



# Week 8

## Wrapping It Up!

Relates to these subjects:  
Health, PE, Science

### Key Outcome:

Students will review information learned the previous weeks and discuss the importance of water in the body.

### Empowerment Messages:

- Life is full of choices, including choices about food and physical activity.
- To be healthy, we need to choose healthful foods and get daily physical activity.
- Fruits and vegetables are good choices for meals and snacks.

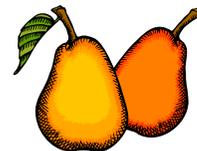
### To implement this week's activities:

- Use activities on 19-20 of the Student Activity Book.
- Purchase food and supplies needed for the **EAT SMART** and **PLAY HARD** activities.
- Remind students daily to complete their log of fruits and veggies consumed and time spent in physical activity.
- Award **EVERY** student a Certificate for Power Panther Pals participation.
- Have students determine how many weeks they met their personal goals. Award carabineer clips to students who met both their **EAT SMART** and **PLAY HARD** goals during five of the seven weeks logs were maintained.
- Total the Power Points by team to determine the team with the greatest number of points. Award water bottles to the team with the greatest number of points.
- Send home Newsletter Issue 6, *Power Panther Pals At Home* (provided).

### This week's fruit and veggie jokes:

Q: What are twins' favorite fruits?

A: Pears!



Q: How do you find a lost rabbit?

A: Easy! Make a noise like a carrot!

## EAT SMART – Activities and Materials

### Teacher Information:

People need to stay hydrated to be healthy. We should try to consume eight, 8-ounce glasses of water each day. In addition to drinking water, some foods, such as fruits and vegetables, are sources of water.



**Tell students they receive 1 EXTRA Power Point each day this week when they drink 8 glasses of water.** (Count only tap water or bottled water. Water in other foods cannot be included.) Record the points in the Bonus Points row of the log form.

Summarize the information covered during the past eight weeks with students. Important points to discuss as time permits:

- Life is full of choices, including choices about food and physical activity.
- **EAT SMART. PLAY HARD.**
- Trying new fruits and veggies can be fun and also have health benefits!
- We eat different parts of fruits and veggies.
- We need to eat different colors of fruits and veggies.
- Move more. Sit less.
- Snacking is a great way to fit fruits, vegetables, whole grains and low-fat dairy products into your daily food choices.
- Control portion sizes to help control calories.
- Breakfast is an important meal. Try unconventional food choices for the morning meal!
- Water is an important nutrient our body needs each day.

### Activity Sheets

Work through the following student activity pages with students:



- *Water Content of Fruits and Vegetables* – page 19 of the Student Activity Book (Manual page 122)
- *Water Facts* – page 20 of the Student Activity Book (Manual page 121)
- Instruct students to complete **EAT SMART. PLAY HARD. Trivia**. This page is a “post-test” and contains information that students learned during the PPP program. We ask that you document both pre- and post-test results on your Final Evaluation form on page 166.



## Purple Power Smoothie OR Fruit Smoothie

- Instruct students to wash their hands using soap and water.
- Show students the video segment for the Purple Power Smoothie OR the Fruit Smoothie.
  - Note: The smoothie recipes require a blender. If you do not have a blender available to you or you prefer not to use a blender, you may choose another recipe from any of the previous weeks. You may wish to try one of the recipes that you did not try yet or you may repeat a class favorite.
- You may choose to ask students to bring in a large, clean t-shirt or apron from home to cover their regular school clothes during this activity.
- The recipes are included on page 30-31 of the Student Activity Book (Manual page 126-127) so have students don their chef hats, turn to page 31 and get those Kids a Cookin'!



### Student Discussion:

- Have you ever tried a smoothie before?
- Why is the Purple Power Smoothie or the Fruit Smoothie a good snack?
- How is dried fruit made?  
(Water is removed from the fruit.)
- Why is dried fruit such a good snack?  
(It's easy to carry in a backpack and is packed with nutrients.)
- What fruit/veggie snacks have students eaten the past seven weeks that were served as part of the PPP program?
- What snacks did students consume outside of school hours that were new choices during the past seven weeks?
- Will students continue the "improved" snacking pattern now that Power Panther Pals is over?
- Which did they like the best, the old snacking pattern or the new one? Why?
- What other fruit/veggie snacks can students name that they might like to try?

## EAT SMART – Activities and Materials

### Optional- School-wide Activity

#### Team Nutrition – Across the Airways

For complete instructions, refer to the enclosed *Popular Team Nutrition Events* idea book, page 6.

### Optional- Cafeteria Activities

#### Team Nutrition Cookbook

For complete instructions, refer to the enclosed *Popular Team Nutrition Events* idea book, page 12.

### Optional- Student Contest

#### EAT SMART. PLAY HARD. Contest

In the classroom, instruct students to write or create an item that relates to **EAT SMART. PLAY HARD.** The item created could be a:

- Bumper sticker
- Campaign slogan
- Rap
- Placemat
- Magnet
- Hat
- Cheer
- Billboard
- Jingle
- Or other...



Judge all the “creations” and have a display or parade in the school cafeteria to showcase the winners in each category.



## EAT SMART – Activities and Materials

### 6<sup>th</sup> Grader Extras

#### Scavenger Hunt

##### Materials Needed:

40+ grocery ads, scissors, tape, notecards with math problems written on one side

Gather at least 40 grocery ads for students to use. Many grocery stores and newspaper manufacturers will save ads for use in the classroom. Review mathematics vocabulary with your students. The terms they should understand include sum, difference, total price, product, place value in decimals, etc. Students will search through grocery advertisements to find a part of an advertisement that satisfies a particular problem on the scavenger hunt.

Organize students into groups or in their teams. Have each team look through the grocery ads and find an ad that satisfies each one of the questions on the notecards. Have the students cut out the ads (picture and price) and tape them to the other side of the card with the clue they think it satisfies. Team members should also show their work to prove that the ads they chose match the math problems. Emphasize that neatness and organization are important so that the work can be followed easily.

The math problems are:

1. Find a product from the milk group whose price has a nine in the tenths place. How much will three of these items cost?
2. Find a food made of grain that costs more than \$0.89 but less than \$2.89. Is three one of its factors?
3. Find the total cost of two pounds of pork and one pound of beef. Convert your answer to a fraction and reduce to simplest terms.
4. Find the cost of one pound of a vegetable and one pound of lean beef whose total sum contains and eight in the hundredths place.
5. Find the price of one food that contains both grain and fruit. Round the price to the nearest dollar.
6. Find the total cost of three items you could use to make dinner for your family. Include one vegetable and one source of protein (be sure to state the quantity of each item).
7. Find the mean price per pound of two types of citrus fruit. Round your answer to the nearest dime.
8. Find the cost of four grain products whose total is over eight and three-fourths dollars.
9. Find a food that costs the same backwards as it does forwards. This is called a palindromic number.
10. Find the total cost of four different products that partially or completely come from plants.
11. Find an item that is sold in multiple pound quantities. Determine the price per pound. Round your answer to the nearest cent.
12. Convert the price of two pounds of leaves to a fraction. Reduce the fraction to lowest terms.

## PLAY HARD – Activities and Materials

### PE Activity

#### Music Fun

##### Materials needed:

Radio

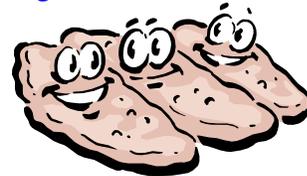
Be sure the radio is easily accessible. Direct students to spread out in the room. Before you begin the music, instruct the students to do a particular activity while the music is playing (i.e.: walk, skip, jog, gallop, show their favorite dance move). Then, when the music stops, each student must find a partner and freeze in a certain pose (i.e.: stand back to back, toe to toe, elbow to elbow). While the music is stopped, direct them to do a different physical activity when the music begins again. When the music stops again, they must freeze in a different pose, specified by the facilitator.

### Optional- PE Activity

#### Potato Mania Race

##### Materials Needed:

1 large potato per team



Divide students into existing **EAT SMART. PLAY HARD.** teams. Give each team a **LARGE** potato. Instruct teams to select two members to work together to hold the potato without using their hands. Let partners experiment with holding the potato in different ways, such as pressed between their foreheads, arms, shoulders, backs or knees.

Encourage players to figure out how they can move/race while still holding the potato between them. Can they jump, walk or run? Remaining team members can act as coaches or fans. Identify a "race track" and see which pair can complete the race first without dropping their potato. If the potato is dropped the pair has to go back to the beginning and start again. Only one restart per pair will be allowed. (More than one pair in each group may want to participate.)



### Optional- Community Involvement

#### Team Nutrition Walk-About Parade

For complete instructions, refer to the enclosed *Popular Team Nutrition Events* idea book, page 24.

## PLAY HARD – Activities and Materials

### 6<sup>th</sup> Grader Extras

#### Okay to Sweat!

##### Materials Needed:

Jump ropes

Piece of paper or notecard for each student

Have each student set up a personal challenge. Each student should compete with himself or herself, rather than against each other. Have each student write down their name and decide on a number. The number will represent how many times they think they can jump rope without missing. They don't need to reveal their number.

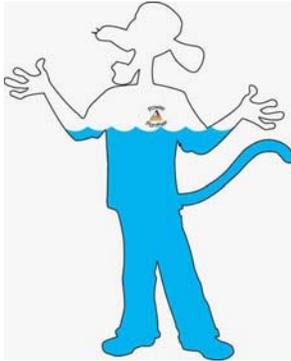


Get students to start jumping rope. Give them each three or four chances to meet and exceed his or her goal and until each works up a sweat. Turn on music to make jumping rope more fun.

##### Student Discussion:

- What's the benefit of jumping rope or just getting up and moving more? (Students may respond with any of the "Healthy Body Benefits" listed on page 29 in Week 1.)
- How did your body feel the longer you jumped rope? (Sweaty, harder to breathe, face/body got warm, faster heartbeat etc.)
- Sweating helps your body cool down. When you're moving a lot, you need to drink a lot of fluid. When you're thirsty or sweating a lot, what do you drink? What would be a good drink choice? Why? (Plain water is often the best choice to quench your thirst: there are no calories, it is easy for your body to absorb and it is very inexpensive. Sports drinks are okay, but unless you are very physically active for over an hour at a time or exercising in hot, humid weather sports drinks are unnecessary.)

# Water Content of Fruits and Vegetables



Water makes up about 60% of the body's weight. For the body to function properly, we should try to consume about two quarts of water per day. Water needs vary depending on the food a person eats, environmental temperature and humidity, a person's activity level and other factors. Fruits and vegetables contain large quantities of water in proportion to their weight. When these foods are eaten, the water can be absorbed by the body.

The following table provides the water content of several popular raw fruits and vegetables. Complete the table by calculating the percentage of water in each fruit and vegetable and writing it in the column labeled *Percent Water*.

Fruits				Vegetables			
Fruit	Food Weight (g)	Water Weight	Percent Water	Vegetable	Food Weight (g)	Water Weight	Percent Water
Apple	138	116		Broccoli	44	40	
Apricot	106	92		Cabbage (green)	35	32	
Banana	114	85		Cabbage (red)	35	32	
Blueberries	145	123		Carrots	72	63	
Cantaloupe	160	144		Cauliflower	50	46	
Cherries	68	55		Celery	40	38	
Cranberries	95	82		Cucumber	52	50	
Grapes	92	75		Eggplant	41	38	
Grapefruit	123	112		Lettuce (iceberg)	20	19	
Orange	140	122		Peas (green)	72	57	
Peach	87	76		Peppers (sweet)	50	46	
Pear	166	139		Potato (white)	112	88	
Pineapple	155	135		Radish	45	43	
Plum	66	56		Spinach	28	26	
Raspberries	123	106		Zucchini	65	62	
Strawberries	149	136		Tomato (red)	123	115	
Watermelon	160	146		Tomato (green)	123	114	

Using the percentages you calculated, answer the questions below.

- Which fruit has the **lowest** percentage of water? \_\_\_\_\_
- Which vegetable has the **highest** percentage of water? \_\_\_\_\_
- Write down your favorite fruit and vegetable from the list and the percentage of water in each. \_\_\_\_\_  
Which has the higher percentage of water? \_\_\_\_\_

# Water Facts



You can refill an eight-ounce glass of water approximately 15,000 times for the same cost as a can of soda pop.

You can survive about a month without food but only a few days without water.

Each person uses about 100 gallons of water a day at home.

Lack of water is the number one cause of daytime fatigue.

Only one percent of the Earth's water is available for drinking water.

A dairy cow must drink four gallons of water to produce one gallon of milk.

A person should drink at least eight glasses of water each day.

You don't need to buy bottled water for health reasons. Bottled water is good if you want a different taste, but it costs up to 1,000 times more than municipal drinking water.

## You do the math!

- Three out of every four people in the United States are chronically dehydrated.
  - What percentage of people are dehydrated? \_\_\_\_\_
  - There are almost 300 million people in the United States, how many of them are chronically dehydrated? \_\_\_\_\_
- The average five-minute shower takes 15-25 gallons of water. If a 5-minute shower uses 25 gallons of water, how many gallons does a person use in one minute? \_\_\_\_\_
- One gallon of water weighs approximately 8.5 pounds. A backyard swimming pool contains about 5,000 gallons of water. How much does the water in the swimming pool weigh? \_\_\_\_\_

## Water Content of Fruits and Vegetables – Answer Key



Water makes up about 60% of the body's weight. For the body to function properly, we should try to consume about two quarts of water per day. Water needs vary depending on the food a person eats, environmental temperature and humidity, a person's activity level and other factors. Fruits and vegetables contain large quantities of water in proportion to their weight. When these foods are eaten, the water can be absorbed by the body.

The following table provides the water content of several popular raw fruits and vegetables. Complete the table by calculating the percentage of water in each fruit and vegetable and writing it in the column labeled *Percent Water*.

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Apple	138	116	84	Broccoli	44	40	91
Apricot	106	92	87	Cabbage (green)	35	32	91
Banana	114	85	74	Cabbage (red)	35	32	91
Blueberries	145	123	85	Carrots	72	63	87
Cantaloupe	160	144	90	Cauliflower	50	46	92
Cherries	68	55	81	Celery	40	38	95
Cranberries	95	82	86	Cucumber	52	50	96
Grapes	92	75	81	Eggplant	41	38	93
Grapefruit	123	112	91	Lettuce (iceberg)	20	19	95
Orange	140	122	87	Peas (green)	72	57	79
Peach	87	76	87	Peppers (sweet)	50	46	92
Pear	166	139	84	Potato (white)	112	88	78
Pineapple	155	135	87	Radish	45	43	95
Plum	66	56	85	Spinach	28	26	93
Raspberries	123	106	86	Zucchini	65	62	95
Strawberries	149	136	91	Tomato (red)	123	115	93
Watermelon	160	146	92	Tomato (green)	123	114	93

Using the percentages you calculated, answer the questions below.

- Which fruit has the **lowest** percentage of water? **Banana**
- Which vegetable has the **highest** percentage of water? **Cucumber**
- Write down your favorite fruit and vegetable from the list and the percentage of water in each. \_\_\_\_\_  
Which has the higher percentage of water? \_\_\_\_\_

# Water Facts



You can refill an eight-ounce glass of water approximately 15,000 times for the same cost as a can of soda pop.

You can survive about a month without food but only a few days without water.

Each person uses about 100 gallons of water a day at home.

Lack of water is the number one cause of daytime fatigue.

Only one percent of the Earth's water is available for drinking water.

A dairy cow must drink four gallons of water to produce one gallon of milk.

A person should drink at least eight glasses of water each day.

You don't need to buy bottled water for health reasons. Bottled water is good if you want a different taste, but it costs up to 1,000 times more than municipal drinking water.

## You do the math!

- Three out of every 4 people in the United States are chronically dehydrated.
  - What percentage of people are dehydrated? **75%**
  - There are almost 300 million people in the United States, how many of them are dehydrated? **225 million**
- The average five-minute shower takes 15-25 gallons of water. If a 5-minute shower uses 25 gallons of water, how many gallons does a person use in one minute? **5 gallons per minute**
- One gallon of water weighs approximately 8.5 pounds. A backyard swimming pool contains about 5,000 gallons of water. How much does the water in the swimming pool weigh? **42,500 pounds**

**In case you were wondering teachers, the 5,000 gallon approximation is for a round, above-ground swimming pool (15' in diameter, 4' deep). It holds about 5,310 gallons.**



## EAT SMART. PLAY HARD. Trivia

See how much you know about eating right and being physically active! Circle the correct answer for questions 1-6 and write in the correct answers for question 7.

- How much physical activity should you have each day?
  - Less than 30 minutes
  - At least one hour
  - At least 1 ½ hours
- Why is it important to EAT SMART and PLAY HARD?
  - To keep your body healthy
  - To get a full stomach and a tired body
  - Because adults say it's important
- Which of these is considered physical activity?
  - Cleaning your room
  - Mowing the lawn
  - Walking the dog
  - All of the above
- Which vegetable is actually the root of a plant?
  - Apple
  - Lettuce
  - Carrot
  - Broccoli



- What are the health benefits of eating fruits and vegetables that are orange?
  - Vision health
  - Strong teeth and bones
  - Improved memory
  - None of the above

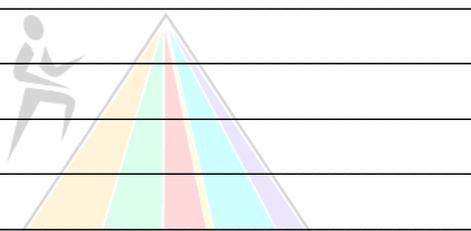


- How many glasses of water should you drink each day?
  - 6
  - 8
  - 2
  - 12



- List the 5 food groups:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## EAT SMART. PLAY HARD. Trivia Answer Key

See how much you know about eating right and being physically active! Circle the correct answer for questions 1-6 and write in the correct answers for question 7.

1. How much physical activity should you have each day?

- a. Less than 30 minutes
- b. At least one hour**
- c. At least 1 ½ hours

2. Why is it important to EAT SMART and PLAY HARD?

- a. To keep your body healthy**
- b. To get a full stomach and a tired body
- c. Because adults say it's important



3. Which of these is considered physical activity?

- a. Cleaning your room
- b. Mowing the lawn
- c. Walking the dog
- d. All of the above**

8. Which vegetable is actually the root of a plant?

- a. Apple
- b. Lettuce
- c. Carrot**
- d. Broccoli

9. What are the health benefits of eating fruits and vegetables that are orange?

- a. Vision health**
- b. Strong teeth and bones
- c. Improved memory
- d. None of the above



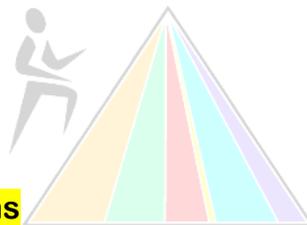
10. How many glasses of water should you drink each day?

- a. 6
- b. 8**
- c. 2
- d. 12



11. List the 5 food groups:

- a. Grain**
- b. Vegetables**
- c. Fruits**
- d. Milk**
- e. Meat and Beans**



K-STATE RESEARCH & EXTENSION  
FAMILY NUTRITION PROGRAM



# Purple Power Smoothie

A deliciously purple cooler!

Level: Medium

Serves 4

### Kids' Tool Kit

Blender  
Measuring cups  
Measuring spoons  
Rubber spatula

### Ingredients:

4 teaspoons lemon juice  
1 cup water  
 $\frac{2}{3}$  cup grape juice concentrate  
1 cup instant nonfat dry milk  
2 cups ice cubes



### Chef's Choice

Purple Power  
Smoothie  
Peanut butter  
crackers



### Directions:

**Remember to wash your hands!**

1. Put lemon juice and water into a blender and mix well.
2. Add the grape juice and dry milk; blend.
3. Slowly add ice, one cube at a time. Turn off blender while adding each cube of ice.
4. Blend well and divide into glasses.

Nutrition Facts	
Serving Size 1 cup (70g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 150</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 5mg	1%
<b>Sodium</b> 100mg	4%
<b>Total Carbohydrate</b> 30g	10%
Dietary Fiber 0g	0%
Sugars 9g	
<b>Protein</b> 6g	
Vitamin A 6%	Vitamin C 70%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



**Helpful Hints:** Nonfat dry milk is a great ingredient in many recipes. It has all the good nutrition of skim milk, but can be stored longer than fresh milk. It is also less expensive than fresh milk.



**Safety Tip:** Blenders are great kitchen tools, but kids need to know and follow safety rules when using blenders, as well as many other appliances. An adult should show a child how to safely assemble, use and clean a blender.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

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K-STATE RESEARCH & EXTENSION  
FAMILY NUTRITION PROGRAM



# Fruit Smoothie

Choose your favorite fruit to make this smoothie!

Level: Easy

Makes: 3 cups

## Kids' Tool Kit

Blender  
Measuring spoons  
Measuring cups  
Rubber spatula  
Knife  
Cutting board

## Chef's Choice Fruit Smoothie Cinnamon Toast

### Ingredients:

- 1 cup plain or flavored yogurt
- ½ cup low fat milk
- 3 tablespoons nonfat dry milk
- 6 to 8 ice cubes
- 2 tablespoons sugar
- ½ teaspoon vanilla
- Choose 2 from list below:
  - 6 strawberries
  - ½ peach or banana
  - ⅓ cup canned peaches or pears
  - ¼ cup pineapple chunks
  - 1 tablespoon peanut butter
  - 1 tablespoon frozen juice concentrate



### Directions:

**Remember to wash your hands!**

1. Put all ingredients in blender and blend on high until smooth.
2. Store leftovers in refrigerator!

## Nutrition Facts

Serving Size 1 cup (188g)  
Servings Per Container 3

Amount Per Serving  
Calories 170 Calories from Fat 10

% Daily Value\*

Total Fat 1.5g 2%

Saturated Fat 1g 4%

Cholesterol 5mg 2%

Sodium 95mg 4%

Total Carbohydrate 35g 12%

Dietary Fiber 1g 5%

Sugars 32g

Protein 7g

Vitamin A 2% • Vitamin C 40%

Calcium 25% • Iron 2%

\*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 50g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



**Helpful Hints:** Not only are the smoothies great tasting, but they are also packed with good nutrition. There's lots of calcium, which helps build strong bones and teeth, and vitamin D, which helps us use calcium. The fruit provides vitamin C to keep our gums and blood vessels healthy. The milk, yogurt and peanut butter supply protein to help build and repair skin, muscle and blood.



**Safety Tip:** Young children need supervision when using a blender. The blades are very sharp and could easily cut fingers. Help with assembly and clean-up. Make it a rule with kids that the lid is always on the blender while it is running. Turn it off when adding ingredients.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

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# Teacher's Notes