies Needed; One dairy snack for each child, such as yogurt, gogurt, string cheese, cheese snacks, drinkable yogurt, etc.

When it is snack time, play this like an Easter egg hunt. Hide the dairy snacks in a room or outdoor area and make the kids search for their snack. Trading is allowed after everyone has found something. You could use this activity to divide the group into teams too. For example, everyone who finds string cheese is on the "string cheese" team. When it is time to clean up the trash, play "feed the starving trash can"!

## Assessment Tools

### Assessment Tools & Consent Forms

There are 4 assessment tools to be used:

- Parent Pre Survey
- Pre and Post Test for student participants
- Weekly Physical Activity and Dairy Intake Records
- Participation Record

Students interested in participating in the Get MOOvin' Fitness Club will sign a student assent form during the school fitness fair. Those who have signed the assent form will take home a parental consent form as well as a **Parent Pre Survey** to be returned to the fitness club instructor. **(Appendix items 7-9)** (If students want to participate but have not returned their forms, you may send their name and address to OSU Extension. We will send another copy of the permission form to parents with a letter encouraging them to return it.)

The **Pre Test** for students will be given at their first fitness club meeting before receiving any education about dairy. The **Post Test** is the same as the pre test and will be given at the last fitness club meeting. OSU Extension staff will plan to be there to administer both tests. **(Appendix item 6)**

The **Weekly Physical Activity and Dairy Intake Record Cards (Appendix item 4)** should be made available to participating students in a convenient location. Participants will record their physical activity outside of school and their dairy consumption on these cards. The cards will be turned in at the fitness club meeting each week, and a volunteer will distribute the earned toe tokens.

The **Weekly Participation Form (Appendix item 3)** can be completed by a volunteer. Students need to report in each time they attend a fitness club meeting. This volunteer can also distribute the toe tokens for physical activity and dairy consumption.

## Get MOOvin' Lessons

The 3-A-Day curriculum is designed to be completed over a four month period of time. One lesson is planned for each of the four months, each highlighting a main topic related to dairy foods and dairy nutrition. The weekly lesson itself is in a question and answer format. One fitness card is to be used during each weekly session. The questions asked with answers provided will serve to reinforce the key concepts for each monthly lesson.

When appropriate, the group instructor should allow for multiple participants to offer their own answers for the questions. For example, a question asking about ways to have dairy foods with breakfast should be answered by as many participants as possible. This will allow for more ideas to be shared, empowering students to try new foods and recipes at home.

Four cards are included for each month, except for December's lesson which includes only three cards. It is presumed that holiday school activities and the start of Christmas break will make it unlikely that fitness clubs will be able to meet four times that month.

Participants will receive a recipe card each week to encourage family involvement in the program and more interest in achieving 3-A-Day intake of lowfat dairy products. Tips further reinforcing key concepts are included on one side of the cards.

## Lesson 1: Dairy Products Primer

### Objectives:

Participants will identify food items as dairy foods and describe recommended amounts of dairy foods they should consume.

### Key Concepts:

- Milk, cheese and yogurt are dairy foods.
- Most Americans need at least 3 servings of dairy per day.
- 4<sup>th</sup> and 5<sup>th</sup> graders need 4 servings of dairy per day.
- There are many ways to consume dairy foods.
- Low fat and fat free dairy items are best choices.
- Exercising is important for our bodies; exercise is fun.

### 3-A-Day Fitness Cards:

#### Week 1 -

What are three main types of dairy foods?

Milk, cheese, yogurt

What part of a pizza is a dairy food?

The cheese

Which dairy food is made with live and active cultures (good bacteria)?

Yogurt

What are some different ways you could have milk or yogurt with breakfast?

Milk with cereal, milk in oatmeal, yogurt & fruit or granola...

How many kinds of cheese are there?

Over 650

#### Week 2 -

What part of milk is butter made from?

The fat

Is ice cream a dairy food?

Yes, but it is higher in fat & lower in calcium than others. Frozen yogurt is a good alternative because it has much less fat and a little more calcium than ice cream.

Is chocolate milk dairy?

Yes. It's best to start with skim or lowfat milk and add your own chocolate. Some chocolate milk you would find in the store has a lot of sugar and fat in it.

What dairy foods could you have as an after school treat?

Yogurt & sliced fruit, frozen fruit & milk or yogurt smoothie, English muffin pizza, milk and animal crackers... the list could go on and on.

True or False. Exercising makes you tired.

False! Regular, brisk exercise gives most people more energy than before. Exercise can even help you concentrate better in class and could even help you to get better grades.

Week 3 -

Why do you need dairy foods?

It's part of a balanced diet. The nutrients in dairy foods are needed for strong bones and healthy bodies!

How many servings of dairy should you have a day?

Most Americans need the calcium from about 3 servings a day; this is the reason for the "3-A-Day" promotion. BUT, children ages 9-18 actually need 4 servings because bones are growing so much during this period of time.

How much is a serving (provides approx. equal amount of calcium as is in 1 glass of milk)?

1 cup milk, 1 cup yogurt, 1.5 oz. natural cheese, 2 oz. processed cheese, 2 cups cottage cheese

What are some of the good things exercise does for our body?

Regular exercise builds and tones muscles. It also helps you have a healthy body weight. Your heart works better and you feel better about yourself when you exercise.

Week 4 -

Can you get dairy at a fast food restaurant?

Sure; get cheese on your salad or burger, and order milk to drink

What are some ways you could have cheese with your breakfast?

Cheese melted or melted on a bagel or tortilla, cheese in an omelet or in scrambled eggs; How about leftover cheese pizza?

How can you have dairy on the go?

String cheese, carry-along cartons of milk, yogurt in a bottle or squeeze tube

Is jello or pudding a dairy dessert?

Pudding is; it is made with milk.

What is it called when milk is heated to kill harmful organisms? (It starts with a p)

Pasteurization

## Lesson 2: Think Your Drink

Objectives: Participants will identify white and flavored milk as healthy beverage choices and recognize nutrition deficits of excessive sweetened beverage intake.

### Key Concepts:

- Milk supplies many essential nutrients that are not present in other beverages.
- It is much better to drink flavored milk if you prefer it, than to drink no milk at all.
- Most Americans drink much more pop and other sweetened beverages than they should.
- Milk is a good fitness fuel.

### 3-A-Day Fitness Card questions:

Week 1 -

How much sugar is in pop?

Lots! Usually about 45-50 grams per 12 oz. can which is about 10-12 teaspoons.

How much sugar is in a glass of fat free milk?

12 grams That's about 3 teaspoons

How much of the sugar in white milk is added and how much is natural?

All of it is natural!

How many vitamins & minerals are in pop?

Usually none (manufacturers are now adding vitamins to some products – it is much wiser to get these vitamins from foods)

Are sports drinks a good idea when you are playing sports?

Sports drinks are beverages that contain small amounts of sugar, sodium and Potassium (two minerals that you lose when you sweat), and sometimes additional ingredients. Most of them are designed to be used during long exercise periods of 90 minutes or more. Most of us do not exercise for this long a time so water is usually all that we need.

Week 2 -

Are fruit beverages healthy choices?

Some fruit beverages contain very little or no juice; look for 100% juices.  
But, fruit does not provide any calcium or other nutrients that we get from milk.

What are some of the essential nutrients in milk?

Calcium, protein, Vitamins A, D, & B12, riboflavin, phosphorus, potassium, and niacin

Does flavored milk still have nutrients?

Yes, flavored milk still has all of the nutrients white milk has. It is just as nutritious!

True or False. Milk is a good fuel for fitness.

True!

How can the sugars in milk help for exercise?

They turn to glucose which provides energy for the body.

Week 3 -

What are some ways to add variety to milk?

Add malted milk mix, instant breakfast mix, chocolate, strawberry, banana, or cooking flavorings like vanilla

Which has more protein - juice, milk, or water?

Milk

How much milk is considered one serving?

1 cup (8 oz.)

How much spinach would you have to eat to get the calcium in a glass of milk?

8 cups

What drink provides most of the potassium in the American diet?

Milk, Potassium is needed for fluid balance, muscle contraction and nerve impulses, and to regulate blood pressure.

Week 4 -

True or False. Whole milk has more vitamins and minerals than lowfat and fat free milk.

False! The only thing lowfat or fat free milk has less of is fat.

There are some people who should drink whole milk instead of lowfat or skim.

Who would they be?

Kids under 2 because the type of fat in whole milk is important for early brain development. Some people who may need extra calories and fat to maintain or gain weight may also want to drink whole milk.

What is the difference between skim, low-fat, and whole milk?

Skim milk has no fat and 80 calories per cup; 1% milk is lowfat milk and has 2.5 grams of fat and 100 calories per cup; 2% milk has 5 grams of fat and 120 calories per cup; whole milk (3.25% milk-fat content) has 8 grams of fat and 150 calories per cup.

ALL have 300mg calcium per 8 oz. cup.

### **Lesson 3: Holiday/Winter Fun with 3-A-Day**

Objectives: Participants will identify healthy dairy alternatives for typical holiday treats.

Key Concepts:

- Substitute low-fat dairy products in holiday recipes.
- There are many fun ways to celebrate holidays that don't involve food and eating.
- Energy In = Energy Out for healthy body weight.
- Children should get at least 60 minutes of moderate to vigorous physical activity every day.

3-A-Day Fitness Card questions:

Week 1 -

Where does all the energy we have come from?

Our energy comes from eating. Foods contain energy, called calories, that our bodies use to run, breathe, grow, stay healthy and stay alive. Different foods contain different amounts of calories.

How much energy do we need?

Everyone needs a different amount depending on their age, size and how active they are.

What happens if we take in more energy than we use up?

We might get heavier than we should be. Physical activity is an important way to use food energy. It is recommended that children get at least 60 minutes of moderate to vigorous physical activity every day.

What makes a snack a healthy snack?

The snack provides something from a food group; it is not just made up of fat and sugar. Healthy snacking is when we have a small amount of food between a meal because we are hungry. It's not a good idea to snack in front of the tv or computer.

Week 2 -

What dairy foods can I eat when it's cold out?

Warm nacho cheese dip, hot milk with vanilla extract & food coloring, make hot chocolate with milk, make oatmeal with milk, warm macaroni and cheese, broccoli cheese soup...

What kinds of lowfat dairy products can be used in these foods and other holiday recipes?

Skim or lowfat milk, reduced fat cheeses, lowfat or fat free yogurt

What are some activities you can do during cold winter months to be physically active indoors.

Play a sport indoors, like basketball or indoor soccer; walk steps, dance to music, do jumping jacks or jog in place during every tv commercial; go rollerskating; go walking at the mall...

Did you ever notice that many holiday gatherings tend to center around food?

What are the other

Week 3 -

Let's think of some healthy treats for winter time parties...

Milk with yogurt and raisins on graham crackers, fruit smoothie made with yogurt, frozen yogurt pops, popcorn sprinkled with Parmesan cheese, gingerbread cookies and milk, fruit with yogurt dip...

Cows provide 90% of the world's milk. What other animal produces milk we can drink?

Goats

True or False A healthy cow can make about 100 glasses of milk a day.

True! That's over 6 gallons of milk.

On food labels, 1000 milligrams of calcium is shown to give us 100% of our Daily Value. How many milligrams of calcium do we get from a glass of milk with 30% of the daily value of calcium?

300mg

## Lesson 4: Strong Bones, Healthy Bodies

Objectives: Students will identify the relationship between calcium and bone health as well as other health benefits of dairy foods.

Key Concepts:

- A healthy diet which includes at least 3 servings of dairy foods a day, combined with physical activity, helps build strong bones.
- Calcium is the major nutrient in dairy which contributes to bone health.
- Consuming enough calcium is important during all stages of life.

### 3-A-Day Fitness Card questions:

Week 1 -

What is the main mineral found in milk that helps to build strong, healthy bones?

Calcium

What is the one vitamin that is added to milk, and what does it do?

Vitamin D, It helps the body use calcium – it works with it to strengthen bones.

Is there much calcium in the body?

Yes, calcium is the most abundant mineral in the body. It is found mostly in our bones.

How much calcium do kids need per day?

4<sup>th</sup> and 5<sup>th</sup> graders are in the group that needs the most!

1-3 year olds need 500mg; 4-8 year olds need 800mg; 9-18 year olds need 1300mg. So, 9-18 year olds need 4 servings of dairy foods a day.

Week 2 –

How many bones are in your body?

More than 200! Bones are the hard, stiff parts of your body that make up your skeleton. Your skeleton supports your body, like the frame of a house supports its roof and walls.

What are some other things that bones do for our body?

Bones protect the organs in your body from getting hurt. Bones also something we can't live without, red and white blood cells.

What is the bone disease you can get if you don't eat enough dairy?

Osteoporosis

True or False Since you get osteoporosis when you are older, it doesn't matter how much dairy you eat when you are a young.

False. The calcium foods you eat now are building your bones for the future. Most of the calcium is deposited in our bones by our early so it is very important to get the calcium you need while you are growing up to have the strongest bones possible.

Week 3 -

What part of your smile does calcium enhance?

Your teeth

What is the condition called when you cannot absorb the sugars in dairy products as easily as most people? Can you still get calcium if you have this?

Lactose intolerance. Yes! Cheese and yogurt are usually handled better and People may be able to drink smaller amounts of milk at a time. You can also buy milk that has lactase added to it; lactase is an enzyme that helps the body digest the milk sugar.

Is there as much calcium in yogurt as there is in milk?

Yes, a cup of plain yogurt actually has more calcium than a cup of milk

What nutrient found in milk builds and repairs body tissues?

Protein

Week 4 -

Can you get all of your calcium from a pill instead of eating dairy?

No, eating dairy is best; calcium taken in large amounts at once is not absorbed by the body as easily. The other nutrients naturally found in milk and dairy products also help the body to use the calcium.

Does everyone need calcium?

Yes, even when you're finished growing, your bones need calcium for strength.

How much soft-serve ice cream would it take to get a serving of calcium?

About 1 ½ cups (1/2 cup= 118mg)

Can you get calcium from non-dairy foods?

Yes, but dairy is the best and easiest way to ensure intake; canned sardines and salmon with bones, broccoli, spinach, almonds, tofu, and dried beans all have some calcium but you have to eat LOTS of them to get what you get from dairy foods. There are also calcium-fortified juices, cereals, and other foods but the best combination of nutrients to build strong bones is found in dairy products.

## Appendix

### Contents:

- 1) Timeline for promotion and activities
- 2) Announcement for school newsletter
- 3) Parent information letter
- 4) Weekly participation records
- 5) Weekly record forms
- 6) Club challenge #1 form
- 7) Pre and post tests
- 8) Pre survey for parents
- 9) Parental consent for study
- 10) Student assent for study
- 11) CD which includes #2, #4, #6, #7 and reproducible artwork and 3-A-Day logo

## **Get MOOvin' Fitness Club Timeline for Promotion and Activities**

- Sept. 8** Get MOOvin' Fitness Club Workshop
- Wk of Sept. 12** Newsletter announcement
- Notify OSU Extension of the following:
- 1) Time, day of week and location for fitness club sessions (will be put in parent letter)
  - 2) # of copies of parent letter needed
  - 3) Scheduled date/time for fitness fair
  - 4) How want to have incentive check made out
  - 5) Date/time for family night as soon as it is Scheduled
- Wk of Sept. 19** Send parent announcement letter home
- Determine volunteer assistance needed for weekly sessions and make contacts
- Wk of Sept. 26** Conduct Fitness Fair
- Send home parental consent forms
- Wk of Oct. 3 -  
Wk of Jan. 23** Begin regular fitness club meetings
- Wk of Oct. 24 –  
Wk of Nov. 14** Conduct Get MOOvin' Family Night
- Wk of Dec. 19** Entry for Club Challenge #1 Due
- Wk of Jan. 16** Club Challenge #2 Ends
- Wk of Jan. 23** Club Challenge #1 Winner Party
- Club Challenge #2 Winner Receives Award
- Wk of Jan. 30** All records and data collected

School Newsletter Entry –

**Get MOOvin' Fitness Club for 4<sup>th</sup> and 5<sup>th</sup> graders**

There is an exciting program coming to our school this year. Fit Youth Initiative of Tuscarawas County has received a 3-A-Day of Dairy grant from the American Dairy Association & Dairy Council MidEast to conduct a special project. A "Get MOOvin' Fitness Club" for 4<sup>th</sup> and 5<sup>th</sup> graders will meet once each week (before school/after school/during recess) from October through January. Participants will be motivated to *get movin'* and *eat at least 3 servings of dairy a day*.

A Get MOOvin' Fitness Fair for 4<sup>th</sup> and 5<sup>th</sup> graders will be held later in September. There will be fun games and activities with a "dairy twist". Students interested in being a part of the Get MOOvin' Fitness Club will sign up at the fitness fair.

An informational letter will be sent home with 4<sup>th</sup> and 5<sup>th</sup> grade students soon!



