CHFFF “Grab & Go” Teaching Kit

How to Create a Teaching Kit for the Choose Health: Food, Fun, and Fitness (CHFFF) Curriculum:
Contents by Lesson, Ordering Info, and Supplies Still Needed by Facilitator

CHFFF Teaching Kit: This kit was developed to make the CHFFF curriculum easier to teach as intended, and includes posters, visual aids, scanned food packages, game supplies, station instructions, and other supplies downloaded from the Cornell Food and Nutrition Education in Communities website at https://fnec.cornell.edu/Our_Initiatives/CHFFF.cfm – almost everything needed to teach CHFFF except for food and cooking equipment, drink containers, and Dairy Council food model cards. One kit is designed for a group of 12 children. These kit items are in addition to the lessons, which should be printed and placed into a binder.

Storage of Kits: Facilitators may want to store the teaching kit in different ways. The posters and laminated visuals should lay flat. This can be done by storing each lesson in a different bin with flat items on the bottom and bulky items on top, or by storing flat items in art portfolios, one per lesson, and bulkier items in reusable bags, also one per lesson, plus a bag for all the game supplies. Or the flat items can all be stored in the bottom of one large storage bin, sorted by lesson, with bulkier items in bags by lesson and also in the one large bin. Suggested websites for portfolios and bags are provided below.

Laminating or Cardstock or Plastic Sleeves: While laminating is nice, it is costly and not always available locally, so below are the items that are most important to laminate (items that are handled by youth, plus items like posters that are hung repeatedly). The rest of the visuals can be printed onto cardstock and/or inserted into plastic sleeves, as detailed in the table below. The scanned food packages are also handled by kids, and some, like the Grain products, are placed on the floor for relays, but these can be printed onto card stock and inserted into plastic sleeves due to the large number (57 pages) and the cost of lamination.

Items that should be laminated (as detailed in table below) are:

- Posters (often need to be sent out for printing/laminating due to 11x17” size)
- Game instruction cards (8.5x11, then cut into half-page “cards”)
- Game activity cards for Under the Cone, Fitness Leaders, Fitness Speedway and All My Neighbors (8.5x11, then cut apart)
- Lesson 5 Blubber burger cards and Fast food cards (all 8.5x11, then cut apart)
<table>
<thead>
<tr>
<th>CHFFF Teaching Kit Items to Store and Re-Use:</th>
<th>Items to Add for Teaching:</th>
</tr>
</thead>
<tbody>
<tr>
<td>For Storage of Lessons and Supplies - Suggested</td>
<td>For all lessons:</td>
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<tr>
<td>• Six 12”×18” art portfolios with Velcro closure for flat items, 1 per lesson, or a 22-gallon storage bin (place flat items on bottom, bags on top)</td>
<td>• Nametags</td>
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<tr>
<td>• 5 strong plastic bags to hold bulky items for each lesson except L4 (which has no bulky items)</td>
<td>• Attendance sheet, pencils</td>
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<tr>
<td>• 2 reusable tote bags, 1 for the game supplies and 1 for all the plastic bags above with the bulky items per lesson</td>
<td>• Sugar (see Supply List)</td>
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<td>OR instead: 7 bins, one for each lesson and one for game supplies (approx. 12x18x8”, then bags not also needed)</td>
<td>• Newsprint – 1 sheet (self sticking or plus tape to hang)</td>
</tr>
<tr>
<td>Lesson 1 (Sweetened Drinks)</td>
<td>• Copies of Family Newsletter, 1 per child</td>
</tr>
<tr>
<td>Printed from CHFFF files as indicated:</td>
<td>Printed from CHFFF files as indicated:</td>
</tr>
<tr>
<td>• 2 Posters, 11x17, laminated (or on cardstock)</td>
<td>• 3 Posters, laminated (or on cardstock)</td>
</tr>
<tr>
<td>• 8.5x11 copies of Poster 1-1 (Drinks Label), 1 per 2-3 children, for easier viewing</td>
<td>• 8.5x11 copies of Poster 2-1 MyPlate, 1 per 2-3 children, for easier viewing</td>
</tr>
<tr>
<td>• From Visual Aids Appendix 1:</td>
<td>• From Visual Aids Appendix 1:</td>
</tr>
<tr>
<td>o 1-V-1 Station Instructions (1 pg), 1 per station or 4 copies, in plastic sleeves (or laminated).</td>
<td>o 2-V-1 Veggie and Fruit Descriptors, on cardstock (or laminated), then cut apart, plus labeled envelope to store them (tape heading on front)</td>
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<tr>
<td>Other items needed:</td>
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<tr>
<td>• 20 oz cola bottle (full or empty)</td>
<td>• Real food (recommended) or food cards: 1 cup salad greens, ½ cup each chopped carrots, garbanzo beans, green peas, and tomato or cucumber, and 1.5 cups fruit.</td>
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<tr>
<td>• Other empty drink containers with labels intact: water, milk, juice, and a variety of sweetened drinks – see important specifics in Supply List</td>
<td>• Optional: Clear container to mix above veggies into to make example salad</td>
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<tr>
<td>• Flip Chart Markers: red, yellow, green, black</td>
<td>• Scratch paper – 1 sheet (self sticking or plus tape to hang)</td>
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<tr>
<td>• Red, Yellow, Green circles, ~8” diameter – Cut from colored craft foam, construction paper (laminated, optional) or cardstock (or create and print colored circles on 8.5x11 paper and laminate)</td>
<td>• Construction paper (self sticking or plus tape to hang)</td>
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<tr>
<td>• One measuring teaspoon per station, or 4 teaspoons total</td>
<td>• Construction paper (self sticking or plus tape to hang)</td>
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<tr>
<td>• Nine 8-12 ounce clear see-through plastic cups, 1 per drink to be measured at each station (1 in Add plus 1-2 per each of 4 stations)</td>
<td>• Copies of Family Newsletter, 1 per child</td>
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<tr>
<td>Lesson 2 (Vegetables and Fruits)</td>
<td>Printed from CHFFF files as indicated:</td>
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<tr>
<td>Printed from CHFFF files as indicated:</td>
<td>• 8.5x11 copies of Poster 2-1 MyPlate, 1 per 2-3 children, for easier viewing</td>
</tr>
<tr>
<td>• 3 Posters, laminated (or on cardstock)</td>
<td>• From Visual Aids Appendix 1:</td>
</tr>
<tr>
<td>• 8.5x11 copies of Poster 2-1 MyPlate, 1 per 2-3 children, for easier viewing</td>
<td>o 2-V-1 Veggie and Fruit Descriptors, on cardstock (or laminated), then cut apart, plus labeled envelope to store them (tape heading on front)</td>
</tr>
<tr>
<td>• From Visual Aids Appendix 1:</td>
<td>• Real food (recommended) or food cards: 1 cup salad greens, ½ cup each chopped carrots, garbanzo beans, green peas, and tomato or cucumber, and 1.5 cups fruit.</td>
</tr>
<tr>
<td>o 2-V-1 Veggie and Fruit Descriptors, on cardstock (or laminated), then cut apart, plus labeled envelope to store them (tape heading on front)</td>
<td>• Optional: Clear container to mix above veggies into to make example salad</td>
</tr>
<tr>
<td>Station Instructions (1 pg), 1 per station or 4 copies, in plastic sleeves (or laminated)</td>
<td>Copies of Family Newsletter, 1 per child</td>
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<tr>
<td>Other items needed:</td>
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<tr>
<td>• 4 sets of Dairy Council Food Model Cards, sorted as indicated (see lists in lesson supplies, and ordering information on website)</td>
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<tr>
<td>• 8 envelopes or zip-lock bags (6x9” or larger) for the 4 sets of Dairy Council food cards, with 1 for meal/snack items and 1 for veg/fruits in each set (to make setting up easier), plus a copy of the food card sorting page to cut apart and tape onto the envelopes or zip-lock bags</td>
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<tr>
<td>• Markers (any color, can be rest of set from Lesson 1)</td>
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<tr>
<td>• Paper plates: 12 large and 4 small (1 set of 4 plates per station to label by meal/snack for Apply)</td>
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<thead>
<tr>
<th>Lesson 3 (Label Reading)</th>
<th>Printed from CHFFF files as indicated:</th>
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<tbody>
<tr>
<td>Lesson 4 (Whole Grains)</td>
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<table>
<thead>
<tr>
<th>Lesson 3 (Label Reading)</th>
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<tbody>
<tr>
<td>2 Posters, laminated (or on cardstock)</td>
<td>4 Posters, laminated (or on cardstock)</td>
<td>4 Posters, laminated (or on cardstock)</td>
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<tr>
<td>8.5x11 copies of Poster 3-1 (Cookie label), 1 per 2-3 children, for easier viewing</td>
<td>8.5x11 copies of Poster 4-3 (Bread labels), 1 per 2-3 children, for easier viewing</td>
<td>8.5x11 copies of Poster 4-3 (Bread labels), 1 per 2-3 children, for easier viewing</td>
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<tr>
<td>Scanned food packages, on cardstock in plastic sleeves:</td>
<td>From Visual Aids Appendix 1:</td>
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<tr>
<td>• 3 scanned can labels for Add (in addition to those educator removes from 3 cans)</td>
<td>• 4-V-1 Like It/Don’t Like It signs, laminated or cardstock, cut apart</td>
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<tr>
<td>• Scanned chocolate chip cookie package</td>
<td>• 4-V-2 Bread-in-Bag labels on cardstock (optional)</td>
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<td>• 13 scanned salty snack food packages</td>
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<td>• 14 scanned sweet snack food packages</td>
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<tr>
<td>Other items needed:</td>
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<tr>
<td>• Several cans of non-dairy, non-fruit with labels removed (e.g., chicken noodle soup, kidney beans)</td>
<td>• Small bags of actual grains (see details on Supply List)</td>
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<tr>
<td>• Labels from above cans</td>
<td>• Bread-in-Bag recipe, 1 per child (optional), from Handouts Appendix 3</td>
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<tr>
<td>• Chocolate chip cookie Dairy Council food card (optional)</td>
<td>• Copies of Family Newsletter, 1 per child</td>
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<tr>
<td>• Measuring cups, 1 set (to show serving sizes for labels in Add)</td>
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<td>• 2 grab bags, non see-through, such as white CCE plastic bags</td>
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</table>
Lesson 5  
(Fast Foods)  
Printed from CHFFF files as indicated:  
• 4 Posters, laminated (or on cardstock)  
• From Visual Aids Appendix 2:  
  o Blubber burger cards, laminated and cut apart, plus labeled envelope (#10 or larger - tape heading on front)  
  o Fast food relay cards, laminated and cut apart, plus labeled envelope (#10 or larger - tape heading on front)  
  o Fast food menu cards (6 pgs), in plastic sleeves or laminated  
Other items needed:  
• 12 small plates – plastic so can wash and re-use or educator will have replace  
• 12 plastic spoons, 1 to measure and 1 to scrape off fat (wash and re-use or educator replace)  
• 6 washable markers (or dry erase, for doing menu activity)  

Lesson 6  
(Breakfast)  
Printed from CHFFF files as indicated:  
• 1 Poster, laminated (or on cardstock) – Note that also need MyPlate Poster 2-1/6-1 from Lesson 2  
• From Visual Aids Appendix 1:  
  o 6-V-1 Water Drink Card  
• Scanned food packages, on cardstock or laminated (print from files):  
  o 5 scanned cereal boxes  
  o 4 scanned convenience breakfast food packages  
Other items needed:  
• Dairy Council Food Model Cards, sorted (for Add and Apply, see lists in lesson supplies)  
• 3 envelopes (full size or at least 6x9”) for 3 groups of Dairy Council food cards, plus copy of food card sorting page to cut apart and tape onto the envelopes  
• Envelope for Dairy Council drink cards  
• Red, yellow, and green circles from Lesson 1  

Other items needed:  
• Optional: Real food packages, flattened, if prefer to scanned (see details for what items)  

Other items needed:  
• Newsprint, markers (optional)  
• Yellow shortening or margarine, approximately 1 cup per station  
• Hamburger buns, 1 per 2 children  
• Small plates, plastic spoons if need to replace in kit  
• Napkins, paper towels or wipes  
• Real large and small fries and/or soda cups (optional)  
• Copies of Family Newsletter, 1 per child

Other items needed:  
• Scorecard (2 pg back to back), 1 per 2 children, from Handouts Appendix 3  
• CHFFF Celebration Certificate, 1 per child, from Handouts Appendix 4  
• Copies of Family Newsletter, 1 per child
<table>
<thead>
<tr>
<th>Recipes</th>
<th>Printed from CHFFF files as indicated:</th>
<th>Game Supplies</th>
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<tbody>
<tr>
<td></td>
<td>• Recipe Appendix (full-page versions of the recipes), in plastic sleeves or laminated – optional, but easier to use for helping youth prepare the recipes than the ½-page versions in the lesson and newsletters</td>
<td>(all in one reusable tote bag or bin)</td>
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<tr>
<td></td>
<td>• Food, cooking equipment (see recipes and supply page)</td>
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<tr>
<td>Game Supplies</td>
<td>Printed from CHFFF files as indicated:</td>
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<tr>
<td>(all in one reusable tote bag or bin)</td>
<td>• Games Table of Contents</td>
<td></td>
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<tr>
<td></td>
<td>• Half-page Game Instructions, back-to-back, laminated (or cardstock)</td>
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<td></td>
<td>• Additional Game activity pieces, laminated, cut apart, and placed in envelopes or zip-lock baggies with headings taped on front, for Under the Cone, Fitness Leaders, Fitness Speedway, and All My Neighbors games</td>
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<td></td>
<td>• Game Leadership Tips cards</td>
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<td>Other items needed:</td>
<td>• Shake It Up Fruits and Veggies CD (optional, ordering info in Intro)</td>
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<td></td>
<td>• 10 “traffic” cones or other boundary markers (craft foam, boxes, cartons)</td>
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<td></td>
<td>• Place-markers for games such as craft foam, index cards or sticky-notes</td>
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<td></td>
<td>• 12 Bandanas or scarves, assorted colors (or socks)</td>
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<td>• Tagging balls or beanbags (5” or so), including 4 different colors</td>
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<td>• Toss-able toys that are soft and easy to catch.</td>
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<td></td>
<td>• Or make your own “Hooshes” as tagging balls and/or tossable toys - see instructions at end of CHFFF Intro.</td>
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<td></td>
<td>• Music player, lively music</td>
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<tr>
<td></td>
<td>• 10 cones or other boundary markers</td>
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<td></td>
<td>• Place markers (e.g., craft foam pieces)</td>
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<tr>
<td></td>
<td>• Tagging balls</td>
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<tr>
<td></td>
<td>• Bandanas or socks</td>
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<td></td>
<td>• Large balloons, at least 1 per 2-3 youth (add to kit as needed)</td>
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<td></td>
<td>• Soft tossable toys</td>
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<td></td>
<td>• Hula Hoops, 1 per 2-3 youth, at least 28” diameter (if/when play Musical Hoops)</td>
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<td></td>
<td>• Chairs</td>
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<tr>
<td>Suggested Sources for Ordering Storage and Game Items</td>
<td>These are just suggestions; no endorsement of specific products is intended.</td>
<td></td>
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<tr>
<td>Art Portfolios, 12”×18”, about $2.00 each:</td>
<td><a href="http://www.dickblick.com/products/star-products-red-wallet-portfolios/">http://www.dickblick.com/products/star-products-red-wallet-portfolios/</a></td>
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<tr>
<td>Plastic Bags with CCE Logo (for storing bulky items for each lesson except 4, and for grab bags):</td>
<td><a href="http://www.adminders.com/?s=cce&amp;e=9&amp;p=631">http://www.adminders.com/?s=cce&amp;e=9&amp;p=631</a></td>
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<tr>
<td>Reusable Tote Bags with 4-H Logo (for game supplies and above plastic bags):</td>
<td><a href="http://www.4-hmall.org/Product/clubsupplies-bags-totes/BAGRYGB.aspx">http://www.4-hmall.org/Product/clubsupplies-bags-totes/BAGRYGB.aspx</a></td>
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<tr>
<td>Bean Bags, less than $1 each:</td>
<td><a href="http://www.dickblick.com/products/star-products-red-wallet-portfolios/">http://www.dickblick.com/products/star-products-red-wallet-portfolios/</a></td>
<td></td>
</tr>
</tbody>
</table>
Bean Bags, less than $2.00 each:

http://www.amazon.com/s?ie=UTF8&page=1&rh=i%3Atoys%2Ck%3ABean%20Bags