

Dear Educator,

Help your students score big in good nutrition by creating a game plan for the grocery store! Studies show that eating healthy is important for physical and cognitive performance.* But many students need support to know where to start.

Fuel Up to Play 60 can help with that! This free wellness program from the National Dairy Council and the NFL in collaboration with the USDA provides schools with a game plan to promote balanced nutrition, beginning with a healthy breakfast, and get students moving for 60 minutes each day.

The American Dairy Association North East (ADANE) has teamed with the curriculum experts at Young Minds Inspired to help you make *Fuel Up to Play 60* the foundation of your school's wellness program throughout the coming semester. Every two weeks, you can find a new lesson plan for grades 5–8 at ymiclassroom.com/futp60 with activities that reinforce balanced nutrition and daily physical activity.

This week's lesson plan focuses on making smart choices when grocery shopping by choosing foods that meet the MyPlate guidelines, and includes tips for shopping within a budget and reducing food waste. The activities can be completed by students at home or in class, to accommodate both home-based and school-based instruction, and include ideas for engaging students' families in your school wellness program as well.

We hope you will share these materials with your principal, health teachers, family and consumer science teachers, athletic directors, coaches, parent coordinators, and anyone else who works with middle school students in your community. Please let us know your opinion of this year's *Fuel Up to Play 60* program by visiting ymiclassroom.com/feedback-futp60. We look forward to your comments and suggestions.

Sincerely,

Kristina Moher
Director of Youth Engagement
American Dairy Association North East

* www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf

**Watch for
New Lessons!**

Every two weeks, new
Fuel Up to Play 60
lessons will be posted at
ymiclassroom.com/futp60.



About *Fuel Up to Play 60*

Fuel Up to Play 60 is a free K-12 health and wellness program designed to help schools meet their wellness goals by encouraging youth to eat nutrient-rich meals and participate in at least 60 minutes of physical activity each day.

Fuel Up to Play 60 offers educators many free resources, including a Playbook packed with creative ideas for implementing school wellness plans, annual funding opportunities, personalized educator and student dashboards, and innovative ways to earn incentives and rewards. Individual students also have the chance to become leaders in their schools and communities by becoming *Fuel Up to Play 60* Ambassadors. Any registered school that meets its wellness goals qualifies to become a "Touchdown School" and receives a fun *Fuel Up to Play 60* prize pack for their students. Learn more and sign up at www.fueluptoplay60.com.

Target Audience

Grades 5-8

Program Components

Available at ymiclassroom.com/futp60:

- This one-page teacher's guide with a reproducible activity sheet
- Additional resources, including a reproducible letter to encourage your colleagues to become *Fuel Up to Play 60* advisors

Objectives

- Encourage students to eat a healthy breakfast and get 60 minutes of physical activity every day
- Raise awareness about shopping for healthy food choices on a budget and reducing food waste
- Support health, decision-making, and language arts skills

How to Use This Activity

A Page from the Playbook: Shop Smart

In this activity, students learn how to make informed choices when grocery shopping and how to choose foods that meet the MyPlate guidelines, including tips for how to shop within a budget and reduce food waste.

Ask students to share their role in food shopping and selection. Do they help shop and select food? If so, do they make a menu of meals and plan a shopping list?

Tell students that it's important to "shop smart" at the grocery store. It can help a family make healthier food choices, stay on a budget, and reduce food waste.



Part 1: Review the first paragraph with your students and discuss the MyPlate graphic. Then have students take the true/false quiz, using the websites listed on the activity sheet to check their answers.

Answers: 1. True; 2. False. Store brands often cost less than national brands; 3. True; 4. True; 5. True; 6. True; 7. True; 8. False. Larger sizes often cost less per ounce or pound, when compared to smaller sizes.

Part 2: Have students use what they learned at the two MyPlate webpages to create three to five tips to help families shop smart and reduce waste. Have students share their tips with each other and their families.

Fuel Up to Play 60 Connection

Have students consider how your school could reduce food waste and take action by visiting the "Food: Waste Less and Enjoy — It's Good for All of Us!" play found at www.fueluptoplay60.com/playbooks/fuel-up-to-play-60-playbook/food-waste-less-and-enjoy---its-good-for-all-of-us#tab_tab2.

Check Your Touchdown School Progress

There's still time to become a "Touchdown School" by following these simple steps:

1. **Get Started** — Build a *Fuel Up to Play 60* team of students and educators and complete a School Wellness Investigation. Target deadline: 9/30/20
2. **Eat Healthy** — Implement a Breakfast After the Bell play. Target deadline: 10/31/20
3. **Get Moving** — Develop a plan to get students and teachers up and moving each day for at least 60 minutes. Target deadline: 11/30/20

Complete these steps by 11/30/20 for a chance to receive a *Fuel Up to Play 60* student prize pack. Contact futp60@milku4u.org to learn more.



Questions? Contact YMI toll-free at 1-800-859-8005 or by e-mail at feedback@ymiclassroom.com.

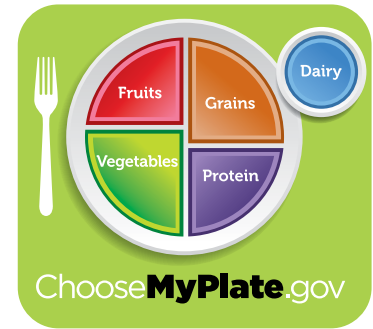
© 2020 National Dairy Council. Fuel Up is a service mark of National Dairy Council.
© 2020 YMI, Inc.



A Page from the Playbook

Shop Smart

The first step in shopping smart is to understand the MyPlate guidelines. MyPlate provides a graphic to help people choose the right mix of foods to build a healthy eating lifestyle. It encourages people to make healthy food and beverage choices from all five food groups to get the nutrients they need. Look at the MyPlate graphic. Do your meals look like that? Think about how you can shop smarter so your plate matches the MyPlate graphic and your meals are balanced.



The second step in shopping smart is to stick to a budget. Choosing healthy foods and following a budget can also help you reduce food waste. Did you know that on average every person in the United States wastes \$370 worth of food per year? Reducing food waste can not only help your family save money, but also help protect our planet.

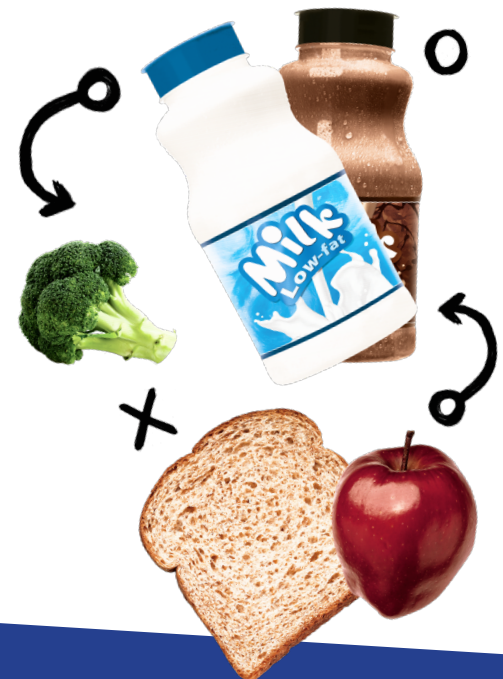
Part 1: Take the quiz below to learn more about making smart choices when you go food shopping. Write T for “true” or F for “false” on the line. Then check your answers by visiting the two websites listed below. How many did you get right?

- ___ 1. The unit price tells how much an item costs per pound, ounce, quart, etc., and can be helpful when comparing items.
- ___ 2. Store brands and name brands cost about the same.
- ___ 3. In the U.S., 90 billion pounds of edible food gets thrown away each year.
- ___ 4. One way to reduce food waste is to choose foods that can be frozen if needed.
- ___ 5. Planning healthy meals before going to the grocery store is a good way to shop smart.
- ___ 6. Frozen and canned fruits and vegetables last longer than fresh ones and may be less expensive.
- ___ 7. Reading food labels can help shoppers make healthier food choices.
- ___ 8. Buying small portions of dairy products, such as flavored yogurt, is one way to shop smart.

Now, check your answers by visiting these two websites:

- Healthy Eating on a Budget:
choosemyplate-prod.azureedge.net/eathealthy/budget
- Let's Talk Trash:
choosemyplate-prod.azureedge.net/resources/lets-talk-trash

Part 2: Use what you have learned at the websites listed above to create a list of three to five tips to help families shop smart and reduce waste. Write your list on the back of this page or a separate sheet of paper. Share your shopping smart tip list with your class and your family.



Lead the way to wellness as a *Fuel Up to Play 60* Ambassador! As a student leader, you can rally your peers and work with program advisors to brainstorm ideas, plan, and evaluate how to implement your school game plan. To learn more, visit www.fueluptoplay60.com/get-involved/ambassadors-and-summit with your parents/caregivers.



AMERICAN DAIRY
ASSOCIATION



© 2020 National Dairy Council.
Fuel Up is a service mark of National Dairy Council.
© 2020 YMI, Inc.