



# The 5 Fruits and Veggies Bracelet Challenge!

## Description:

During the week/month of \_\_\_\_\_, students will participate in a challenge to eat 5 fruits and vegetables every day. By including more fruits and vegetables in their meals and snacks each day, students will learn to make them a part of their daily lives. To help the students keep track of how many fruits and/or vegetables they are eating, each student will be provided with 5 colorful bracelets.

## How to use 5-A-Day bracelets:

- Ask kids to put all 5 bracelets on their RIGHT wrist each morning.
- Each time they have a serving of fruit or vegetables, they move ONE bracelet to their LEFT wrist.
- The goal is to have all 5 bracelets on their LEFT wrist by bed time.
- Let's Get Started!

## Materials:

- Bracelets
- Calendar
- My Plate Resource (Page 69 in Tool Kit)
- Serving Size Resource (Page 68 in Tool Kit)

## Key Talking Points:

Serving Size:

- Food Portions Are Larger Than Ever These Days – Usually Much More Than We Need. For children the right portion size is the size of the palm of their hand or the size of their fist.

## My Plate:

- Use the MyPlate model to create a balanced plate. Fill half of your plate with veggies (and/or fruit), 1/4 with protein, and 1/4 with starch, preferably a whole grain.
- Try to include fruit and veggies at each meal i.e. strawberries in your cereal, a banana with peanut butter as an afternoon snack, vegetables with your dinner.
- At restaurants, ask for veggies in place of fries or as your side. For dessert order fruits instead of sweets.
- Don't tell children to be part of the "clean plate club" as it can encourage overeating. Instead, start with smaller portions, savor your food, and eat until you are satisfied.

## Why Fruits and Vegetables are Important:

- Fruit and veggies boost your energy and brain power to start your day!
- Did you know a diet rich in fruits and veggies provides vitamins and minerals that make you big and strong?
- Fruit and veggies can help you feel and act your best!
- You don't have to eat 5 servings of fruits/veggies in one sitting but you can try to eat some with each meal and for a snack. Reminder: one serving size is about the size of the child's palm.



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## What counts as a 5-A-Day serving?

- 1 medium-sized piece of fruit
- 1 cup raw, leafy salad
- 1/2 cup chopped fresh or canned fruit
- 1/2 cup cooked or canned vegetables
- 1/4 cup dried fruit (raisins, dried apricots, etc.)
- 1/2 cup cooked beans or peas

**Reminder: one serving size is about the size of the child's palm or fist.**

## Steps to Implement:

1. Pick a week or month out of the school year to complete challenge. March is a good month since it is National Nutrition month.
2. Inform students about the challenge and provide instructions and time frame.
3. Pick a grade level or include the whole school to take part in the challenge.
4. Implement the Challenge
5. Offer an incentive to the class or grade that achieves the most days of completion.

## Incentive Ideas:

- Healthy food party
  - Fruit and Vegetable platter
  - Fruit and cheese kabobs
  - Yogurt Parfaits
- Extra Recess time
  - More time outside at recess
  - Extra field day
  - Dance/ music party
- Sports equipment
  - Basketballs, footballs, volleyballs, Jump ropes, frisbees,
  - Do 5210 Energizers with the class
  - Bring in board games to play

## Additional References:

- What Is a Healthy Portion? - Pg. 68-69 of Elementary School Toolkit
- Why Does It Matter? – Pg. 37 of Elementary School Toolkit
- Try This! 5-A-Day Bracelets – Pg. 55 of Elementary School Toolkit
- Healthy Snack Ideas – Pgs. 39-46 of Elementary School Toolkit
- Use Non-Food Rewards – Pgs. 91-92 of Elementary School Toolkit
- Use Physical Activity as a Reward – Pg. 93 of Elementary School Toolkit



# The 5 Fruits and Veggies Challenge Calendar

**Description:** Track the number of fruits/veggies you are eating every day.

1. Enter the number of fruits and veggies consumed per day.
2. At the end of the day add them up and write the total on your calendar.

	Fruits	Veggies	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Grand Total (# of days you ate 5 fruits/veggies):** \_\_\_\_\_