

NEW

FOODPLAY[®] SHORTS

Fun Nutrition Videos for Kids

Make Good Eating + Active Living — **GREAT FUN!**

14 Bite-Size Videos (3-6 minutes each)

A Complete Nutrition Unit!



Created by Emmy Award-Winning
FoodPlay Productions

Sneak Preview and Order:
www.foodplay.com/shop

For Educators, Food Service, Parents, and Kids

“A totally fun, easy, and exciting way to teach healthy eating and active living to kids!”

—Cindy Coughlin, Health and Physical Education Teacher, Springfield, MA

Fun Short Videos Make Nutrition Come Alive!

Spark excitement for nutrition in your classroom or at home with this fun-filled video series that teaches kids how to take charge of growing up healthy, active and fit! In **12 short videos**, only 3 to 6 minutes each, educators can easily fit nutrition into their teaching! With motivating characters, amazing feats of juggling, music, magic, and splashes of animation, kids have so much fun, they don't realize how much they're learning! **Plus - two bonus features** teach kids how to make healthy snack choices and learn how to juggle!

Bring the magic of FOODPLAY back to the classroom with videos that empower kids with the skills they need to see through media messages and make choices that are good for their health and the health of the planet.

Integrate Nutrition into Core Subject Areas!

Complete with science experiments, amazing discoveries, media literacy and language arts activities.

Kids will learn how to:

- See through media messages and advertisements
- Fuel up with breakfast at home or at school
- Balance their meals with MyPlate
- Fill half their plate with fruits and vegetables
- Eat a variety of nutritious foods from each food group
- Cut down on sugar, soda, and sweetened drinks
- Read it before you eat it! (ingredient labels)
- Choose healthy snacks or make their own
- Feel good about their body, whatever size or shape
- Have fun being active and reduce screen time
- Feed their bodies healthy foods and their minds healthy messages!

Add On: FOODPLAY Teachers Activity Kit filled with exciting lesson plans, standards-based activities, and reproducible activity sheets.

