

PowerUp School Challenge Teacher Tips – Week 2

It's easy to know you're getting fruits and veggies when your plate is filled with bright colors. This week, focus on this message: Make a colorful rainbow on your plate with fruits and veggies.

Keep the Challenge going in your classroom:

- Collect and turn in the completed trackers from week one. Give out prizes and celebrate!
- Keep tracking every day.
- Send home the PowerUp Family message – Week 2.
- Remind students to use the At-home Tracker over the weekend and bring the sheets back to school.

Add fun with these classroom activities:

- Create fruit and veggie artwork to emphasize the color of fruits and veggies.
- Partner with your school's food services for a fruit and veggie tasting. Encourage students to try something new and reward them with stickers or extra credit.
- Talk about the bright colors of fruits and veggies. Ask students what fruits and veggies they could eat to make a rainbow on their plate?
- Use PowerUp activity sheets:
 - Amazingly awesome veggies powerup4kids.org/Amazingly-Awesome-Veggies
 - Squish squash powerup4kids.org/squishsquash
 - Pick a tasty treat powerup4kids.org/PickATastyTreat
- Don't forget to take a PowerUp Dance Break with Radio Disney! (one DVD provided for each classroom)

