



UNIT 10:

Hydration

*Be Active, Stay Cool!*

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A nutrition and physical activity curriculum designed to help children develop healthy habits during out-of-school time

# Table of Contents

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About Food & Fun After School.....	3
Unit 10 Information for Leaders.....	4
Activity Options for Children .....	5
Connect with Parents!.....	6
Resources .....	7
Activities .....	9
Cup Coolers .....	9
Warm Up, Cool Down .....	10
“Everyone Moves” Obstacle Course.....	11
Gulp! .....	12
Silly Water .....	13
A Basic Guide to Taste Tests .....	14
Be Active, Stay Cool! Taste Test Ideas for Staying Hydrated.....	15
Taste Test Rating Sheet .....	16

This document was created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity for educational use in afterschool programs for children from kindergarten through fifth grade.

# About Food & Fun After School

## 2<sup>nd</sup> Edition

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The goal of **Food & Fun** is to assist program staff in providing healthier environments to children during out-of-school time. The curriculum is designed to incorporate lessons and activities about healthy eating and physical activity into regular afterschool program schedules. **Food & Fun** includes 11 teaching units that encourage healthy behaviors through active play, literacy and math skills development, creative learning, and hands-on snack time activities. With over 70 activities to choose from and a user-friendly layout for each lesson, Food & Fun makes it simple to promote healthy eating and physical activity in your program every day!

### Environmental Standards for Nutrition and Physical Activity in Out-of-school Time Programs

- ★ Do not serve sugar-sweetened beverages.
- ★ Serve water every day.
- ★ Serve a fruit and/or vegetable every day.
- ★ Do not serve foods with trans fat.
- ★ When serving grains (like bread, crackers and cereals), serve whole grains.
- ★ Eliminate broadcast and cable TV or movies. Limit computer time to less than 1 hour each day.
- ★ Provide all children with at least 30 minutes of moderate physical activity every day. Offer 20 minutes of vigorous activity at least 3 days per week.

Teaching about healthy behavior is most effective when the program environment is consistent with the **Food & Fun** messages on healthy eating and physical activity. Programs are encouraged to work towards achieving the Environmental Standards for Nutrition and Physical Activity.

**Food & Fun** materials were created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity in partnership with the YMCA of the USA's Activate America initiative to help individuals and families lead healthier lives. In addition to afterschool programs, these materials are appropriate for use in a wide variety of out-of-school time programs, like summer camps, sports programs, extended day programs, and before school programs.

For more information on the Environmental Standards, see the **Harvard School of Public Health Prevention Research Center's Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs**. All **Food & Fun** materials, including parent engagement tools, tip sheets on implementing the Environmental Standards, snack recipes, and assessment tools can be downloaded at no cost from the Food and Fun website: [www.foodandfun.org](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

# Unit 10 Information for Leaders

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## Behavior Goals

Children will drink water at every snack and when they are thirsty.

## Key Messages for Kids

- Water is the best thirst quencher.
- Drink water when you are thirsty.
- Drink water instead of juice or soda at every snack and meal.

## Key Information for Program Staff

Water is the best drink for children in afterschool programs. It is calorie free, hydrates children, and is low-cost from your nearest tap! Serve water at every snack, and make sure it is available throughout the afterschool period. Encourage children to drink water whenever they are thirsty.

Do not serve sugar-sweetened beverages (like soda, fruit drinks, sports drinks, and fruit-ades) during afterschool; these drinks provide a lot of sugar and calories that children's bodies don't need. Children do not need sport and energy drinks because most sports drinks are designed for endurance athletes who exercise for hours at high intensity. They contain lots of sugar and calories.

It is important to communicate about the importance of drinking water instead of sugary drinks to parents because kids are most likely to drink soda and juice drinks at home. Many parents don't realize the large amount of sugar their children get from drinks. Most tap water in the United States is safe to drink, but if you or the parents from your program are concerned about the safety of your local water supply check out The Environmental Protection Agency's annual water quality reports: <http://www.epa.gov/safewater/ccr/whereyoulive.html>.

Refer to the *"Water, Water Everywhere!" Tip Sheet* for ideas on how to serve water at your afterschool program! The Tip Sheet is also available on the Food and Fun website: [www.foodandfun.org](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

# Activity Options for Children

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## Arts & Crafts

Cup Coolers – children make their own to remind them to drink water often



## Active Games

Warm Up, Cool Down – do these whenever children are active!

Obstacle course – Set up an obstacle course that includes water stations



## Other Group Games or Activities (can be used in circle time or small groups)

Gulp! This activity teaches children how to track how much water they drink throughout the day



## Snack Time

Make and taste “Silly Water”

# Connect with Parents!

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## Key Messages for Parents

- Water is the best drink to keep kids hydrated.
- Water is the best choice for kids when they are being active and playing sports.
- Serve water at every snack and meal. Make sure that water is available all day for your child.

## Parent Engagement Options

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that you can engage parents at afterschool:

- Have a conversation with parents at pick up
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents in daily physical activities and snack time
- Hold regularly scheduled events each month
- Offer parents fun water! Put a pitcher of water and cups by the sign-out book. Add sliced oranges, cucumbers, lemons or a splash of 100% juice. Be creative! Try different “fun water” every day for a week. Ask parents and kids which ones they like best. Encourage parents to serve fun water at home, and to try new flavors!

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun.

1. **Newsletter Article:** “Hydrated Kids are Healthy Kids”. Insert this into your program newsletter.
2. **Email message:** “Healthy Habits Power Tips: Stay Cool”. Email this message to parents at the start of this unit.
3. **Parent Handout:** “Quenchers!”. Send this handout home in a mailing, insert it into your next newsletter, or have copies available for pick up at your program’s sign-out area.

Parent Communications and Parent Handouts are also available on the Food and Fun website: [www.foodandfun.org](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

# Resources

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Food & Fun After School has an interactive website, where you can download materials for free:

[www.foodandfun.org](http://www.foodandfun.org)



Harvard School of Public Health publishes an online nutrition news and resource center:

[www.hsph.harvard.edu/nutritionsource/](http://www.hsph.harvard.edu/nutritionsource/)

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

[www.hsph.harvard.edu/prc/](http://www.hsph.harvard.edu/prc/)

Let's Move is First Lady Michelle Obama's initiative to provide parents with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.

[www.letsmove.gov/index.html](http://www.letsmove.gov/index.html)

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

[www.healthiergeneration.org](http://www.healthiergeneration.org)

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics. Also available in Spanish.

[www.kidshealth.org](http://www.kidshealth.org)

[kidshealth.org/parent/en\\_espanol/esp\\_land\\_pg/spanish\\_landing\\_page.html](http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html)

The Department of Nutrition at the Harvard School of Public Health provides tips and information on making healthy beverage choices.

[www.hsph.harvard.edu/nutritionsource/healthy-drinks](http://www.hsph.harvard.edu/nutritionsource/healthy-drinks)

This site has links to a variety of lessons and educational materials, both about drinking water and water as a resource — great if you're looking for a chance to integrate some science lessons into your program.

[www.nesc.wvu.edu/educators.cfm](http://www.nesc.wvu.edu/educators.cfm)

If you are concerned about the water quality, safety, or fluoridation check out The Environmental Protection Agency's annual water quality reports.

<http://www.epa.gov/safewater/ccr/whereyoulive.html>

### **Web Sites for Kids:**

The BAM! (Body and Mind) program provides tweens with tips on nutrition and physical activity. Children can explore the over 30 physical activities, including the necessary gear and how to play. They can also find great ideas for healthy snacks and meals.

[www.bam.gov](http://www.bam.gov)

KidsHealth also has a website especially for kids in English and Spanish.

[kidshealth.org/kid/index.jsp?tracking=K\\_Home](http://kidshealth.org/kid/index.jsp?tracking=K_Home)

[kidshealth.org/kid/en\\_espanol/esp\\_land\\_pg/spanish\\_landing\\_page.html](http://kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html)

Nutrition Explorations, sponsored by the National Dairy Council, is an interactive site with activities, information, and cool recipes for kids.

[www.nutritionexplorations.org/kids/main.asp](http://www.nutritionexplorations.org/kids/main.asp)

# Activities

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## CUP COOLERS



### Objective:

Children will personalize cup coolers and be reminded to drink water when they are thirsty.

### Materials:

- Foam cup holders – one for each child
- Various craft supplies: craft foam shapes, beads, scrap material, markers, etc.
- Glue
- Small water bottles

### Instructions:

1. Introduce the activity by telling children that they will be making their own cup coolers! Tell them that it is important to drink water when they get thirsty.
2. Distribute foam cup holders and have craft supplies available for children to share.
3. Write names on the bottom of the cup holders in permanent marker before you start. Children may also write their names in decorative fashion on the holders.
4. Encourage children to be creative and decorate the cup holders in a way that defines them.
5. Allow glue to fully dry before using. Give each child a water bottle or cup to place in the cup holder.
6. Tell children that it is important to drink water throughout the day, and especially when they play, to stay cool and hydrated.

### Extension Activities:

- Instead of cup holders, decorate styrofoam or plastic cups instead!
- Have children decorate their cup holders with beans, grains, dried fruits etc. and magazine cut outs of their favorite activities to help them remember to eat healthy and be active.

# WARM UP, COOL DOWN



## Objective:

It is important for children (and adults!) to warm up their muscles and get the blood flowing before engaging in more vigorous/heart pumping activities. It is also important to allow the body to slow down instead of abruptly stopping an activity. Below are some ideas to help children ease into and out of the physical games.

## Warm Ups:

- Walk around the gym or field, or up and down corridors if using modified space for activity. Begin at a slow pace, then increase the speed of each lap, but do not run.
- Play a short movement game such as “Red Light, Green Light” (children move across room when you say, “Green Light”, and stop when you call out, “Red Light!” Alter movement instructions with each start, e.g.: tip toe, hop or gallop.)
- Play “Simon Says” and incorporate stretching moves (such as “reach to the sky” or “touch your toes”) along with warming moves (such as “march in place” or “hop on one foot”)
- Perform simple stretches sitting on the floor. Remind children not to bounce or pull. For younger children, offer visual cues like, “reach forward and hug the beach ball”, or “paint a rainbow with your right hand...now paint one with your left”.

## Cool Downs:

- Race across the gym or field with progressively slower movements: run then gallop then skip then walk then tip toe, etc.
- Repeat simple stretching activities.
- Introduce deep breathing or simple yoga moves as a way to cool down and relax (remind children that these can be used any time!).
  - Slowly (to the count of five) breathe in while bringing your hands together and rising over the head. Then slowly breathe out with a loud “whoosh” while bringing your arms down to the side.
  - “Cat” pose: create a table, supporting the body with the hands and knees. Breathe in and arch back so that the belly moves to the floor and the shoulders move back to look up. Breathe out to reverse the curve of the back like a cat stretching its back.

# “EVERYONE MOVES” OBSTACLE COURSE



## Objective:

Instead of a traditional relay-race type obstacle course, set up this course in stations around the room, similarly to circuit training. Offer water at every station and encourage kids to drink if they are thirsty!

## Preparation and Materials:

These are suggested equipment and set-up options – use what you have and be creative!

- CD player and peppy music, try playing fun music from different cultural groups of the children in your program!
- Jump ropes
- Cones and masking tape
  - Set cones as a slalom course to run through
  - Set pairs of cones side-by-side and use masking tape to create the line to jump over (have several in a line to create a set of low hurdles)
- Hula Hoops—do the hula or scatter hoops on the floor to jump in and out of
  - Do the hula or scatter hoops on the floor to jump in and out of
- Balls
  - Dribble and shoot baskets
  - Dribble and kick soccer ball
  - Play catch or juggle small balls
  - Play “Four-squares” (encourage children to call out favorite active games, or fruits and vegetables or other healthy snacks)
- Frisbee
- Free Space
  - Just dance!
  - Do gymnastic moves like cartwheels, somersaults, or hand stands
  - Do push-ups (modify for younger children), sit-ups or jumping jacks (try 10 each!)
  - Have a station where kids can teach other kids an activity they know how to do!

## Instructions:

1. Divide the group by the number of stations and have each small group of children start at a different station (number the stations for clarity).
2. Instruct the children to do the activity at each station while the music is playing, and when the music stops they will move to the next station.
3. Make sure water is available throughout the activity and encourage kids to drink when they are thirsty!

# GULP!



## Objective:

Children will track how much water they drink throughout the day.

## Preparation and Materials:

- Small poster boards for each child (*Optional*: Large poster board for the entire group)
- Stickers (to represent cups of water)
- Variety of grocery bulletins, circulars, food magazines, nature magazines, etc
- Assorted colored markers

## Instructions:

1. Have children draw a calendar of the week (squares for Monday through Friday) on their poster board and decorate it with images of water to remind them to drink water throughout the day.
2. Have children think about their school day. How many servings of water (demonstrate 8 ounces or one cup serving with water bottles) did they drink today? (Encourage kids to use the coolers or cups they decorated to refill on water throughout the school day!)
3. Have them record the number of water servings by posting 1 sticker per cup under today's date. Repeat this activity each day during the week.
4. Ask the children: When did you drink water? (At lunch? After gym class?) What did the water taste like? Where is your favorite place to drink water at school? At home?
5. At the end of one week calculate how much water the group drank.

## Extension Activities:

- Have a "Silly Water" party (see recipe below) during pick up and engage parents in taste testing.
- Make a list of different ways children drink water and have them rate their favorites (For example, school water fountain, Brita filter, with ice, with lemon, etc). Post the list for parents to see and discuss at pick up.

# SILLY WATER



## Ingredients:

- Plain water
- Fruit and vegetables, for flavor: lemon, lime, cucumber, orange, melon slices, raspberries, etc. Have children suggest and try out different things!

## Instructions:

1. Mix up your own silly water by adding the fruit or vegetable of choice to a pitcher of ice water. Let the fruit or vegetable sit for at least 10 minutes for the flavor to infuse the water before serving.
2. Serve and conduct a taste test. Do the children like the flavored water? Ask children which silly water would they drink again, or what other flavors they would like to try.

## Extension Activities:

- Instead of a regular taste test, conduct a “blind” taste test, where children have to identify the fruit or vegetable while blindfolded. Which flavor is easiest to guess? Which is hardest?
- Have children bring in a fruit or vegetable from home to put in a pitcher of water for snack!

# A Basic Guide to Taste Tests

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## Key Information for Program Staff

Taste tests encourage children to try new healthy foods in a non-threatening manner. You can test just one item or recipe at a time, or compare new and familiar foods. Don't be afraid to reintroduce foods as children's taste and acceptance of new foods often change! Finally, when selecting foods, consider any food allergies that may be present.



## Instructions and Things to Keep in Mind:

1. Determine how many children will taste the food and purchase the appropriate amount of food to be tasted.
2. Prepare food samples in advance, if possible, and have all materials (plates, small cups, napkins, etc.) readily available, along with clean-up items such as paper towels, wet wipes and trash bins.
3. Maintain proper sanitation procedures: clean work and surface areas, wash and dry all produce, and wash all hands.
4. Copy the taste test rating sheet (one per child), and consider writing in the foods to be tasted before copying the sheet. Each page has space to try two food items, so copy additional pages if you are trying more foods.
  - If you do not have access to a copier, try a creative rating method, such as placing popsicle sticks into coffee cans or other containers labeled with the rating options. (Like A Lot! Like Somewhat. Do Not Like Very Much.)
5. Ask children to wait until everyone has received his or her samples before eating, then have the children try the food and praise them for doing so.
6. Do not force a child to try a food; however, explain to the children that although they may not think they are going to like the new food, that tasting is a good way to find out. **Praise children for trying something new!**
7. Instruct children to express their opinions on their rating sheets without verbalizing how they feel about the new food. Summarize the group's evaluation (Did they like the food a lot? Somewhat? Or Not very much?) and decide whether or not they would eat/drink/make that food/beverage/recipe again. Provide opportunities for the children to offer feedback and comments on the taste, texture and smell of the food.
  - Be creative! Try blindfolded taste tests or incorporate taste tests into a team or group activity!
  - Be sure to serve those items that they like again!

## Be Active, Stay Cool! Taste Test Ideas for Staying Hydrated



- Silly water! Serve water infused with fruits, vegetables, or herbs, like oranges, lemon, cucumber, or mint.
- Mint Ice Tea. Fill a pitcher with water, decaffeinated tea bags, and mint leaves. Let it sit in the sun for 30 minutes and serve over ice!

# Taste Test Rating Sheet

Today I tried: \_\_\_\_\_

I liked this:



**A lot!**

**Somewhat**

**Not very much**

Comments on the look, taste, feel or smell of this food: \_\_\_\_\_

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Today I tried: \_\_\_\_\_

I liked this:



**A lot!**

**Somewhat**

**Not very much**

Comments on the look, taste, feel or smell of this food: \_\_\_\_\_

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