



To: Staff
From: _____

For Staff

Re: Get Ready for FOODPLAY

We are pleased to announce that our school will be seeing FOODPLAY

on (date)_____ at (time)_____

FOODPLAY is a national award-winning theater show that uses the power of live theater to turn kids on to healthy eating and active lifestyles.

Keep the messages alive all year long with these great follow-up materials:

Available for download at:
www.foodplay.com/resourcekit

Click on Comprehensive Healthy Schools Value Program
Password: HealthyKids

For Quick and Easy Follow-Up:

- Top 15 Quick and Easy Follow-Up Activities
- Take the FOODPLAY Challenge! Coloring Sheet

For Fun, Standards-Based Nutrition Lessons Throughout The Year:

- **FOODPLAY's Teacher's Follow-Up Activity Kit** – Features fun, standards-based activities to integrate nutrition into core subject areas! Complete with lesson plans and reproducible student activity sheets.
- **FOODPLAY Video Shorts** – An exciting and easy way to bring the magic of FOODPLAY back into the classroom! 14 fun-filled short videos (only 3-6 minutes each) are perfect ways to make nutrition come alive in bite-size lessons. Show on their own, or combine with activities from the FOODPLAY Activity Kit!

Plus - After the FOODPLAY Assembly, please distribute the following:

- **FOODPLAY Snack Cards** – Distribute and review healthy snacks and tips from “Take the FOODPLAY Challenge!” and encourage students to bring cards home, share with their families, and post on their fridge. See if you can challenge your students to try to improve their eating and physical activity habits, pick one habit a week!
- **Fruit + Veggie Tracker Bands** – These fun tools help kids eat more fruits and vegetable throughout their day. Each kit comes with a bookmark with fun tips, a tracking chart, and six colorful wristbands. Have students put five bands on their left wrist, and every time they eat a fruit or vegetable, they get to move a band to their right wrist. The bands remind them throughout the day to strive for FIVE! Students can keep track on the bookmark logs or you may want to create a classroom chart. Be creative – have a contest, plan a 5-A-Day week-long challenge, check in at the end of each day!

For more free materials: www.foodplay.com/free-materials

For more nutrition resources: www.foodplay.com/shop

To assist you in your lesson planning, the FOODPLAY Program addresses the following topics:

- How to Treat Your Body Right to Last a Healthy Lifetime
- The Difference between an Apple and a Fast Food Apple Pie
- Sugar Energy Doesn't Last
- Start Your Day with Breakfast
- Every Body is Different and Different Is a Great Thing
- Balance Your Diet with My Plate
- How to Choose A Health Snack
- How to Eat More Fruit & Veggies
- Have Fun Being Active
- The Scoop on Soda
- How To Read Labels - Read It Before You Eat It!
- Make Choices that are Good for Your Health and the Health of the Planet
- Take the FoodPlay Challenge!