

# Station #1: The Big Squeeze

Materials: 5 large pitchers (clear)  
Duct tape  
Carton of large oranges  
Large bin  
5 “juicers” or cut oranges in half  
Paper towels

Prep time: 10 minutes

Set up: Cut oranges in half. Set up the cut oranges in large bin next to the 5 glass pitchers. Tape a line around the pitchers (about half way up from the bottom) indicating where the pitchers are to be filled up to. Establish line where teams start from.

Directions: Form groups of 5. Set up 1 group of 5 girls (team) in front of each of the 5 pitchers. Have each girl go up to the pitcher, one from each team at a time, and squeeze in 4 orange halves. The team to fill up their pitcher to the line first are the winners. If the team gets through all 5 girls and their pitcher is still not filled, have the team go again.

Helpful hints: Keep paper towels close by so the girls can clean their hands. Either cut the oranges before, or have a juicer that helps the girls get all of the juice out of the oranges. Have an adult stand at the squeezing table to help the younger girls.

Educational portion:

Your body can not produce Vitamin C like it can sometime produce other vitamins. This means that all the vitamin C your body requires needs to be taken in from foods. The best sources of this vitamin come from asparagus, oranges, orange juice, cantaloupe, broccoli, green peppers, potatoes, grapefruit, grapefruit juice, and strawberries. The best sources come from those fruits that are considered citrus fruits. The recommended dietary allowance for vitamin C is 60mg. This can be obtained by eating just one orange a day. Vitamin C is used in your body for collagen formation. Collagen is a substance used all over your body to give it shape and structure and help heal your boo-boos quicker. Basically, it helps to form you into a person! Also, vitamin C has been thought to work as an antioxidant, or protect you from getting certain diseases. So, eat your vitamin C to keep your body functioning and healthy!!

## Station #2: Apple “Bob”

Materials: 3 Large tubs filled half way with water  
12 small red apples, 12 small green apples, 12 small yellow apples  
Milk crates to set the tubs on  
3 Bandanas (for blindfolds)  
Cut out fruits and vegetables of either red, green, or yellow colors (ages 4-8)  
3 Large pieces of construction paper and markers (ages 9-15)

Prep time: 20 minutes

Set-up: Fill the large tubs with water half way. Equally split up the different color apples into the 3 tubs (4 of each color in each tub). Set a line where the teams start from. Ages 4-8: cut out pictures of fruits and vegetables that are red, yellow, and green.

Directions: Have the girls form 3 teams with equal members. Each team starts behind the line established. 3 girls run forward at the same time. One girl gets blind folded in each group. This girl “bobs” for apples with her hand. She is trying to get 1 apple of each color. The other 2 girls “direct” her with their words to help her find 1 apple of each color in their bucket. Once the task is accomplished, the apples are returned to the bucket and 3 more girls come to the bucket.

(Ages 4-8) After all the girls have gotten a turn to go to the tubs, they will need to take the cut out pictures of fruits and vegetables and match them to the “color” group they fit in. They should do this activity with their team. The first team to match the fruits and vegetables correctly to their colors, wins!

(Ages 9-15) After all girls have gotten to a turn to go to the tubs, each group will be given a piece of construction paper and a maker. Each team needs to come up with the name of 1 fruit and 1 vegetable that fits into each “color” (red, yellow, green). The first team to write the names of those fruits and vegetables correctly, wins!

Helpful hints: Cut out pictures of fruits and vegetables from magazine or print pictures off computer. Have an adult helping the groups when they are matching pictures or writing words for the color groups.

Educational portion:

Fiber is an important part of everyone’s diet. This important part of food comes to us from plants. Good sources of fiber come to us from whole grains (whole wheat, rye, ect), oatmeal, nuts, beans, apples, strawberries, pears, cucumbers, tomatoes, and other fruits and vegetables. The recommended amount for daily intake is between 20 to 40 grams. We use fiber in our diets NOW to help us reduce diseases LATER in life. It has been said that fiber can help reduce health problems, diabetes, and certain types of cancers. These are not usually things you have think about now, but if you eat fiber throughout your life, you will have less chance of developing these problems. So, eat wheat products and fruits and vegetables to get your daily fiber intake!!

## Station #3: Melon Weight Lifting

Materials: 3 pieces of dowel (at least 1" in diameter and 5 ft long) for weight lifting bars  
6 melons (2 honeydew, 2 watermelons, 2 cantaloupe)  
Large screw driver (for making holes in melons)  
Duct tape (for securing the melons)  
4 dumbbells (2 2.5 lbs and 2 5lbs)

Prep time: 25 minutes

Set up: Bore a hole lengthwise completely through the melon, (make the hole in the melon slightly larger than the dowel). Slide the melon onto both ends of each dowel and secure by wrapping the ends with duct tape.

Directions: Have the children pick whatever bar they want to use (keep in mind the size of the child and the weight of the bar). Then have child pick up weightlifting bar using proper lifting techniques (i.e bend with their knees, not their backs). Have the children do 3 arm curls and then place the bar back on the ground using proper weightlifting techniques.

Helpful hints: Be sure to secure the melons as tightly as possible. When making the hole in the watermelon, try to start with a small hole to ensure a tight fit. Use three size melons. When using the watermelons, use the round ones.

Educational portion:

Using weights when you exercise helps to build strong muscles. The more you build the strong muscles, the easier different things will be for you. Building strong muscles can help you to get better at sports, feel better about your body, help you recover from injury quicker or prevent certain injuries. It's very important to make sure you have supervision if you are using weights. It is also important to learn proper weight lifting techniques before you begin working out. Have an adult help you to find a work out routine that is best for you. The people that may be able to help you the best if you are interested in weight lifting are a sports coach, gym or health teacher, or a locate fitness instructor at a gym. Ask a parent or adult friend for help!

## Station #4: Potato Sack Race

Materials: 3 burlap potato sacks (plus 1 or 2 extra to replace torn sacks)  
Enough potatoes to fill half of each sack  
6 orange cones  
3 large sweet potatoes

Prep time: 5 minutes

Set up: Place 3 cones approximately 10 feet apart, marking the starting point. Place a burlap sack at each cone. Place another 3 cones approximately 20 feet from the starting point. Put a sweet potato at each of these cones. Fill each burlap bag half full of potatoes.

Directions: Start with potatoes in the sack and have the group empty them at the cone. Have one student at each cone. On the signal, "Go" girls step into their burlap sacks and hop to the second set of cones, pick up a potato, and hop back to the starting line. Students can carry the sweet potato under their chin, arm, or in their hand. Teachers will need to specify the rule. After the girl returns to the beginning, have her walk to return the potato to the second cone and then the next girl may go. Only the first girl empties the sack of potatoes.

Helpful hints: Have extra burlap sacks in case one rips.

Educational portion:

Potatoes start by growing on roots. They are then picked and put into burlaps sacks like the ones you have just used. They are shipped out to stores in these large sacks and then broken up into smaller bags for sale. Eating potatoes is a very healthy way of getting many of your vitamins and minerals you need for the day! It has vitamin C, potassium, and no fat! The important part of the potato though is the skin. If you cook the potato without the skin, many of the vitamins and nutrient can be lost in cooking. Also, sweet potatoes (the ones that are orange/yellow inside) are very healthy for you too! These types of potatoes are rich in fiber, vitamin A, and some potassium. If you switch to eating sweet potatoes, you are getting more fiber which is good for maintaining healthy bowel movements!

## Station #5: Carrot Hunt

Materials: 5 dozen whole carrots with stalks on top  
Large “pit” area with sand or dirt or woodchips  
3 large buckets  
3 orange cones

Prep time: 15 minutes

Set up: In the large pit, carrots are to be covered. They should be hitting under the dirt so only a little of the stalk can be seen.

Directions: Have three teams line up, one at each cone. Give each group a bucket to collect carrots in. When the instructor says “Go”, girls should go out one at a time into the “pit” and collect 2 carrots. Once the teams have gone through once, all girls should be allowed to search the rest of the pit for the rest of the carrots. The team with the most carrots at the end, wins!

Helpful hints: Have the girls at the end of the game replace the carrots by covering them in the dirt for the next group. Have extra carrots in case some of them need to be replaced.

Educational portion:

Growing carrots is a long, hard process. Like growing any other plants, it takes a lot of time and effort to be sure the soil’s conditions are just perfect for growing. Carrot seeds are planted about ½ inch into the soil and in rows. The carrots should be watered, but not too much. A moist condition is best for growing. The whole process of growing the carrots takes about 5-6 months. The best time to pull the carrots out of the ground is when you can see the carrot appearing over the soil and it is about 1 inch around. The smaller the carrot, the better the taste!! Carrots are great to eat and fun to grow!!

## Station #6: Food Guide Pyramid Challenge

Materials: 4 Large Grocery bags  
4 pieces of fruit  
4 vegetables  
4 small cereal boxes  
4 cans of beans  
4 yogurt containers (take yogurt out)

Prep Time: 5 minutes

Set-up: In each of the 4 bags, put one of each of the above items. Establish a starting line. 10 feet out from the starting line, write the names of each of the food groups on the ground.

Directions: Split girls into teams of 6. Have each team stand behind the bag of items. On “go”, they need to pull out one item and bring it up to the group name that fits into. They should place the food item on the ground on top of the name of the food group. After all items have been placed, the last person may go up and make any changes if needed. The first group to finish, WINS!

Helpful Hints: Use a black top for this. The names of the food groups can then be written in chalk on the ground. Also, for the younger girls, have someone by the names so they can read the groups out loud. Tell them which group is where before beginning the game. Have all food items ones that will not spoil (ie-remove the yogurt from the container prior to starting).

### Educational portion (**GIVE FIRST**):

The food guide pyramid has just recently changed to better represent the amounts of food to be eaten in each group. Also, the pyramid now has a man climbing up the side of the pyramid on steps to emphasize the idea of exercise. In the grain group, it is recommended that children between the ages of 4- to 8-year-olds need 4 to 5 ounce equivalents each day. **(9- to 13-year-old girls need 5 ounce equivalents each day.)** An ounce equivalent is 1 piece of bread, ½ cup pasta or rice, and 1 cup cold cereal. In the vegetable group, it is recommended that 4- to 8-year-olds need 1 1/2 cups of veggies each day. **(9- to 13-year-old girls need 2 cups of veggies each day.)** In the fruit group, 4- to 8-year-olds need 1 cup to 1 1/2 cups of fruit each day. **(9- to 13-year-old girls need 1 1/2 cups of fruit each day.)** Then in the milk group children 4- to 8-year-olds need 1 cup to 2 cups of milk (or another calcium-rich food) each day. **(9- to 13-year-old girls need 3 cups of milk (or another calcium-rich food) each day.)** In the meat, beans, nuts, and fish group 4- to 8-year-olds need 3 to 4 ounce equivalents each day. **(9- to 13-year-old girls need 5 ounce equivalents each day.)** An ounce in this group consists of ½ cup dried beans, 1 egg, or 1 tablespoon of peanut butter. Consuming each of these food groups in the recommended allowances will make you a stronger and healthier girl!

## Station #7: Guess the Mystery Vegetable

Materials needed: 4 different vegetables not used for other activities (ex. broccoli, corn on the cob, peppers, eggplant, artichokes, celery)  
4 boxes (large shoe boxes with covers)  
Scissors  
Table

Prep time: 10 minutes

Set-up: Use scissors to cut holes in boxes large enough to put a hand inside. Set up boxes on the table with one vegetable inside each box.

Directions: Have each student feel the vegetable and guess what each one is. They are to say it out loud. Once they have it correctly identified they may move on to the next box until completing each box.

Helpful hints: Have paper towels near by to wipe hands. Ask students to handle gently.

Educational portion:

Mom has always told you to eat your peas and carrots, but how about your celery? Green peppers? Or zucchini? The truth is, vitamins and minerals are found in many different fruits and vegetables, some of which you may not even know exist! It is important to balance our diets with a variety of fruits and vegetables for good health. Eating lots of fruit and vegetables (at least five servings a day) can help keep us healthy and prevent risk of diseases like cancer, high blood pressure, and heart disease when we are older. So remember, any fruit and vegetable is healthy for you, so make sure to always include a variety, even if it means trying things for the first time!

## Station #8: Portion Control

Materials: Measuring spoons (TBSP, TSP, etc.)  
Measuring cups (1/4c. 1/2c. 1 cup, etc.)  
Liquid measuring cups

Adjust the following to accommodate every girl. The following is approximate per girl:

- 1/3 c Unsalted nuts: peanuts, cashews, or almonds
- 2 tsp Sunflower seeds
- 1 tbsp Dried fruit (cranberries, cherries, apricots)
- 2 tbsp Raisins
- 2 tbsp Mini chocolate chips
- 1/8 c Mini pretzels
- 1/4 c Whole wheat Chex cereal
- 2 tbsp Granola
- Large jug of water
- Plastic cups (1 per girl)

Prep time: 10 minutes

Set up: Have the measuring devices spread out over the tables so the girls can have easy to access to all of them. Lay out all ingredients for the trail mix along the main table, along with a label of how much of the ingredient is to be used.

Directions: Have girls follow the recipe for making their own trail mix. They can go down the line to each step (at every ingredient) and practice measuring out the required amount into a plastic bag. Ingredients may be omitted for personal preference and/ or allergies. Then have the girls proceed to the water jug to practice measuring out a liquid of 8 fl oz of water. Enjoy your healthy snack of water and trail mix!

Helpful hints: Have a couple of volunteers on hand to help the girls measure out the correct amount. Have girls wash their hands before dealing with food, and keep paper towels close by for the girls to use.

Educational portion:

Learning how to control portion sizes is a very important part of eating a balanced diet. The serving size of every food can be measured out to ensure that you are getting the right nutrients from that food. For example, we know that we must drink milk to have strong bones, but it doesn't help if we don't know *how* much milk to drink! Consuming 1 cup of milk (or 8 fl oz) will help our bones grow strong and healthy. Controlling portion sizes is important in weight management, and will help you live a healthy lifestyle!

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## **Background on Nutrition Adventures**

This tool kit was made by University of Delaware Dietetic students. It was created based on the ideas of the Dole 5 A Day's Nutrition Adventures Tool Kit. The students researched topics and developed educational games and sessions to help better educate the Girl Scouts. The idea of 5 a day was an interesting one that they decided was important to convey to others.

The benefits of eating 5 or more fruits and vegetables a day are numerous. Including this in your diet plus being physically active can help to reduce obesity, the risk of certain cancers, heart disease, hypertension, diabetes, and osteoporosis. With the increase in incidence of these above mentioned, it is important to educate our youth early in life. With education, many of our world's problems can be eliminated or controlled. Many children across the United States are not getting enough fruits and vegetables. Also, with the introduction of video games and computers, a lot less physical activity is being done. Once educated on the benefits, more children should engage in healthy eating and activity.

## **Planning a Nutrition Adventures Event for Girl Scouts**

This tool kit is recommended for use at Girl Scout summer camps. It was designed to work with groups of all sizes. Depending on how many girls are participating, the event can last half a day or only a few hours. To set up for the event, many volunteers will be needed. It takes time to read through the materials and be sure you understand how each game works. It may be beneficial to act out the games individual to understand them better. Any modifications can be made to each game. At least one volunteer is needed at each game at all times to be able to read the educational portion. Although fun is the key, the educational portion is what the most informative and the most helpful to the girls. Be sure you emphasize how important it is for them to listen to this part. Often times, local food stores or distributors will donate produce to help cut back on costs. Some of the fruits and vegetables in the games can still be used at the end. We hope you enjoy this game and have fun with the girls!

## **Overview of Nutrition Adventures**

How it works?

Students begin the event at the centralized “Yes, I Can!” ticket station where they answer a trivia question. After answering a question, students receive a “Yes, I Can!” ticket, which they can take to any of the 8 stations. Students have to present the ticket to the volunteers at the activity stations before they can participate in activities. After the completion of each activity, volunteers should mark participants’ score cards with stickers or markers. Students continue this rotation between the “Yes, I Can!” ticket station and the 8 activity stations, until they have done all the events. One rotation is done when all students have answered a trivia question and then gotten to a station. Encourage the students to disperse themselves among the stations. After completing the station they may put an X on their Nutrition Adventures Score Card.

## Staffing

Leader/Organizer	2
Ticket Booth	4
The Big Squeeze	2
Apple “Bob”	1
Melon Weight Lifting	1
Potato Sack Race	1
Carrot Hunt	1
Food Guide Pyramid Challenge	1
Guess the Mystery Vegetable	1
Portion Control	2
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Total:	16 volunteers

## **Materials and Produce**

### **General Materials Needed**

*NOTE: Each station requires additional specific materials.*

- Small paper plates or plastic baggies- one per participant
- 4+ chairs for “Yes, I Can!” Ticket booth
- Scorecards- one for each participant
- Stamps, markers, or stickers to mark scorecards
- “Yes, I Can!” Tickets- 8 per participant
- Garbage bags
- Trash Cans
- Duct tape
- Paper towels
- 3 pieces of dowel (for Melon weightlifting)
- Large “pit” filled with sand, dirt, or woodchips
- Canopy for “Yes, I Can!” ticket booth

## Produce Needed

- Station 1      Carton of large oranges
- Station 2      12 small apples of each: red, green, and yellow
- Station 3      6 melons, two of each: honeydew, watermelon, cantaloupe
- Station 4      Enough potatoes to fill half of 3 burlap sacks, AND 3 large sweet potatoes
- Station 5      5 dozen whole carrots with stalks
- Station 6      4 of each: pieces of fruit, vegetables, small cereal boxes, cans of beans, yogurt containers
- Station 7      Stalk of broccoli, corn on the cob, green pepper, and stalk of celery
- Station 8      Unsalted nuts: peanuts, cashews, or almonds  
Sunflower seeds  
Dried fruit (cranberries, cherries, apricots)  
Raisins  
Mini chocolate chips  
Mini pretzels  
Whole wheat Chex cereal  
Granola

## Food Guide Pyramid Trivia

1. How many servings of fruits and vegetables should you eat everyday?  
A: At least 5 servings
2. Name one food in the dairy group.  
A: Milk, cheese, yogurt
3. True or False: According to the Food Guide Pyramid, you should eat more candy and sweets than fruits and vegetables?  
A: False!
4. Name one food in the meat group.  
A: Chicken, pork, beef, eggs, fish, nuts, dry beans
5. True or False: You should eat more than 10 servings of sweets each day.  
A: False!

## Supermarket Trivia

1. True or False: You should wash fresh fruits and vegetables before you eat them.  
A: True!
2. True or False: You can find fruits and vegetables in the frozen foods section in the supermarket.  
A: True!
3. What is the only vegetable that is never sold canned, dried, or frozen, only fresh?  
A: Lettuce
4. Name a fruit or a vegetable that you can buy in a can.  
A: Peaches, corn, green beans, peas, etc.
5. Do you buy fruits and vegetables in the Bakery or the Produce Department of the supermarket?  
A: Produce Department

## Fruit Trivia

1. Name a fruit that has seeds in it:  
A: Apples, oranges, watermelon, peaches, plums, apricots, etc.
2. Name a fruit that you must peel before you eat it.  
A: orange, banana, mango, pineapple, kumquat, etc.
3. Name a type of berry.  
A: Strawberry, raspberry, blackberry, blueberry, etc.
4. True or False: Watermelon is a vegetable?  
A: False!
5. True or False: Bananas are grown in the U.S.  
A: False! Bananas only grow in tropical climates close to the equator.

## Vegetable Trivia

1. Name two green vegetables.

A: Lettuce, spinach, broccoli, green pepper, asparagus, peas, etc.

2. Name a vegetable that is NOT green.

A: Corn, carrot, cauliflower, beets, onion, potato, etc.

3. Name a vegetable juice.

A: Tomato juice, carrot juice, etc.

4. True or False: A potato is a vegetable

A: True!

5. Name a red vegetable.

A: Beets, red bell pepper, radishes, red onion, red leaf lettuce, etc.

## What Am I? Trivia

1. I'm an orange root vegetable that is good for your eyesight. What am I?

A: Carrots

2. I'm juicy and yellow on the inside. I'm a tropical fruit. I was given my name because I look like a pinecone. What am I?

A: Pineapple

3. I'm green on the outside, pink or red on the inside, and sometimes have lots of black seeds. What am I?

A: Watermelon

4. I grow in bunches on vines. When I am dried I become a raisin. What am I?

A: A grape

5. I'm a fruit. I'm brown on the outside and green on the inside. I'm named after a bird native to New Zealand. I contain very small black seeds. You can eat my fuzzy skin. What am I?

A: Kiwi Fruit

## Physical Activity Trivia

1. What should you drink while you exercise?

A: Plenty of water!

2. True or False: You need to exercise 10 minutes a day to stay healthy.

A: False! Experts recommend 60 minutes of physical activity a day

3. Is dancing a form of exercise?

A: Yes!

4. True or False: You should warm up and cool down before and after exercising.

A: True!

5. True or False: You burn more calories sitting and watching TV than you do when you ride a bike?

A: False.

## Score Cards

5 A DAY NUTRITION ADVENTURES SCORE CARD	
Station #1: The Big Squeeze	Station #2: Apple "Bob"
Station #3: Melon Weight Lifting	Station #4: Potato Sack Race
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Station #7: Guess the Mystery Vegetable	Station #8: Portion Control

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