



BRIGHT IDEAS

...for using the *Eat Smart. Play Hard.*TM materials

The **Amazing Nutrition Race**



WILL YOU BE FAST ENOUGH?

Celebrate National Physical Fitness and Sports Month by having your own Amazing Nutrition Race

What is the Amazing Nutrition Race?

- ▶ The Amazing Nutrition Race is a fun, engaging, and active “competition” to teach healthy lifestyle behaviors. Players learn about healthful eating and physical activity as they follow clues to the finish line.

How Do You Play the Amazing Nutrition Race?

- ▶ Map out the route for your Amazing Nutrition Race.
- ▶ Set a start and end time for the game.
- ▶ Create nutrition and physical activity related [clues for the game](#).
- ▶ Place [route markers](#) throughout the course to indicate the “stops” for the clues.
- ▶ Form teams consisting of two participants.
- ▶ Provide players with reference materials they need to answer clues and a map of the route.
- ▶ Each team receives the first clue to start. This first clue leads to the second clue and so on.
- ▶ When each team reaches a route marker, they take one clue card leaving the remaining cards for the other teams.
- ▶ The first team to complete the game and collect all the clue cards wins!

How do I create the” clues” for my race?

- ▶ The Amazing Nutrition Race works much like a scavenger hunt where the answer to each “clue” leads the players to the next stop on the route. Therefore, the key to your clues will come from your specific route.
- ▶ Incorporate these [samples](#) to get started. Be sure to add a sentence within your clues that will lead the player to their next destination. For example: “Go to the place where lunch is served.”
- ▶ Use the posters, graphics and many other resources available on the Eat Smart. Play Hard.™ web site to help you with writing clues and answers.

What are some tips for making the game fun for all?

- ▶ Have Eat Smart. Play Hard.™ give-a-ways such as stickers, water bottles, or exercise stretch bands to reinforce the concept of balance between food and exercise.
- ▶ Tailor the game to your audience. Simplify for younger children or make it more challenging for older children and adults.
- ▶ Arrange for someone to take pictures of the teams at different points on the route as well as the winners. Give the teams a copy of their photo or post them on a bulletin board or website to encourage others to become more physically active.

Where should I host my Amazing Nutrition Race?

- ▶ You can have an Amazing Nutrition Race anywhere -- a community center, park, school, office building, or even at home!
- ▶ A race can be done in inside or outside settings.
- ▶ Use the areas of your venue as the “stops” on your route for example:
 - School → playground, blacktop, gymnasium, stairwell, cafeteria, upstairs, water fountain.
 - Community Center → kitchen area, main hall/entry, playground, offices
 - Home → Kitchen, mailbox, backyard, sitting area, porch/deck.
 - Office Building → lobby, coffee area, stairwells, or several specific floors of an office building.
 - Park → playground, basketball court, baseball diamond, picnic area, walking trails.

The Amazing Nutrition Race



CLUES:

1.
It's the theme to eating healthy and being physically active; hidden where we eat lunch it's
There you will find the slogan about eating and playing
To which we all try to adhere.

Be sure to add the next destination to your clue. Add it within the clue as seen here or at the end such as "Now go to the place where lunch is served."

2.
To find the next clue just find the cat
Who can tell you how to Eat Smart and Play Hard.™
Just like that!

3.
Just one clue back you named a cat – "Eat Smart. Play Hard.™" is what he said!
Now, find the picture of his young nephew, who is learning to be active and healthy too.
There you will also find the envelope with your next clue.

4.
It's how to best begin each day,
Find the picture and get the clue to move along.
Eat this and you will have the energy to learn and play!
That will last all morning long.

Note: Be sure to add the next destination to your clue. Add it within the clue as seen above or at the end such as "Now go to the place where lunch is served."

5.
It's a triangle that all people should know,
and there is one especially for you.
The symbols remind us to be physically active,
and make healthy food choices, its true.
When you find this and you'll see all the food groups there are and get your next clue too.
(Reference: <http://mypyramid.gov/kids/index.html>)

6.
For your last stop, let's have fun with physical activity time.
Do five jumping jacks and go to the finish line.
Now it's true you're done!
Sure hope you've enjoyed the Amazing Nutrition Race,
and had a lot of fun!

ROUTE MARKER

The **Amazing** Nutrition Race



Cut out flag and attach it to a stick to mark the location of clues throughout the route.