



CIGNA FIT DAYS: PART 2

Event Display Ideas

For Healthy Eating and Physical Activity



CIGNA in partnership with Healthy Kids Challenge
Providing tools for employers, schools, and physicians



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Tips For Setting Up Displays

Checklist for AWE-some Displays

Appealing and fun
Welcome and inviting
Easy and simple

- Create awareness with one simple healthy message.
- Arrange for active participation in understanding the message.
- Provide resources for additional information.
- Encourage participants to use the message to set personal healthy habit goals.

Use color and creativity to make healthy displays something people WANT to see!

Create appeal by using **COLOR**

1. Colorful paper placemats or paper plates.
Vinyl placemats or tablecloths with various “food prints” are fun, too!
2. A “patchwork” tablecloth made of brightly colored paper squares.
3. Kid drawings of “healthy me”, my favorite foods, or active play.

Make the display welcoming by using **SIGNS and BANNERS**

1. Let people know what the display is all about so they feel comfortable approaching it!
2. Ask a fun question or piece of trivia on the banner to make the display appealing.

Enhance the **LEARNING** experience by using **real-life everyday THINGS!**

1. Start a collection of:
 - a. CLEAN empty food boxes and containers
 - b. Inexpensive “variety store” artificial fruits and veggies or food models
 - c. Food and physical activity related posters
2. Use “real” food items:
 - a. Sugar cubes, shortening, and margarine to show the amount of fat and sugar in food servings
 - b. Other foods as appropriate

Details for Using Display Ideas

Symbols at the top of the pages in the “display section” are created to help you with easy display set-up.



Indicates a **DISPLAY CARD**. Each card also has a **NUMBER** to which the display instructions refer. Pages with this symbol will need to be reproduced for the display.



Indicates an **ANSWER SHEET**. Each card also has a **NUMBER** to which the display instructions refer. Pages with this symbol will need to be reproduced for the display and taped face down on the display table.

Variety is the SPICE of Life

Explore the concept of variety with fruit and vegetable choices

Event Display Ideas

Fit & Fun Families

Variety is the SPICE of Life! **Choose a variety of foods for good health**



Participants will interact with this display by reading the display card and using the “tips sheet” to color their own Fruit and Veggie Meter. It will be important to have enough of the “tips” sheets available for each participant.

Use this display to:

- Send a healthy message about eating a variety of fruits and vegetables.
- Provide cookbook resources with ideas for adding variety.
- Encourage healthy goal setting for eating a greater variety of fruits and vegetables.

Display materials needed:

- Display cards D1 and D2
- Plastic fruits and vegetables, inexpensive, variety store; or life-like food models can be ordered online from Nasco On-Line Catalogs www.nascofa.com or NCES-Nutrition-Counseling-Education-Service <http://www.ncscatalog.com>
- Kids’ artwork, optional
- Healthy recipe cookbooks

Note: If you don’t have cookbook resources, consider purchasing a few to have on hand during and after your display. Have a “healthy fundraiser” to reimburse the cookbook purchase by having a cookbook raffle. The raffle may generate enough funds for other resources! Suggested cookbooks are listed on the page “Tips for Adding More VARIETY to the Day”.

- Copies of the pages “Tips for Adding More VARIETY to the Day” and “Purple Power Smoothie” (Note: copy front-to-back, one for each participant)
- Crayons in blue, green, white, red, orange

Directions:

1. Set up the table with the following cards participants will view with the display:
Display cards D1 and D2 AND one copy each of the “tips sheet” and the recipe.
2. Place the “take home copies” of the tip sheet and recipe where they are easily seen.
3. Display the healthy recipe cookbooks.
4. Decorate with other items, such as variety store plastic fruits and vegetables in a rainbow of colors.

Option: Have kids draw their own fruit and vegetable rainbow to create artwork for your display while they learn a fruit and vegetable lesson! Ask kids to:

- Write down fruits and vegetables from each of the fruit and veggie color groups (listed on D2) that either they eat now or would try.
- Draw and color their fruits and vegetables in a rainbow shape.

Tape the artwork together to form a skirt for the front of your table.





Get a Picture of Your Fruit and Veggie Rainbow Meter!

Take a handout sheet with a Fruit and Veggie Rainbow "Meter"
Think of the fruits and vegetables you eat in a "normal" week

For each different color fruit or vegetable you eat, color in the
appropriate color on the Fruit and Veggie Rainbow "Meter"

Look at your Meter once you have finished coloring it

- ✓ Are some colors missing?
- ✓ Can you think of fruits and vegetables you would enjoy eating to fill in the colors?
- ✓ Use the tips on your meter sheet to plan more variety each day!





Fruits and Vegetables Come in a RAINBOW of Colors!

- **Blue/purple** plums, blueberries, and purple grapes
- **Green** apples, green grapes, honeydew melon, kiwifruit, broccoli, green beans, celery, cucumbers, peas, green peppers and spinach
- **White** bananas, cauliflower, mushrooms, onions, potatoes, and turnips
- **Red** apples, strawberries, cherries, dried cranberries, red grapes, watermelon, tomatoes, radishes, red peppers, and beets
- **Yellow/orange** oranges, apricots, cantaloupe, mangoes, nectarines, peaches, pineapple, carrots, pumpkin, and corn

Bigger and brighter “rainbows” each day mean a greater VARIETY of fruits and vegetables.



Tips for Adding More VARIETY to the Day



Challenge yourself to eat a VARIETY of foods from each of the food groups! Start with fruits and vegetables!

- ✓ Create a healthy snack list with family favorites that include different colors of fruits and vegetables! Keep the list on the refrigerator as an easy-to-see reminder.
- ✓ Plan meals that have something from each of the following food groups:
 - Grains
 - Vegetables
 - Fruits
 - Meats & Beans
 - Milk & Dairy
- ✓ Plan to try something NEW at least once a week.
 - A fruit or vegetable you don't usually eat
 - Something different for breakfast
 - Something with a little less fat or sugar
- ✓ Check out these healthy recipe cookbooks for new ideas!
 - American Heart Association Quick and Easy Cookbook, Times Books, 1998
 - Eating on the Run; Healthy Habits for Hectic Lifestyles, by Evelyn Tribole, 1998
 - Cooking Light Annual Recipes
 - Healthy Snacks for Kids, by Penny Warner, 1996
 - Eating the Alphabet by Lois Ehlert
 - Gobble Up Math and Gobble Up Science, Sue Mogard and Ginny McDonnell
 - Snack Activities, MaryAnn Kohl and Jean Potter, 2001
 - Web sites:
 - Kansas State Research and Extension, Kids a Cookin' <http://www.kidsacookin.ksu.edu/recipes>
 - Kids Health Organization <http://www.kidshealth.org/kid/recipes/index.html>
 - Cooking Light Web Site <http://www.cookinglight.com/cooking/>

My Fruit and Veggie Rainbow Meter!
Blue-Purple
Green
White
Red
Yellow-Orange

Recipe Idea!**Purple Power Smoothie**

Makes 4 - 1 cup servings

Ingredients:

4 teaspoons lemon juice
1 cup water
3/4 cup grape juice concentrate
1 cup instant nonfat dry milk
2 cups ice cubes

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 and 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.

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 assemble, use and clean a blender in a safe manner.

**Nutrition Facts**

Serving Size 1 cup (70g)

Servings per Container 4

Amount Per Serving

Calories 150 Calories from Fat 0

Sugars 9g, Protein 6g

% Daily Value*

Total Fat 0g, 0%, Saturated Fat 0g, 0%, Cholesterol 5mg, 1%, Sodium 100mg, 4%,
Total Carbohydrate 30g, 10%, Dietary Fiber 0g, 0%, , Vitamin A 8%, Vitamin C 70%,
Calcium 20%, Iron 2%

Source: Information provided by K-State Research & Extension Family Nutrition Program and funded by Kansas Department of Social and Rehabilitative Services and USDA Food and Nutrition Services




Super-sizing...how does it add up?

*Compare the amount of fat and sugar in regular size
and super-sized servings*

Super-sizing...how does it add up?

SUPER-SIZED SNACKS

RECOGNIZING SERVING SIZES and how much fat and sugar in one serving is a key step in making choices for healthy balance.

 Participants will interact with this display by reading the display card and following directions to guess the number of servings and the amount of sugar and fat in various snack foods.

Display materials needed:

- Display card D3
- Super-sized snack items
 - Chips
 - Candy
 - Soft drinks
- 2 boxes sugar cubes (75 - 100 cubes depending on the number of items displayed)
- Pats of margarine (75-100 pats depending on the number of items displayed)
For less mess, use 1/2 inch craft yellow pom poms in place of margarine pats.
- 2 bowls for holding sugar cubes and margarine
- 2 display plates (1 for sugar cubes and 1 for margarine) for each snack item displayed
- Optional display “props”: Super-sized travel mugs, magazine cutouts of high sugar/fat snacks

Directions:

1. For each snack item, create an “answer strip” using the template below.
 - a. Read and record label information for number of servings and grams of sugar and fat
 - b. Calculate and record the number of sugar cubes and pats of margarine per serving, using the formula
4 grams sugar = 1 sugar cube
4 grams margarine = 1 pat
2. Tape the appropriate answer strip to the back of each package.

Answer Strip Template

Number servings: _____
Amount of Sugar per Serving: ___ grams = ___ sugar cubes
Amount of Fat per Serving: ___ grams = ___ pats of margarine

3. Place a bowl of sugar cubes and a bowl of margarine pats on the table from which participants can choose to represent their “guess”.



Super-sized Snack SAVVY

Look at the items displayed, one-at-a-time, and for each one, guess the answers to the following questions:

...How many “servings” are in the package?

...How much sugar is in a serving?

Choose the number of sugar cubes you think would represent the amount of sugar in one serving of that food and place them on the display plate.

...How much fat is in a serving?

Choose the number of margarine pats you think would represent the amount of fat in one serving of that food and place them on the display plate.

Now CHECK IT OUT!!!

Turn the package over to see how closely you guessed!

Please return sugar cubes and margarine back to the bowls for the next person. Thank you!

RECOGNIZING SERVING SIZES and how much fat and sugar are in one serving is a key step in making choices for healthy balance.



Recognizing Sugar in Soft Drinks and Fruit Drinks

Checking out what's in the can!

Talking about the amount of sugar in a soft drink is one thing, SEEING how much sugar is in a soft drink container is another thing, and SEEING how much sugar would be consumed within a year by choosing just one soft drink a day is an eye opener!



Participants will interact with this display by reading the display card and following directions to guess the amount of sugar in various beverages by using sugar cubes.

Display materials needed:

- Display card D4
- 1-12 oz soft drink can
- 1-20 oz bottle soft drink
- 1-20 oz bottle fruit drink (less than 10% real fruit juice)
- Other sized containers of your choice (24 oz, 32 oz)
- 2 boxes sugar cubes (75-100 cubes depending on the number of containers displayed)
- 1 dark color display bowl for holding sugar cubes
- 1 super sized drink mug or jug

Directions:

1. Reproduce the answer strip below and tape it onto the back of a 12 oz can of soft drink.

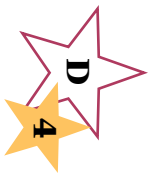
One 12-oz can = 9 sugar cubes
One 12oz can/day = 30 ½ lbs sugar per year

2. Following the directions and using the template below, create “answer strips” for the other container sizes.
 - a. Read and record label information for number of servings and grams of sugar
 - b. Calculate the number of sugar cubes per container, using the following formula
 - Number grams sugar/container = number servings/container x number grams per serving
 - Total number of grams sugar per container ÷ by 4 = number sugar cubes (1 sugar cube =4 grams sugar = 1 tsp)

Answer Strip Template

Amount of sugar per container: ____ grams = ____ sugar cubes

3. Tape the answer strip to the back of each container.
4. Set up the table with containers and a bowl of sugar cubes for participants to choose to represent their “guess”.



What's Your Guess?

...Can you guess the amount of sugar in a 12 oz. can of soft drink?

Choose the number of sugar cubes you think would represent the amount of sugar in a 12 oz can of soft drink and place them on the display plate.

... How many pounds of sugar would you consume in a year if you drank just one 12 oz can of soft drink every day?

Check the back of the can for the answers.

...Now guess the number of sugar cubes in each of the other beverage containers.

Look at the back of the containers for the correct answers.



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Recognizing Fat and Sugar in Fast Foods

*Participants test their skills guessing the amount of
fat and sugar in fast foods*

Recognizing Fat and Sugar in Fast Foods

SUPERSIZE FAST FOODS...yes, you do get a WHOLE lot more for the cost! SHOW the difference in calories, fat, and sugar between a "regular" fast food meal and super-sizing it.



Participants will interact with this display by reading the display card and following directions to guess how much sugar and fat increase by super sizing fast foods.

Display materials needed:

- Display cards D5 and D6, Answer card A1
- Clean, empty fast food containers (if possible):
 - Small and super-size fry containers
 - Medium and super-size soft drink cup
 - Wrap for hamburger bun such as fast food wrapper or cling wrap
- 2 hamburger buns
- 1/2 cup (1 stick of margarine*)
- 2 small (4 oz) containers with lids for displaying fat
- 50 (or more) sugar cubes

*Note for measuring: Margarine sticks are divided into 8 Tbsp, and 1 Tbsp = 3 tsp 1 sugar cube = 1 tsp

Directions:

1. Reproduce the two display cards: (5) directions to guess sugar in soft drinks and (6) multiple choice questions.
2. Reproduce the answer strips below and tape each one onto the back of the appropriate soft drink container.

One medium soft drink = 14 ½ tsp (14 ½ sugar cubes)

One super-sized soft drink+ 28 ¼ tsp (28 ¼ sugar cubes)

3. Reproduce Answer card A1 for the multiple-choice question. Tape it to the table, at the top, face-down so that it has to be lifted up for the correct answer.
4. In each of 2 hamburger buns, place the appropriate number of tsp of fat to represent a quarter lb burger and a double burger with special sauce. Then wrap up the buns.
 - a. Quarter lb burger: approximately 5 ¼ tsp
 - b. Double Big Burger with special sauce: approximately 8 ½ tsp
5. Place the appropriate number of tsp of fat to represent each size of fries in each of two small covered containers:
 - a. Small fries: 2 ½ tsp
 - b. Super size fries: approximately 7 ¼ tsp
6. Place display items on the table.





Super Sized Guesses!

What is the difference in sugar between a medium size soft drink and one that is super-size?

Make a guess!

1. Choose the number of sugar cubes you think would represent the amount of sugar in the medium size cup and stack them on the display plate in front of the cup.
2. Now repeat those steps to make your guess for the amount of sugar in the super-size drink.

Check the back of each cup to see how close you are to the correct answers!



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Super-sized Meals

How do you look at value?

If you super-size a quarter pound burger, small fries, and medium soft drink to a double burger with special sauce, super-sized fries, and super-sized soft drink, would calories, fat and sugar increase by:

- a. 350 calories - 6 tsp sugar - 4 tsp fat**
OR
- b. 500 calories – 9 tsp sugar - 6 tsp fat**
OR
- c. 750 calories - 14 tsp sugar - 8 tsp fat**

Turn the card over for the correct answer.





The correct answer is "c"

There are almost twice as many calories, sugar, and fat in a super sized meal.

Fast Food Meal

- Quarter lb Hamburger
- Small Fries
- Medium Soft Drink
- 850 calories - 1 4 ½ tsp sugar - 7 ¾ tsp fat

Super Size It!

- Double Burger with Special Sauce
- Super-size Fries
- Super-size Soft Drink
- 1 610 calories - 28 ¼ tsp sugar - 1 5 ¾ tsp fat

Check inside the hamburger buns and labeled containers to SEE the fat in each meal.

Please wrap the items as you found them.



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Recognizing Fat and Sugar in Snack Foods

Three different display options for participants to check their awareness of fat and sugar in snacks

Event Display Ideas

Recognizing Fat and Sugar in Snack Foods

"All foods fit" when you recognize foods higher in fat and sugar and balance your choices.

Fat Detective



Participants will interact with this display by reading the display card and following directions to place food containers in order from least to most amount of fat.

Display materials needed:

- Display card D7
- One SET of "snack food containers" such as those listed below:
Peanuts - M&M's® - "Mini" Square Cereal - Raisins - Pretzels

Directions:

1. Read the food labels for the number of grams of **fat** per serving.
2. Using the food label information, correctly label the bottom of each container (1) through (5) with (1) being the food with the least amount of fat and (5) being the food with the most amount of fat.
3. Also tape numbers (1 LEAST FAT), (2), (3), (4), (5 MOST FAT) on the table (containers will be set on the numbers during the guessing activity).
4. Set up the food containers (they can be empty) in a random order behind the numbered squares on the table.

LABEL TEMPLATES FOR DISPLAYS 1 AND 2

1 LEAST ____	2	3	4	5 MOST ____
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Sugar Detective



Participants will interact with this display by reading the display card and following directions to place food containers in order from least to most amount of sugar.

Display materials needed:

- Display card D8
- One SET of "snack food containers" such as those listed below:
Peanuts - M&M's® - "Mini" Square Cereal - Raisins - Pretzels

Directions:

1. Read the food labels for the number of grams of **sugar** per serving.
2. Using the food label information, correctly label the bottom of each container (1) through (5) with (1) being the food with the least amount of sugar and (5) being the food with the most amount of sugar.
3. Also tape numbers (1 LEAST SUGAR), (2), (3), (4), (5 MOST SUGAR) on the table (containers will be set on the numbers during the guessing activity).
4. Set up the food containers (they can be empty) in a random order to the side of the numbered squares on the table.



Event Display Ideas

Fit & Fun Families

Get a Clue with Serving Sizes



Participants will interact with this display by reading the display card and following directions to guess correct serving sizes.

Display materials needed:

- Display card D9
- One SET of "snack food containers" such as those listed below:
Peanuts - M&M's® - "Mini" Square Cereal - Raisins - Pretzels
- 10 - 20 oz. clear (see-through) bowls or cups
- Plastic wrap

Directions:

1. Read the labels for each of the 5 foods above.
2. Using 2 bowls for each ingredient, measure the correct serving and an incorrect serving for each of the foods above.
3. Create an appropriate label for each bowl using the following template.

YES -The correct serving is _____

OOPS, Try Again

4. Cover and tape each bowl with plastic wrap (to prevent eating and spilling).
5. Tape the appropriate label on the bottom of each bowl.

Event Display Ideas

Fit & Fun Families

Option for alternate "Get a Clue" directions:

The learning experience with this activity is enhanced when participants have the opportunity to

- measure ingredients
- read the container label for the correct portion size
- measure the correct serving size and compare to their guess

Setting up the display in this manner requires special considerations:

1. There will need to be a person present at the table to keep things "tidy" since this can be quite messy.
2. Allow participants to pour what they consider to be a serving.
3. Use measuring cups (and/or scales) to measure the amount guessed and compare with the serving size identified on the label.
4. Following food safety guidelines for food handling, this is a visual activity, not a tasting activity. Participants will need to be given caution not to eat the food being measured. To help alleviate this problem, offer pre-packaged "baggies" of a trail mix snack. The amount of ingredients needed to serve 200 participants is provided below:

Trail Mix

Makes 200 – ½ cup servings

Note: In consideration of potential peanut allergies, provide the recipe or a list of the ingredients.

- Raisins: 12-1/2 cups
- Chex® Cereal: 50 cups
- Peanuts: 12-1/2 cups
- M&Ms®: 12-1/2 cups
- Small pretzels (sticks or rounds): 12-1/2 cups
- Baggies to hold ½ cup each



FAT DETECTIVE

“All foods fit” when you recognize foods higher in fat and sugar and balance your choices.

Make a guess without looking at the label!

Place food containers in order from least to most amount of fat per serving.

1. Place the food container that you guess has the LEAST amount of fat on (1) LEAST FAT.
2. Follow by placing each of the other containers in order from least to most amount of fat. The last container placed on (5) MOST FAT should be the food you guess is highest in fat.

**Now check the number on the bottom
to see if it matches the number you guessed!**



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SUGAR DETECTIVE

“All foods fit” when you recognize foods higher in fat and sugar and balance your choices.

Make a guess without looking at the label!

Place food containers in order from least to most amount of sugar per serving.

1. Place the food container that you guess has the LEAST amount of sugar on (1) LEAST SUGAR.
2. Follow by placing each of the other containers in order from least to most amount of sugar. The last container placed on (5) MOST SUGAR should be the food you guess is highest in sugar.

Now check the number on the bottom of the container to see if it matches the number you guessed!



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GET A CLUE WITH SERVING SIZES

One of the “clues” for making balanced choices so that “all foods fit” is recognizing serving sizes!

For each of the foods displayed, guess the correct serving size.

Check the bottom of the bowl to see if you guessed correctly.



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A Little More, A Little Less

*Fit & Fun
Families*

A Little More and a Little Less

Participants try their calorie guessing skills



Event Display Ideas

Fit & Fun Families

A Little More and a Little Less*

Words are one thing, but what a difference it makes when you can SEE serving size comparisons for various foods!



Participants will interact with this display by reading the display card and following directions to guess which food, in the amounts given, has the most calories.

Materials:

- 2 copies Display card D10 and Answer card A2
- MyPyramid poster
- Real foods or food models:
 - 4 medium-size fresh oranges
 - 2 large baked potatoes, each with 2 Tbsp fat free sour cream
 - 1 small (1.69 oz.) package of M&M's®
 - 18 potato chips (small snack size can)

Directions:

1. From one copy of the display card, cut out a label for each of the food items, i.e., 4 medium-size fresh oranges, and so forth.
2. Place the label with the food item on the display table.
3. Place the second copy of the display card on the table with the display.
4. Tape the answer card to the table; *face down*, so that it has to be lifted up to see the correct answer.
5. Note: This can be done with a leader as a group activity. Have the leader take a poll by having participants vote for the item they think has the most calories.

*Adapted from **Food and Health Communications** activity.
For additional resources refer to www.foodandhealth.com



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Try your calorie guessing skills!

Which one of the foods, in the amounts displayed, has the most calories?

**4 medium-size
fresh oranges**

**2 large baked
potatoes,
each with 2 Tbsp
fat free sour cream**

**1 small (1.69 oz.)
package of M&Ms®**

18 potato chips





How Did You Guess?

Answer:

They are ALL about the same, with approximately 240 calories.

Many people will not take serving sizes into consideration, so they will guess the chips or M&Ms® are higher in calories knowing they are higher in sugar and fat.

How many people would STOP with this serving size of candies or potato chips?

FEW! That's where all the added calories, sugar, and fat get on board when the serving size goes UP!

Recognizing fat and sugar AND serving sizes leads to choices that create healthy balance!

