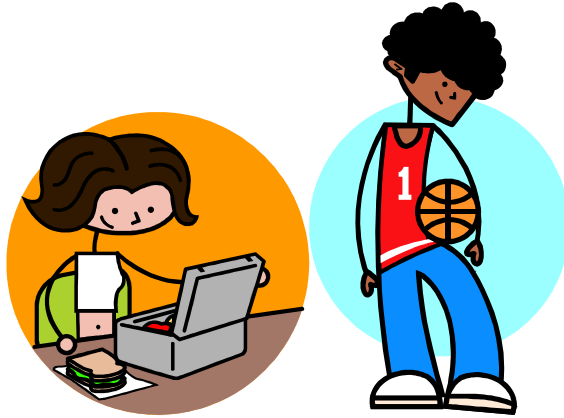


MIX IT UP



who: 1st - 5th graders

when: Lunchtime Tues. June 3rd

where: Franklin cafeteria

why: to celebrate our healthy school year, promote healthy summer eating, and enjoy dairy and fruit groups from MyPyramid

how: with MS student leaders and School Health Advisory Council as facilitators

***Student leaders will bring class envelope to you by 11:15 to distribute color cards to your students. Please have students “buddy up”, hold onto cards, and walk to cafeteria with student leaders. 1st - 5th graders will sit at lunch tables with color-coded signs that match their color cards. Student leaders will eat lunch with your students and facilitate MIX IT UP activities.**

Students with food pyramid on their card immediately check in with MIX IT UP leader.

Table group activity:

- 1.** Attach the food cards to table sign so all students can see the different types of **dairy and fruits**.
- 2.** Identify the different types of **dairy and fruits** your table group is having for lunch today.
- 3.** Record your table group's total number of different types of **dairy**. _____ Record your table group's total number of different types of **fruit**. _____
- 4.** List ways you can mix **dairy and fruits** for healthy eating this summer.

dairy		fruit
_____	+	_____
_____	+	_____
_____	+	_____

Post this MIX IT UP paper on table sign when complete. Raise color cards when finished with lunch and your table will be served frozen yogurt and fruit. Put all color cards into basket.

MyPyramid challenge

Identify the variety of dairy from lunches at your table group.

List examples.

Record your table group's total number of dairy servings. _____

Find number of dairy servings recommended for 11-14 year olds in Dairy Bytes.

When your table group is finished with lunch and this paper is posted on sign, raise fingers indicating the number of dairy servings 11-14 year olds should have daily. MIX IT UP leaders will invite your table group to come and get a serving of frozen yogurt and fruit. **ENJOY.**