

*Children's Power Play! Campaign*



# Community Youth Organization Idea & Resource Kit

Helping Kids Power Up with  
Fruits, Vegetables, and Physical Activity

# POWER PLAY



# INTRODUCTION

## About the *Children’s Power Play! Campaign*

The *Network for a Healthy California—Children’s Power Play! Campaign (Campaign)* inspires and empowers California’s low-income 9- to 11-year-old children to eat 3 to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day. This statewide social marketing initiative is led by the California Department of Public Health’s *Network for a Healthy California* to improve children’s short-term health and reduce their long-term risk of serious health problems like obesity, type 2 diabetes, heart disease, hypertension, and certain types of cancer.

The *Campaign’s* components include educational lessons in school classrooms and community youth organizations; promotional activities in schools, youth organizations, and the community; and media and public relations activities in the community. These activities are implemented through the 11 *Regional Networks for a Healthy California (Regional Networks)*. The *Regional Networks* offer free training, support, and materials to eligible local organizations and help bring together agencies and resources within the region. Find your *Regional Network* by visiting [www.networkforahealthycalifornia.net/rn](http://www.networkforahealthycalifornia.net/rn). Organizations based outside California and those that do not serve children from low-income families can download the *Idea & Resource Kits* by visiting [www.networkforahealthycalifornia.net/powerplay](http://www.networkforahealthycalifornia.net/powerplay). A variety of materials are also available to order at-cost from the *Network for a Healthy California’s* online catalog at [www.championsforchangematerials.net](http://www.championsforchangematerials.net).

## Overview of the *Community Youth Organization Idea & Resource Kit*

You’ve probably noticed that kids today are more likely to be overweight, eat unhealthy foods, and be inactive. You can help change that! The *Community Youth Organization Idea & Resource Kit (Kit)* helps you become a Champion for Change in your youth organization. Using the *Kit*, you can make a positive impact on children’s health, whether you’re in an afterschool program, summer program, club, faith-based youth program, or other organization that brings children together outside school hours.

The *Kit* features 20 activities focused on fruits, vegetables, and physical activity. The *Kit* may be used with elementary-age children and includes both classroom-style lessons and physically active games. The activities align with the California Health Education Content Standards for California Schools (see page 3) and the California Department of Education’s Nutrition Competencies for California’s Children. Other materials available to community youth organizations include the *Children’s Power Play! Campaign* parent brochure, the *Kids...Get Cookin’!* cookbook, posters, *Harvest of the Month*, and more.

You do not need to be a nutrition expert to use the *Kit*. Simply review the background information and, if necessary, take advantage of the additional resources referred to in the Appendix. Before you begin using the *Kit’s* activities, take a look at the tips in Create a Healthy Youth Organization on page 6 to learn how you can support the health of your participants through your words and actions.

## READY

Children learn about each other's nutrition and physical activity habits through a bingo-style game.

## SET

- Review Power Bingo, Worksheet 1A and Picture Bingo, Worksheet 1B.
- Copy one Power Bingo worksheet for each child. Copy the Picture Bingo worksheet for younger children.
- Decide whether you will play Bingo until a child gets a blackout (all squares filled in) or for a set amount of time.
- Decide how many boxes one child will be allowed to sign on the same Bingo sheet. For large groups, each child should sign only once on another child's sheet.

## GO

1. Review the definitions of fruits, vegetables, and power play.

Ask the children:

- What is the difference between a fruit and a vegetable?
- What do you think power play means?

Deciding whether something is a fruit or a vegetable can be tricky, since they can be defined by their botanical parts or their common culinary usage. This explains why a tomato is technically a fruit (it has seeds), but is usually thought of as a vegetable.

These are the simple definitions based on plant parts:

- A fruit is the part of a plant that you can eat that contains seeds, such as an apple, pear, or strawberry.
- A vegetable is the stem, leaf, or root of a plant that you can eat, such as lettuce, carrots, or asparagus.

The following are fruits by botanical definition, but we call them vegetables in the *Children's Power Play! Campaign*: tomatoes, avocados, pumpkin, squash, cucumber, green beans, peppers, and eggplant.

- Power Play is a game, sport, exercise, or other action that involves moving your body, especially when it makes your heart beat faster. This is also called physical activity.

# Power Bingo



## TIME

- Prep — 15 minutes
- Activity — 30 minutes

## MATERIALS

- Copy of one Power Bingo worksheet for each child (Picture Bingo worksheets for younger children)
- A pencil or pen for each child



# Power Bingo

2. Give each child a Power Bingo sheet and a pen or pencil and explain how to play the game.
  - The object of the game is to ask other children to sign a box on your Bingo sheet that says something true about them. Give the children an example: “If you ask me to sign a square on your Bingo sheet, I might sign *I play on a sports team*, because I am on a soccer team.” Let them know how many boxes one child can sign on each sheet.
  - Let the children know whether you are playing blackout or playing for a set time period. If you are playing for a set time period, give children 10 minutes to get as many boxes signed as possible.
  - Let the children move freely and slowly about the area to get their Bingo sheets signed.
3. When one child has completed a blackout or time is up, ask the children:
  - How many of you have at least five boxes signed? Did anyone get at least 10 boxes signed? at least 15 signed? 20? All 25?
4. For each question, ask how many children could have signed in that square. Record this information on a board or paper visible to the children. Then, ask the children:
  - Which questions can no one sign? ...very few sign? Why do you think that is?
  - How do you think you are doing with eating fruits and vegetables?
  - How do you think you are doing with getting power play every day?
  - How could you do better?
  - If we played this game again, which new boxes would you like to be able to sign?
5. Conclude the activity by encouraging the children to eat 2½ to 5 cups of fruits and vegetables and get at least 60 minutes of power play every day.

## MODIFICATIONS FOR YOUNGER CHILDREN

1. After reviewing the definitions of fruits, vegetables, and power play, provide each child with a Picture Bingo worksheet.
2. Explain to the children that they should ask their friends to put their initials (or an X) in the square of a fruit, vegetable, or power play their friend has tried. Give the children 10 minutes to work on this.
3. When time is up, ask each child to count the number of boxes that they have marked.
4. Then, lead a discussion with the group as described above.

## GO FARTHER

- Give extra Power Bingo worksheets to the children and ask them to mark every box that says something true about them. Save the Bingo sheets. After some time, complete the activity again. Have the children compare their answers to see if they were able to mark off more boxes than last time.
- Have children create their own Bingo worksheets with different questions.

## BRING IT HOME

- Send extra Power Bingo worksheets home with the children for them to play with their families.
- Encourage children to talk with their families about the boxes they would like to be able to sign. Ask them to enlist their families' help in meeting their goals.


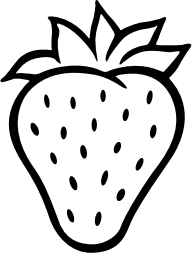
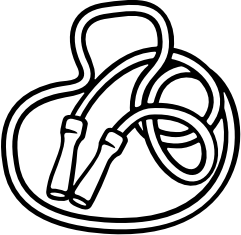
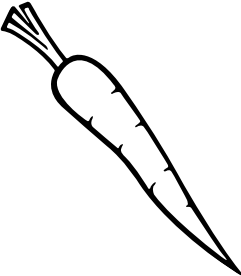
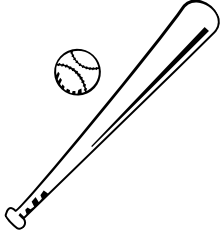

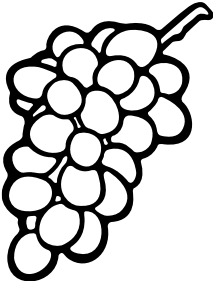
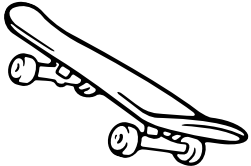
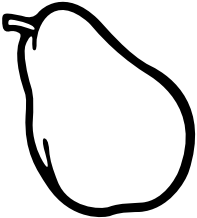
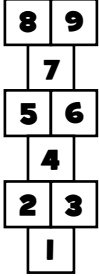
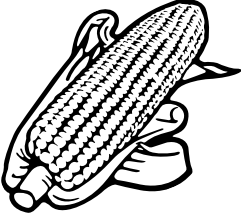


# Power Bingo

<p>I think fruits and vegetables give me energy</p> <p>_____</p>	<p>I tried a new fruit last month</p> <p>_____</p>	<p>I like to eat vegetables with dinner</p> <p>_____</p>	<p>I play on a sports team</p> <p>_____</p>	<p>I have eaten a mango</p> <p>_____</p>
<p>I have eaten kiwifruit</p> <p>_____</p>	<p>I tried a new vegetable last month</p> <p>_____</p>	<p>I get power play with my family</p> <p>_____</p>	<p>I ate a yellow or orange fruit or vegetable yesterday</p> <p>_____</p>	<p>I think eating 2½ to 5 cups of fruits and vegetables every day is easy</p> <p>_____</p>
<p>I think that power play helps me feel more energetic</p> <p>_____</p>	<p>I have eaten spinach</p> <p>_____</p>	<p><b>FREE</b>    <b>SPACE</b></p>	<p>I had a glass of 100% juice yesterday</p> <p>_____</p>	<p>I tried a new kind of power play last month</p> <p>_____</p>
<p>I ate a green fruit or vegetable yesterday</p> <p>_____</p>	<p>I have helped fix a fruit, vegetable, or salad for dinner</p> <p>_____</p>	<p>I have asked my parents to buy my favorite fruits or vegetables</p> <p>_____</p>	<p>I have eaten broccoli</p> <p>_____</p>	<p>I have helped grow fruits or vegetables</p> <p>_____</p>
<p>I have eaten peppers</p> <p>_____</p>	<p>I ate a red fruit or vegetable yesterday</p> <p>_____</p>	<p>I get power play when I am not at school</p> <p>_____</p>	<p>I like to eat fruits and vegetables as snacks</p> <p>_____</p>	<p>I think getting at least 60 minutes of power play every day is easy</p> <p>_____</p>



# Picture Bingo

 <p>Soccer</p> <p>_____</p>	 <p>Strawberry</p> <p>_____</p>	 <p>Jump Rope</p> <p>_____</p>	 <p>Carrot</p> <p>_____</p>	 <p>Baseball</p> <p>_____</p>
 <p>Broccoli</p> <p>_____</p>	 <p>Roller Skate</p> <p>_____</p>	<p><b>FREE SPACE</b></p> 	 <p>Grapes</p> <p>_____</p>	 <p>Skateboard</p> <p>_____</p>
 <p>Basketball</p> <p>_____</p>	 <p>Pear</p> <p>_____</p>	 <p>Hopscotch</p> <p>_____</p>	 <p>Corn</p> <p>_____</p>	 <p>Apple</p> <p>_____</p>