

Frequently asked questions

Q: How do I use the tracker?

A: Along with students, shade in the boxes that correlate with the number of fruits and veggies tried that school day : M, T, W, TH, F. This can be hypothetical or what you actually ate.

Q: When is the best time to do classroom tracking?

A: Most teachers find that after lunch, snack, or at the end of the day is best for tracking. Whatever time you choose, say to students: “Before we go on to our next activity, let’s track the fruits and veggies we tried today. Today is Monday and I tried two veggies today. (Name the fruits and veggies you tried.) How many circles should I shade? How many fruits or veggies did you try today?”

Q: What if I didn’t try any fruits or veggies?

A: Have students be an example. When it’s time to track, say: “I’m curious, did anyone try any fruits or veggies today? (Choose a student.) What fruits or veggies did you try? How many fruits or veggies is that?” Shade in the appropriate boxes and put the student’s name at the top. Each day, you can choose a different student to be the class tracker.

Q: What do I do with the trackers at the end of the week?

A: Collect all trackers and put them in the corresponding envelopes (i.e. Week 1, Week 2, Week 3).

Q: How can the tracker be used as a learning tool?

A: • Utilize the discussion questions on the tracker.
• Use fruit and veggie lesson plan ideas found in this teacher coordinator guide.

Q: How can I make the tracker more challenging?

A: • As a class, draw or write the fruits or veggies instead of shading in the boxes.
• Introduce the concept of a serving size and have students track the number of serving sizes of fruits and veggies they ate during the school day.

Q: How can I use this challenge to meet the HECAT standards?

A: Visit powerup4kids.org/powerupvideos and watch the fun and educational HECAT standard videos with your class.

Q: Can I earn my school money by filling out the tracker?

A: • Yes! The higher your school’s participation (which is measured by the number of trackers turned in), the more dollars your school will earn.
• Another way to help your school earn money is by completing the teacher survey about the School Challenge at surveymonkey.com/r/powerupstaff.



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SCHOOL CHALLENGE

Teacher Coordinator Guide



HealthPartners

AMERY HOSPITAL & CLINIC
HUDSON HOSPITAL & CLINIC
LAKEVIEW HOSPITAL
STILLWATER MEDICAL GROUP
WESTFIELDS HOSPITAL & CLINIC

Materials overview

WHAT IS IN THE TOOLKIT AND HOW TO USE IT

Your school is participating in the PowerUp School Challenge! Your students will be challenged to try for five fruits and veggies every day for three weeks while keeping track of the ones you eat during the school day!

WHAT'S INSIDE:

- 1 pad (90 sheets total) of in-classroom student trackers to use all three weeks
- 1 in-classroom teacher tracker with the Try for Five Guacamole recipe poster on the back
- 3 return envelopes for student trackers
- 1 Veggie Vote poster
- 30 student prizes (Power Chef hat keychains)



NOTE:

If you need more materials please contact jennifer.e.strom@lakeview.org.

In the email, please list: your name, school name, materials needed, and quantity needed.

For teachers

SCHOOL CHALLENGE KICKOFF DAY:

- Try for 5 Veggie Tasting
- Hang the Veggie Vote poster on your classroom door and show everyone what your favorite veggies are

DURING THE SCHOOL CHALLENGE:

- Every day, students track the number of fruits and veggies they tried daily using individual trackers
- Teachers model tracking daily with the classroom tracker
- Use the teacher tracker questions to talk about fruits and veggies each day while you track
- Find daily brain breaks and meet HECAT standards by using the following classroom videos at powerup4kids.org/powerupvideos
- Fill out the School Challenge Teacher Survey at surveymonkey.com/r/powerupstaff

For parents

- Use the Power Pack magazine: fun games, activities, science experiments, recipes and more
- Reach out to PowerUp and find out other ways to engage with School Challenge
- Download the fruit and veggie tracker to try for five at home at powerup4kids.org/tryfor5tracker
- Move and groove with your whole family with our brain break videos at powerup4kids.org/powerupvideos
- **Win PowerUp Bucks for your school**
- Fill out the School Challenge Family Survey at surveymonkey.com/r/powerupfamily
- Sign up for our newsletters to receive updates and more info about PowerUp at powerup4kids.org/updates

Extracurricular

PRE-K – GRADE 2: READ ABOUT FRUITS AND VEGGIES!

1. Have a spelling test with various fruits and veggies.
2. Read a book that has fruits or veggies in the story line and use the following questions for discussion:
 - What fruits or veggies did you notice in that story?
 - (Show class a picture in the book.) Based on this picture, how would we describe this fruit or veggie? What do you think it tastes like?
 - Have you ever tried this fruit or veggie?

GRADES 3-5: HOST A RECIPE SHARING PARTY!

1. Remind the class: “Power Chefs practice their cooking skills in the kitchen. And when they find a good recipe, they write it down so they don’t forget, and they share it with other chefs.”
2. Discuss: What makes a good recipe? Use the Try for Five Guacamole recipe poster.
3. Tell students you will be spending the next few days creating a class recipe book. Use the directions below as a guide:
 - Choose a recipe you love with your favorite fruits and/or veggies.
 - Ask an adult for help writing the recipe.
 - Complete your recipe card. You may choose to create a recipe card template for students to fill out. Use the image provided as a guide.
4. When recipes are all in, share them in groups of three to four!

GRADES 6-8: JIGSAW!

1. Show students the list of words on the right and discuss:
 - Raise your hand if you have heard any of these before. Which words have you heard?
 - What do you know about this word?
2. Break into five groups and assign each group a word. As a group, research the following information:
 - What does this word mean?
 - How does this word relate to fruits and veggies?
 - What debates and questions do many people have about this word?
3. Jigsaw! Create new groups so that each group now has one representative that is an expert on each word.
 - Explain your word to the other members of your group. Answer any questions they have.
 - Brainstorm and discuss: How do all of these words relate to fruits and veggies?
 - Draw a picture that explains what all these terms mean.
4. Each group presents their drawing to the class.

Eraser

Try for Five Guacamole!



Title: Name of the recipe

Ingredients: Foods that are in the recipe

Instructions: How to make the recipe

Word bank:

- Organic
- Processed
- All natural
- Whole foods
- Sourcing/ locally grown

