Clown Relay (25 minutes)

Items needed for this activity:
- Sample Nutrition Facts label
- For each team, gather 6-10 articles of clothing, including socks, shoes, hats, etc. Divide the clothing "evenly" into piles (i.e. pair of pants in each pile, mittens in each pile, etc.). Make sure the clothes are large enough that the outer layers can fit over the members’ own clothes.
- A cone or similar object if using the variation of the game described below.

Activity set up:
- Clear an area for the clown relay. Designate a start and finish line for each team. If using the variation of the game described at the end, for each team, you will need an object, such as a cone, set up on one side of the room and a starting line on the other side.

Step 1: Information to share with club members (15 minutes)
This month’s topic is the Nutrition Facts label. Does anyone know what that is? (Wait for responses). The Nutrition Facts label is information on a package of food that lists the nutrient content of that food or drink. It provides information about serving size, calories, fat, fiber, sugars, protein, and other nutrients. This information is based on a serving size. Can anyone tell us what a serving size is? (Wait for responses). A serving size is a measured amount of food or drink, such as one slice of bread, ½ cup of fruit, or eight ounces of milk. Nutrition recommendations use serving size as a way to help people know how much of different types of food they should eat to get the nutrients they need. But be aware, a serving size listed on a Nutrition Facts label is not always the same as the serving size recommended by the USDA and MyPyramid.

The Nutrition Facts label can help you make food choices by giving you information about the nutrients in a serving of food. You can use the percent daily value to help you determine if there is a lot or a little of a certain nutrient in a serving of food. A good rule to use is what is called the 5/20 rule. If a daily value percent is five or less, that food is low in that nutrient. If the daily value percent is twenty or more, the food is high in that nutrient. Now which nutrients do we need more of and which do we need less of? Let’s find out!

I have here a sample Nutrition Facts label from a whole grain oat cereal. Let’s start at the top. First, you can see that the serving size is one cup. So all of the numbers on the label relate to what is found in one cup of the cereal. The next line says “servings per container about 14.” Does anyone know what this means? (Wait for answers). That’s right!
In one box of cereal there are 14 one-cup servings. Or 14 cups.

Next we see that the number of calories in a serving is 110. This number tells us how much energy is in the food. We can also see that 20 of these calories are from fat. Calories can also come from protein or carbohydrates.

The total fat heading tells us how many grams of fat are in the food. We want this number to be low. The percent daily value of fat for this food is 3%. This means that it contains 3% of our daily fat intake. Since this number is less than five, we say it is low.

Cholesterol and sodium are also nutrients we want to eat in small amounts. This food has no cholesterol (which is good!) and it has nine percent of the daily value of sodium, or salt. This isn’t low, but it isn’t too high.

This cereal has 3 grams of fiber or 11% of the daily value. Remember last month when we talked about the importance of fiber? That is one nutrient we want to get enough of!

Look at the vitamins and nutrients at the bottom. We see Vitamin A, Vitamin C, Calcium, and Iron. We want to make sure our body gets plenty of these. Look at this label. The whole grain oat cereal has 45% of the daily recommended value of iron. That means it is high in iron.

Besides reading the Nutrition Facts label to make sure we are getting the right nutrients for our bodies, we need to remember that we need to also get at least 60 minutes of physical activity per day. We are going to play a fun game that will give us all some great exercise!

(Sources: USDA, U.S. Department of HHS, NIH, www.kidshealth.org)

Step 2: Group Activity 1 (10 minutes)
For this game we are going to get up and moving and have a good time! We are going to divide into relay teams for the clown relay. (Divide members into teams equaling the quantity of clothing sets. Place half of each team on one side of the room at the starting line and half of each team on the other side at the finish line. Place each pile of clothes at the starting line, in front of the team to which they belong). As you can see, I have given each team a pile of oversized clothes. (Point out articles and note that each team has the same amount and type of clothing).

Now, when I say “GO!” the first person in line from the starting line side will put on each article of clothing from the pile OVER their own clothes. Then they will run down to the other side to the finish line. There, they will take off each article of clothing. Once that person has ALL the items off, the first person in line on that side will put them all on, again OVER their own clothes! They will run to the starting line and take them off. The next person in line at the starting line will put them on and run to the opposite side of the room. Your team will continue like this until everyone has dressed and raced. The first team to have the last person cross the finish line will win!

Variation:
If necessary due to space, you can have the entire team on one side of the room and have members put on the clothes, run around an object, such as a cone, and back to the team before taking off the articles of clothing.

Get Up & Move!