

Winter 2014

Mission Nutrition!

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ScholarWorks Citation

Hutchinson, Briana and Orth, Allison, "Mission Nutrition!" (2014). *Honors Projects*. 330.
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Honors Project: Mission Nutrition!

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Winter 2014

Mission Nutrition!

The purpose of our project is to educate children in the United States about the components of a healthy lifestyle (exercise, nutrition, sleep). We created an interactive board game that will engage children while providing them with information that is relevant and applicable.

Obesity rates are alarmingly high (Raj and Kumar 599). The number of overweight children and adults in the United States increases every year. School curriculum usually does not include effective lessons aimed at educating the students on healthy living (National Governor's Association, 2010). There is very little time during the school day that is dedicated to this important topic

To address these issues, we developed a new way for kids to learn and apply information about living a healthy life. This fun and interactive game will provide information that will be relevant for their entire lives. In addition to teaching, the game will also get the players up and moving. Students won't even know that they are learning!

INSTRUCTIONS

4-8 Players
Ages 8+

ABOUT

A fun and simple game that will teach you about nutrition and healthy living while also getting you moving!

MATERIALS

1 Game board
2 Game Pieces
Game Cards
Die
1 Stop Watch
2 Hula Hoops
Balloons (blow up 2 for each game)
4 Jump Ropes
1 Koosh ball (or other ball)

PLAYING THE GAME

Who goes first: Each team rolls die and whichever team has the highest number goes first.

Each turn: When it is Team A's turn, Team B will draw a card from the top of the deck. A member from Team B will read the directions from the top of the card to Team A.

~**Trivia:** Team B will read the directions for whom from Team A is answering the question (indication in italics at the top of the card). Then read the question for Team A to answer. The correct answer will be indicated at the bottom. If the team gets the question correct, they get to roll the die.

~**Charades:** Team B will read the directions for who is acting from Team A then give that person the card. They will have 15 seconds to act out. Someone from Team B will keep time. If the team guesses the actions correctly, they get to roll the die.

~**Team Challenge:** Team B will read the directions for everyone on Team A to complete together as a team. There will be a time limit on the challenges so a member of Team B will keep time. If the team completes the challenge, they get to roll the die.

Place used card in discard pile on the game board.

The team will advance the number of spaces they roll on the die.

OBJECTIVE

Be the first team to move your piece to the finish line!

SET-UP

Players need to divide into two teams. Sit with your team. Set up game board between the teams. Put cards facedown next to the board. Have dice ready to roll. Have other items ready to use if the cards require it.

WINNING!

The team who lands on or passes the final square first wins the game!

Charades Cards

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Soccer

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Basketball

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Walking

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Jogging

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Running

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Hopscotch

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Hiking

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

**Softball (or
baseball)**

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Juggling

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Jumping

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Hurdles

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Sleeping

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Eating

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Cooking

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Football

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Biking

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Jumping-
Jacks

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Shoveling
Snow

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Gardening

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Marching

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Dancing

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Tennis

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Lunges

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Squats

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Punches

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Somersault

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Cartwheel

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Crab-Walk

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Duck-Duck-Goose

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Kickball

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Volleyball

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Raking Leaves

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Reading

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Playing Guitar

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Playing Piano

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Playing Drums

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Surfing

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Skiing

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Canoeing

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Swimming

One person from your team will act out the following sport or activity and your team will have 15 seconds to guess what it is.

Rollerblading

Trivia Cards

<p><i>For the whole group to answer.</i></p> <p>How much of your plate should be fruits and veggies?</p> <p>A) 25% B) 50% C) 75%</p> <p>Answer: B) 50%</p>	<p><i>For the person with the longest hair to answer.</i></p> <p>Which type of milk is the healthiest to drink?</p> <p>A) Skim B) 2% C) Whole</p> <p>Answer: A) Skim</p>	<p><i>For the oldest person to answer.</i></p> <p>Calcium helps improve bone health and makes your bones stronger. Which of these foods has calcium?</p> <p>A) Bagel B) Corn C) Milk</p> <p>Answer: C) Milk</p>
<p><i>For the youngest person to answer.</i></p> <p>Calcium helps improve bone health and makes your bones stronger. Which of these foods has calcium?</p> <p>A) Cheese B) Crackers C) Soda</p> <p>Answer: A) Cheese</p>	<p><i>For the person with the smallest feet to answer.</i></p> <p>Calcium helps improve bone health and makes your bones stronger. Which of these foods has calcium?</p> <p>A) Raspberries B) Yogurt C) Granola Bar</p> <p>Answer: B) Yogurt</p>	<p><i>For the whole group to answer.</i></p> <p>Fiber plays a role in disease prevention. Which type of food has fiber?</p> <p>A) Meat B) Milk C) Vegetables</p> <p>Answer: C) Vegetables</p>
<p><i>For the person with the largest feet to answer.</i></p> <p>Fiber plays a role in disease prevention. Which type of food has fiber?</p> <p>A) Cheese B) Fruit C) Fish</p> <p>Answer: B) Fruit</p>	<p><i>For the person with the shortest hair to answer.</i></p> <p>Fiber plays a role in disease prevention. Which type of food has fiber?</p> <p>A) Grains B) Water C) Meat</p> <p>Answer: A) Grains</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Eating an apple (or other fruit) with the skin provides MORE fiber than eating it with the skin peeled off.</p> <p>Answer: True</p>

<p><i>For the whole group to answer.</i></p> <p>True or False: Fruits contain mostly sugars and fibers.</p> <p>Answer: True</p>	<p><i>For the person with the most siblings to answer.</i></p> <p>Some foods contain natural sugars that are beneficial and give us energy. Which is an example of a food that has natural sugars?</p> <p>A) Strawberries B) Chocolate C) Cupcakes</p> <p>Answer: A) Strawberries</p>	<p><i>For the person with the fewest siblings to answer.</i></p> <p>Some foods contain natural sugars that are beneficial and give us energy. Which is an example of a food that has natural sugars?</p> <p>A) Soda B) Pie C) Carrots</p> <p>Answer: C) Carrots</p>
<p><i>For the whole group to answer.</i></p> <p>Some foods contain natural sugars that are beneficial and give us energy. Which is an example of a food that has natural sugars?</p> <p>A) Milk B) Steak C) Cookies</p> <p>Answer: A) Milk</p>	<p><i>For the whole group to answer.</i></p> <p>Some foods contain natural sugars that are beneficial and give us energy. Which is an example of a food that has natural sugars?</p> <p>A) Ice Cream B) Whole Wheat Bread C) Cake</p> <p>Answer: B) Whole Wheat Bread</p>	<p><i>For the person whose birthday is closest to today to answer.</i></p> <p>True or False: Getting adequate sleep is just as important as eating healthy and getting exercise.</p> <p>Answer: True</p>
<p><i>For the person who has the smallest hands to answer.</i></p> <p>True or False: Having a T.V. in your room helps you sleep better.</p> <p>Answer: False</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Having a regular routine at night before bed helps you sleep better.</p> <p>Answer: True</p>	<p><i>For the person with the most pets to answer.</i></p> <p>True or False: Getting regular amounts of sleep at night helps maintain a healthy weight.</p> <p>Answer: True</p>

<p><i>For the whole group to answer.</i></p> <p>Kids ages 6-12 need how many hour of sleep every night?</p> <p>A) 5 hours B) 7 hours C) 10 hours</p> <p>Answer: C) 10 hours</p>	<p><i>For the person with the largest hands to answer.</i></p> <p>Which of these is an example of a grain?</p> <p>A) Cereal B) Chocolate C) Corn</p> <p>Answer: A) Cereal</p>	<p><i>For the person with the fewest pets to answer.</i></p> <p>Which of these is an example of a grain?</p> <p>A) Beans B) Bread C) Bananas</p> <p>Answer: B) Beans</p>
<p><i>For the whole group to answer.</i></p> <p>Which of these is an example of a grain?</p> <p>A) Potatoes B) Pineapple C) Pasta</p> <p>Answer: C) Pasta</p>	<p><i>For the person whose birthday is closest to Christmas to answer.</i></p> <p>Which of these is an example of a grain?</p> <p>A) Raisins B) Rice C) Raspberry</p> <p>Answer: B) Rice</p>	<p><i>For the whole group to answer.</i></p> <p>Which of these is an example of a grain?</p> <p>A) Cheese B) Celery C) Crackers</p> <p>Answer: C) Crackers</p>
<p><i>For the whole group to answer.</i></p> <p>Which of these is an example of a protein?</p> <p>A) Beans B) Bagel C) Broccoli</p> <p>Answer: B) Beans</p>	<p><i>For the person with the longest arms to answer.</i></p> <p>Which of these is an example of a protein?</p> <p>A) Eggs B) Eggplant C) English muffin</p> <p>Answer: A) Eggs</p>	<p><i>For the person with the shortest arms to answer.</i></p> <p>Which of these is an example of a protein?</p> <p>A) Muffin B) Milk C) Mango</p> <p>Answer: B) Milk</p>

<p><i>For the whole group to answer.</i></p> <p>Which of these is an example of a protein?</p> <p>A) Turkey B) Tomato C) Toast</p> <p>Answer: A) Turkey</p>	<p><i>For the person with the longest legs to answer.</i></p> <p>Which of these is an example of a protein?</p> <p>A) Fruit Loops B) French Fries C) Fish</p> <p>Answer: C) Fish</p>	<p><i>For the whole group to answer.</i></p> <p>Which is NOT a fruit?</p> <p>A) Cucumber B) Lemon C) Grapes</p> <p>Answer: A) Cucumber</p>
<p><i>For the person who has visited the most countries to answer.</i></p> <p>Which is NOT a fruit?</p> <p>A) Blueberry B) Pear C) Green Bean</p> <p>Answer: C) Green Bean</p>	<p><i>For the whole group to answer.</i></p> <p>Which is NOT a fruit?</p> <p>A) Clementine B) Yellow Pepper C) Pineapple</p> <p>Answer: B) Yellow Pepper</p>	<p><i>For the whole group to answer.</i></p> <p>Which is NOT a fruit?</p> <p>A) Corn B) Strawberry C) Apple</p> <p>Answer: A) Corn</p>
<p><i>For the whole group to answer.</i></p> <p>Which is NOT a fruit?</p> <p>A) Raspberry B) Kiwi C) Carrot</p> <p>Answer: C) Carrot</p>	<p><i>For the whole group to answer.</i></p> <p>Which is NOT a vegetable?</p> <p>A) Blackberry B) Green Bean C) Squash</p> <p>Answer: A) Blackberry</p>	<p><i>For the whole group to answer.</i></p> <p>Which is NOT a vegetable?</p> <p>A) Peas B) Onion C) Watermelon</p> <p>Answer: C) Watermelon</p>

<p><i>For the whole group to answer.</i></p> <p>Which is NOT a vegetable?</p> <p>A) Cantaloupe B) Cauliflower C) Celery</p> <p>Answer: A) Cantaloupe</p>	<p><i>For the whole group to answer.</i></p> <p>Which is NOT a vegetable?</p> <p>A) Red Pepper B) Radish C) Orange</p> <p>Answer: C) Orange</p>	<p><i>For the whole group to answer.</i></p> <p>Which is NOT a vegetable?</p> <p>A) Pickle B) Peach C) Mushroom</p> <p>Answer: B) Peach</p>
<p><i>For the whole group to answer.</i></p> <p>True or False: Nuts are a source of protein.</p> <p>Answer: True</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Fruits contain natural sugars.</p> <p>Answer: True</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Cookies contain natural sugars.</p> <p>Answer: False</p>
<p><i>For the whole group to answer.</i></p> <p>True or False: Pickles are a source of calcium.</p> <p>Answer: False</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Carrot are a source of fiber.</p> <p>Answer: True</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Cheese is a source of calcium.</p> <p>Answer: True</p>

<p><i>For the whole group to answer.</i></p> <p>True or False: Fiber is what helps you build strong bones.</p> <p>Answer: False</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Fiber helps in disease prevention.</p> <p>Answer: True</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Calcium helps you build strong bones.</p> <p>Answer: True</p>
<p><i>For the whole group to answer.</i></p> <p>True or False: Calcium is the main thing that helps in disease prevention.</p> <p>Answer: False.</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Grains contain fiber.</p> <p>Answer: True</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Fruits contain fiber.</p> <p>Answer: True</p>
<p><i>For the whole group to answer.</i></p> <p>True or False: Vegetable contain fiber.</p> <p>Answer: True</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Kids ages 6-17 need 60 minutes (1 hour) of physical activity every day.</p> <p>Answer: True</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: Being active will reduce your risk of heart disease later in life.</p> <p>Answer: True</p>

<p><i>For the whole group to answer.</i></p> <p>True or False: It's okay to eat sugar in small amounts.</p> <p>Answer: True</p>	<p><i>For the whole group to answer.</i></p> <p>True or False: It's okay to eat sugar in large amounts.</p> <p>Answer: False.</p>	<p><i>For the whole group to answer.</i></p> <p>Which of these activities exercises your brain more than your body?</p> <p>A) Running B) Biking C) Reading</p> <p>Answer: C) Reading</p>
<p><i>For the whole group to answer.</i></p> <p>Which of these activities exercises your brain more than your body?</p> <p>A) Puzzles B) Jump Rope C) Jogging</p> <p>Answer: A) Puzzles</p>	<p><i>For the whole group to answer.</i></p> <p>Which of these activities exercises your brain more than your body?</p> <p>A) Kickball B) Word Search C) Rock Climbing</p> <p>Answer: B) Word Search</p>	<p><i>For the whole group to answer.</i></p> <p>Which of these activities exercises your brain more than your body?</p> <p>A) Tic-Tac-Toe B) Soccer C) Walking</p> <p>Answer: A) Tic-Tac-Toe</p>
<p><i>For the whole group to answer.</i></p> <p>Which of these activities exercises your body?</p> <p>A) Swimming B) Video Games C) Talking on the phone</p> <p>Answer: A) Swimming</p>	<p><i>For the whole group to answer.</i></p> <p>Which of these activities exercises your body?</p> <p>A) Coloring B) Shoveling Snow C) Math Homework</p> <p>Answer: B) Shoveling Snow</p>	<p><i>For the whole group to answer.</i></p> <p>Which of these activities exercises your body?</p> <p>A) Soccer B) Watching a movie C) Drawing</p> <p>Answer: A) Soccer</p>

For the whole group to answer.

Which of these activities exercises your body?

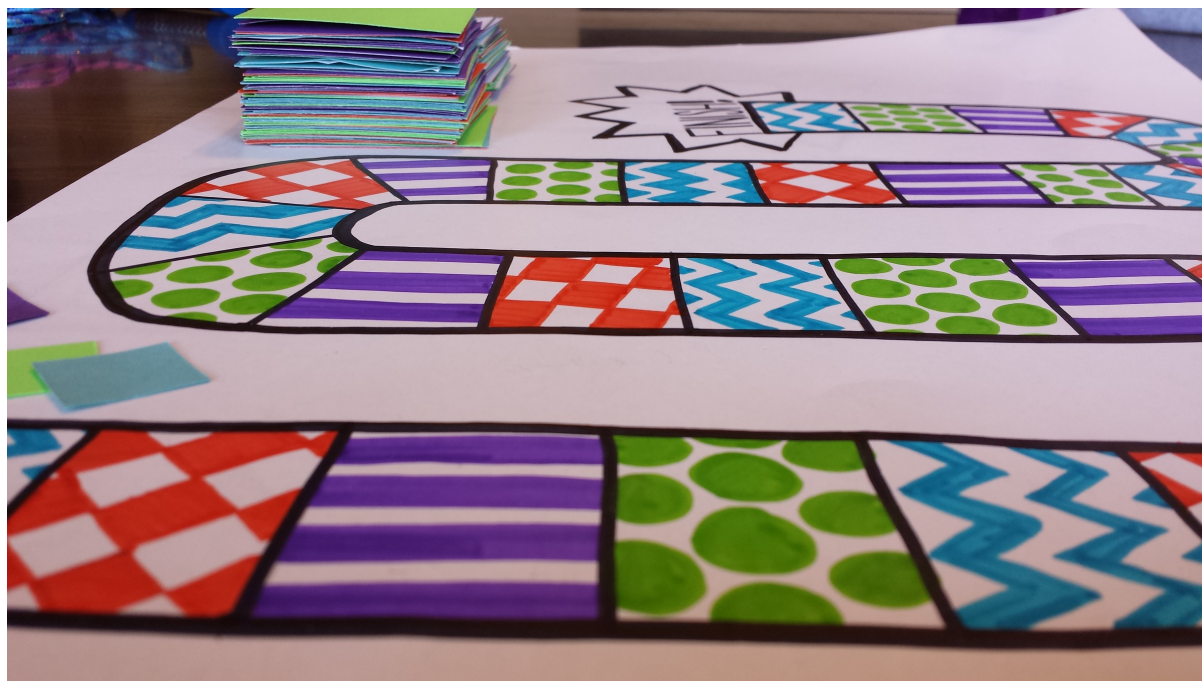
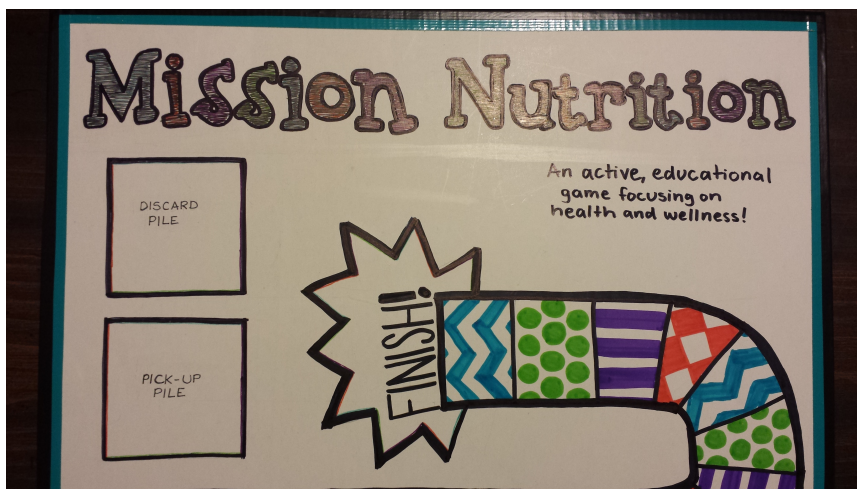
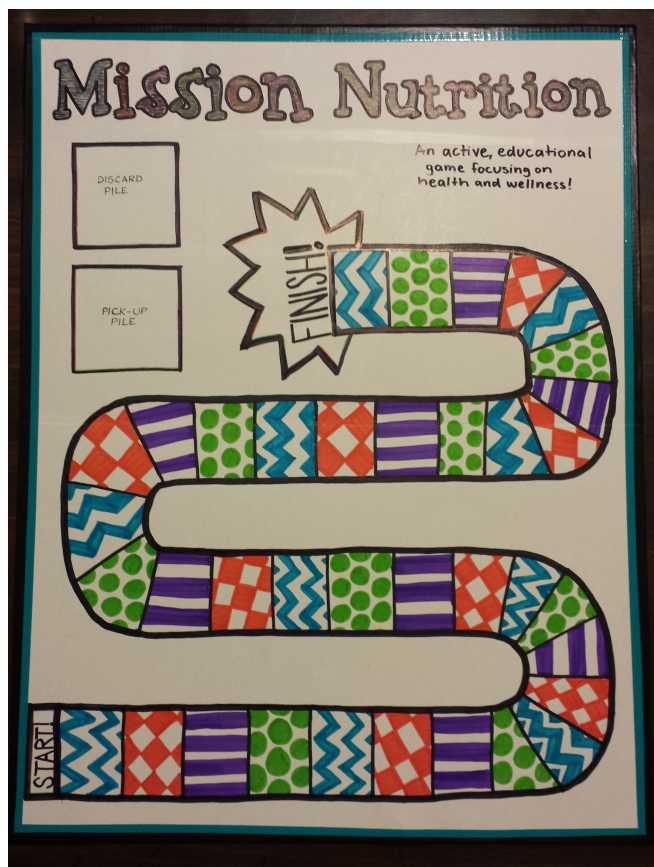
- A) Singing
- B) Writing a story
- C) Hiking

Answer: C) Hiking

Team Challenge Cards

<p><i>Complete this challenge as a team:</i></p> <p>Stand in a circle. Link hands. Have a hula hoop start at one spot in the circle. Move the hula hoop around the circle without letting go of each others' hands (you will have to put your whole body through the hula hoop)</p>	<p><i>Complete this challenge as a team:</i></p> <p>Hula hoop for 30 seconds WITHOUT dropping the hula hoop.</p>	<p><i>Complete this challenge as a team:</i></p> <p>Crabwalk around the board game and the other team for 30 seconds.</p>
<p><i>Complete this challenge as a team:</i></p> <p>Bear-crawl around the board game and the other team for 45 seconds.</p>	<p><i>Complete this challenge as a team:</i></p> <p>Hop on one foot around the board game and the other team for 1 minute.</p>	<p><i>Complete this challenge as a team:</i></p> <p>Army-crawl around the board game and the other team for 1 minute.</p>
<p><i>Complete this challenge as a team:</i></p> <p>Walk backwards around the board game and the other team for 1 minute.</p>	<p><i>Complete this challenge as a team:</i></p> <p>Do lunges around the board game and the other team for 1 minute.</p>	<p><i>Complete this challenge as a team:</i></p> <p>Keep the balloon in the air for 1 minute.</p>

<p><i>Complete this challenge as a team:</i></p> <p>Keep the balloon in the air using only your feet for 30 seconds.</p>	<p><i>Complete this challenge as a team:</i></p> <p>Keep the balloon in the air WITHOUT using your hands for 30 seconds.</p>	<p><i>Complete this challenge as a team:</i></p> <p>Keep the balloon in the air using only your heads for 30 seconds.</p>
<p><i>Complete this challenge as a team:</i></p> <p>Balance on one foot for 30 seconds.</p>	<p><i>Complete this challenge as a team:</i></p> <p>Jog in place for 1 minute.</p>	<p><i>Complete this challenge as a team:</i></p> <p>Jump rope—you have 1 minute for everyone on your team to get at least 5 in a row.</p>
<p><i>Complete this challenge as a team:</i></p> <p>Toss the koosh ball--toss it to each person at least twice in 30 seconds. NO dropping!</p>	<p><i>Complete this challenge as a team:</i></p> <p>5 push-ups in 15 seconds.</p>	



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