




Fuel for School

Nutrition Play

Reproducible Master
Grades 3-7 Activity



Fuel Up to Play 60 is a program from the  National Dairy Council and the NFL with the U.S. Department of Agriculture, to create activities that keep every student moving, regardless of ability.

Did you eat breakfast today? If not, you should know about the nutrition plan *Breakfast for Everyone — First Meal Matters*, that offers breakfast every day.

Part 1: Eating a healthy breakfast that includes dairy, protein, whole grain, and fruit is a good start to the day! Look at the words in the word box. Some are benefits of eating breakfast. Other words are part of a healthy breakfast. Find and circle the words in the word search below.

O	K	S	T	G	O	P	I	Z	D	C	Y	H	F	P
A	W	B	S	H	R	L	B	F	G	O	O	C	H	T
Y	R	O	M	E	M	A	R	Q	A	N	G	I	T	W
N	O	C	A	B	N	U	I	T	J	C	U	W	L	H
P	A	R	F	A	I	T	T	N	Y	E	R	D	A	O
T	Y	T	N	T	H	E	R	P	S	N	T	N	E	L
S	T	A	H	A	N	P	K	E	N	T	Q	A	H	E
E	E	Q	D	D	H	G	S	I	L	R	S	S	F	F
T	T	S	A	F	K	A	E	R	B	A	Y	G	H	Y
P	Y	N	S	R	V	T	F	L	E	T	K	F	G	O
V	C	S	V	E	O	O	D	Q	F	I	X	R	Y	E
E	W	Q	N	R	D	O	U	A	S	O	E	W	X	T
C	K	S	P	I	M	A	E	V	I	N	Y	E	P	D
S	C	O	R	E	S	P	R	V	E	R	F	B	W	E
W	B	E	N	E	L	J	Z	G	A	O	Y	J	G	O

DAIRY	TEST	BANANA
FRUIT	SCORES	EGGS
WHOLE	GRADES	BREAKFAST
GRAINS	ATTENDANCE	SANDWICH
PROTEIN	MEMORY	BACON
ALERTNESS	CONCENTRATION	PARFAIT
HEALTH	ENERGY	YOGURT

Part 2: Now that you know the importance of eating a healthy breakfast, visit www.FuelUpToPlay60.com and click “Playbook” at the top of the page. Then scroll down to the “Healthy Eating” Play *Breakfast for Everyone — First Meal Matters*. Read the Quickstart Guide, and then answer the questions below.

1. What are three possible *Breakfast for Everyone* options schools might try?

2. Why would the *Grab and Go* option be good for middle and high school students?

To stay at the top of your game, you need physical activity daily. Visit www.FuelUpToPlay60.com, click on “Playbook,” and scroll to the “Physical Activity” Play *All in, All Abilities — Activate Your School!* Click “View Play” and answer the questions below.

3. How many minutes of physical activity should children have each day?

4. What percentage of 12-15 year-olds have adequate levels of cardiorespiratory fitness?



Part 3: Get involved! Visit www.FuelUpToPlay60.com/get-involved/students to find out how you can help your school be at the top of its game. As a first step, design a poster to promote *Breakfast for Everyone — First Meal Matters* and **Fuel Up to Play 60** in your school. You can include statistics that show why eating breakfast and exercising each day is so important for your mind and body. For example:

Students who eat school breakfast every day:

- ✓ Perform better on standardized tests in spelling, reading, and math
- ✓ Show improved cognitive function, attention, and memory
- ✓ Have improved attendance, behavior, and academic performance as well as less tardiness
- ✓ Are healthier and have a lower probability of obesity

And students who engage in at least 60 minutes of physical activity each day:

- ✓ Show improved overall health
- ✓ Are more focused in the classroom
- ✓ Have better memory and cognition skills



Get in the Game! Connect with us at WinnersDrinkMilk.com.

