

Events At a Glance

The Events At a Glance guide quickly identifies events that:

- **Are low cost** – Use materials your school may have on hand already, to help keep event costs low.
- **Involve minimal effort** – Build on activities your school may already have planned, so you'll need to do less work on marketing, logistics, and promotion.
- **Are elementary school-oriented** – Appeal specifically to elementary school students, encouraging kids to eat a variety of foods and continue to try new ones.
- **Are middle school-oriented** – Resonate with middle school students, emphasizing how healthy food choices and physically active lifestyles help them be their best.
- **Address specific focus areas** – Highlight a particular subject emphasis (for example, fruits and vegetables, physical activity, MyPlate).

| Event | Low Cost | Minimal Effort | Elementary School-Oriented | Middle School-Oriented | Area(s) of Focus | Page Number |
|---|----------|----------------|----------------------------|------------------------|---|-------------|
| Be a Food Champion: Stand Up for Your Favorites | ✓ | | ✓ | | Fruits and vegetables, low-fat dairy, MyPlate, physical activity, protein foods, whole grains | 14 |
| Can't Beat How I Eat: A Fruit and Vegetable Challenge | ✓ | ✓ | ✓ | ✓ | Fruits and vegetables | 17 |
| The Chef in You: A Cooking Competition | | | ✓ | ✓ | Fruits and vegetables, low-fat dairy, whole grains | 20 |
| Color Days: A Celebration of Fruits and Vegetables | ✓ | ✓ | ✓ | | Fruits and vegetables, MyPlate | 24 |
| Food Crusade: A Food Video Challenge | ✓ | | | ✓ | Fruits and vegetables | 27 |
| Food Explorer: A Scavenger Hunt To Power Up | | | ✓ | | Fruits and vegetables | 30 |
| Food Smarts: Reading About Eating and Moving | ✓ | ✓ | ✓ | | MyPlate | 33 |
| From East to West, Eat What's Best: A Pen Pal Program | ✓ | ✓ | ✓ | ✓ | Fruits and vegetables, whole grains | 38 |
| Fun, Food, and Fitness: A Family Party | | | ✓ | ✓ | MyPlate, physical activity | 41 |

Events At a Glance (cont'd)

| Event | Low Cost | Minimal Effort | Elementary School-Oriented | Middle School-Oriented | Area(s) of Focus | Page Number |
|---|----------|----------------|----------------------------|------------------------|---|-------------|
| Healthy Food Heritages: Investigating Nutrition Across Cultures | ✓ | ✓ | | ✓ | Fruits and vegetables, low-fat dairy, MyPlate, protein foods, whole grains | 44 |
| Launch Your Day with Breakfast: Fuel Up To Help Your Day Take Off | | | ✓ | ✓ | Breakfast promotion, fruits, MyPlate, whole grains | 47 |
| MyPlate Day: Fun with All Five Food Groups | ✓ | | ✓ | ✓ | MyPlate, physical activity | 50 |
| MyPlate Food Drive: Lending a Healthy Hand | ✓ | | ✓ | ✓ | MyPlate | 53 |
| Plant it, Grow it, Eat it!: Healthy Habits Take Root | | | ✓ | ✓ | Fruits and vegetables | 56 |
| Power Up with Local Athletes: Try a Sport Day | | | ✓ | ✓ | Fruits and vegetables, physical activity, low-fat dairy, whole grains | 59 |
| Shop Smart: A Mock Grocery Store | ✓ | | ✓ | ✓ | MyPlate | 62 |
| Start Your Day on the Right Foot: Walk to Breakfast | ✓ | | ✓ | ✓ | Breakfast promotion, fruits, low-fat dairy, physical activity, whole grains | 65 |
| Try-Day Fridays: It's Fun To Find New Favorite Foods | ✓ | ✓ | ✓ | | Fruits and vegetables, whole grains, low-fat dairy | 68 |
| The Whole World of Whole Grains: Celebrating Cultures and Food | ✓ | ✓ | ✓ | ✓ | MyPlate, whole grains | 71 |
| You Control the School Menu: Vote for Your Favorite | ✓ | | | ✓ | Fruits and vegetables, low-fat dairy, MyPlate, protein foods, whole grains | 74 |



[Photo] Students from **The Luther School (Luther, MT)** enjoy a multicultural meal as part of Foods and Farms Around the World Food Tasting Day.

A chalkboard with a dark surface and a wooden frame. The word "EVENTS" is written in large, yellow, uppercase letters on a purple banner that is drawn across the middle of the board. There are also some blue and purple chalk marks around the banner, including a purple star in the upper right and a red star in the lower left.

EVENTS

The following descriptions walk you through each event step by step, from planning to execution and beyond. Each includes recommendations for making your event as successful as possible, from suggested classroom tie-ins to real-life examples of Team Nutrition schools that have conducted similar activities.