



Oliver's team talk

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Teach! TEACHERS' CORNER

What's so bad about junk food?

Junk food is bad because it provides a large amount of calories without any nutrients. Eating too much junk food is contributing to a number of health problems in children, including:

- Tiredness, listlessness and lack of energy
- Lack of enthusiasm about physical activity
- Mood swings, irritability or restlessness
- Unpredictable behavior
- Constipation or loose bowels
- Weight problems
- Pale skin, dull hair, dark shadows under eyes
- Tummy aches, nausea, headaches
- Frequent colds, infections or other illnesses
- Poor concentration

Activate! MAKE YOUR MOVE

Try having your own race against junk food. Split the class into 2 teams, fruits & veggies and junk food. Have the teams run a relay race. During the race, have the junk food team wear uncomfortable shoes or carry something heavy while they race. Tell the class when we eat junk food, it makes it harder to run, just like carrying something heavy does. Hopefully, the fruits & veggies team will win!

Or, play junk food tag. Have two students be junk food and two other students be healthy snacks. The junk food goes around and tries to tag the rest of the class. Once tagged, students are frozen because they are full of junk food and do not have the energy to run. The healthy snacks come around and unfreeze students, giving them the energy to run again. After awhile, reassign the characters and play again.

Excite! READY, SET, GO!

Read your students a story about healthy snacks and junk food. There are many books for kids about this topic.

For younger students, try "The Berenstain Bears and Too Much Junk Food." In this story, Momma and Poppa Bear replace all of the junk food with healthy snacks.

For older students, try "The Race Against Junk Food" by Anthony Buono, Roy Nemerson and Brian Silberman. In this story, Tommy goes to Freshville to help the citizens win a race against the terrible junk food gang that is trying to take over the town.

Motivate! SPREAD THE WORD

Encourage kids to try snacking the smart way, instead of eating junk food. Here are a few suggestions for healthy snacks that you can give them:

- Fresh fruit
- Fruit canned in juice or light syrup
- Small amounts of dried fruits such as raisins, apple rings, or apricots
- Fresh vegetables such as baby carrots, cucumber, zucchini, or tomatoes
- Reduced fat cheese or a small amount of peanut butter on whole-wheat crackers
- Low-fat yogurt with fruit
- Graham crackers or animal crackers

Make **HEALTHY CHOICES** for Life!SM

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