

dairy dazzling

calcium carnival



3-A-Day dairy fun



Healthy Kids Challenge

Dairy Dazzling Calcium Carnival 3-A-Day Dairy Fun

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★**Healthy Kids Challenge Dairy Dazzling Calcium Carnival**★

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★Healthy Kids Challenge Dairy Dazzling Calcium Carnival★

Dairy Dazzling Calcium Carnival Description

The carnival is a unique interactive learning experience! It uses simple, easy-to-find resources and active play to teach kids “3-A-Day Dairy” lessons!

From the beginning, kids make the carnival their own by creating the games themselves! Everyone has fun and learns through the process. When the carnival is over, the game materials and directions are stored in resource boxes that teachers and community youth leaders will use for other learning opportunities!

Carnival Learning Outcomes

Participants will:

- Recognize that high calcium foods + physical movement = strong bones
- Identify high calcium foods and recommended 3-A-Day servings
- Use messages and demonstrate ownership to create Carnival games
- Increase willingness to consume high calcium foods
- Join in active play



Steps to Create Your OWN Dairy Dazzling Carnival

1. Decide what, where, how, and when to hold your Carnival.
2. Create Games:
 - a. Provide guidelines for teachers to help classrooms (or youth groups) develop the games.
 - b. Select the top 6 games and announce the games chosen to be in the carnival. Award classroom prizes for the winners and runner's up so that everyone gets recognized.
 - c. Once games are developed and selected have qualified professionals (registered dietitian and P.E. teacher) review the games and make revisions as necessary for content accuracy and game playability.
3. Begin Pre-Carnival Preparation
 - a. Determine volunteers needed
 - b. Design layout
 - c. Identify and obtain needed resources
 - d. Promote your Carnival event everywhere!
4. Set-up the Carnival
5. Have the Carnival!

Get ready for a "DAZZLING" experience!

★Step 1★ Decide What, Where, How, and When

What?

The Carnival may be set up as a single event activity, however, "blending" it with the other simultaneously occurring "activities" gives better "crowd control" and provides an opportunity to enhance the carnival and highlight other learning opportunities.

The following Carnival enhancement activities, planned to coincide with the Carnival games, are highly recommended. Each of the suggested activities need to be planned for 45-60 minutes for the timing to coordinate with the time needed for the Carnival games, since the Carnival goers will be rotated through each activity.

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1. Family Literacy Activity

Reading fun and storytelling in a library

- Involve the school librarian and parent volunteers by asking them to display children’s books focusing on nutrition and physical activity. Visit the Michigan Team Nutrition’s website at <http://tn.fcs.msue.msu.edu/booklist.html> for a list of books that connect healthy eating and activity messages. Check with your school or community library for books on the list, such as “Blueberries for Sal” or “The Berenstain Bears and Too Much Junk Food”.
- “Got Books?” Storytellers – Ask the principal, school counselor, librarian, or other community leader to take turns as storytellers during the event as groups rotate in and out.

2. Healthy Snack Tasting Activity

Taste testing is strongly ENCOURAGED because it is a great educational tool to reinforce the 3-A-Day message. Either offer this as one of the activities planned for the Carnival or conclude the Carnival by offering healthy snacks as participants are dismissed. Provide snack “recipes” to extend the healthy message reach!

Ideas for Tasting

- Create a “Dairy Dips” event in a cafeteria where veggie and fruit dips (recipes at www.3aday.org) are offered for tasting with fresh fruits and vegetables.
- Offer a blind taste test of whole, 2%, and skim milk and see who can identify them. Everyone may be surprised by the results! Who says low fat doesn’t taste the same!

Suggestions for snacks and supplies

Cheese	Flavored yogurts	6-inch plates
Crackers	Single-serve milk	Plastic forks
Veggies	Water	Small Styrofoam cups
Fruit	Juice	Napkins

Suggested amounts for 100 people: Approximately nine pounds of cubed cheese, two large fruit trays (~10-12 lbs total), two boxes whole-grain crackers, and 100 bottles of water.

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3. Active Outdoor Play Activity

- Create your own fun ideas. Set-up an obstacle course, jump roping stations, three-legged races; any traditional games that get kids and their families moving and keep them moving!

Where?

A school gymnasium works well for 100 or less participants. Other locations may include playground, park, or football field.

When?

Choose a date to incorporate the Carnival into existing schedules, or combine it with another school or community event, such as a family reading night.

How?

Determine how you will move Carnival goes through the Carnival. If anticipating a large crowd (>100), plan multiple activities (as suggested) for crowd control.

- Determine timing. Total estimated time 2 to 3 hours, depending on the number of activities and participants.

Note: Set-up and clean-up will take 30-60 minutes depending upon the number of volunteers. The Carnival will last approximately 90 minutes for participants (longer for >250 participants), if groups are rotated every 10 minutes.



★**Step 2**★ **Create Games**

Game Development Guidelines for Teachers

1. Ask classrooms to submit their game.
2. Explain the six top games will be selected and featured at the Dairy Dazzling Carnival.
3. Identify “prizes” for the winning classes, such as a 3-A-Day tasting party in the classroom or have the privilege to promote the Carnival at their school and be the first to tryout the Carnival games.
4. Provide criteria for game development: Games will
 - a. Focus on the 3-A-Day Dairy message and include active play.
 - b. Have a playing time of 5-10 minutes. This timing allows good movement of groups through the Carnival.
 - c. Encourage teamwork and cooperative learning.
 - d. Allow groups (5 or more people) to play at a time.
 - e. Have easy indoor set-up.
 - f. Use inexpensive or easy-to-make resources.
5. Use games from this booklet as examples.
6. Provide the 3-A-Day Dairy Message information (Table 1) to create the games.
7. Set a deadline for classes to submit their games.
8. Explain to teachers that following the Carnival, all submitted game ideas will be assembled to develop a Carnival resource guide. The games and resource guide will be stored together, and can be used independently to teach an individual module in a classroom setting.
9. Explain how to use evaluation tools (if you wish to determine learning outcomes).
 - a. Request that teachers conduct the Dairy Dazzling Calcium Carnival Pre-Survey prior to teaching messages and game development. (Appendix 1)
 - b. Request that teachers conduct the Dazzling Calcium Carnival Post-Survey following the Carnival. (Appendix 2)
10. Explain qualified professionals, such as a registered dietitian and P.E. teacher, will review the games and make revisions as necessary for content accuracy and game playability.

Note: Use game ideas in this book as examples for teachers or to supplement games developed in your program. This step of having kids develop games can be omitted, but they would lose a valuable learning experience.

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Table 1

The 3-A-Day Dairy Message

Teaching the following information prior to the creation of games and Carnival is key in making the event a fun learning experience for all.

Why is calcium important?

Calcium helps build **strong bones** and teeth.

How much calcium do I need?

The amount of calcium needed varies according to age. For most age groups, 3-A-Day is recommended (3-servings of milk, cheese, yogurt, and other dairy foods). 3-A-Day provides almost 1,000 mg of calcium, the amount recommended as a Daily Value (DV) on food labels. **Four** servings a day is a good goal for kids during rapid bone growth - 9-18 years old - and for adults over 50!

What are good food sources?

Dairy products (milk, cheese, yogurt) are the most concentrated food sources of calcium. Other good sources are dry beans, calcium-fortified orange juice, dark green vegetables (broccoli, kale, collards and turnip greens), and calcium-containing soy milk.

Amounts of high calcium foods equivalent to one serving

(Approximately 300 milligrams of calcium):

- 1 cup of milk, yogurt, cottage cheese, or calcium-fortified orange juice
- 3 cups of spinach or cooked dried beans
- 1-1/2 oz. cheese

Note: Even people who are mildly lactose intolerant often can enjoy small amounts of dairy products, such as yogurt, cheese and lactase-treated milk.

Is it true that along with good calcium intake physical activity increases bone strength?

Like muscle, bone is living tissue that responds to use! Physical activity that places weight on the bones during action gives bones a workout. As a result the bone becomes stronger! This kind of physical activity is called weight-bearing exercise. Strong bones help us be less susceptible to fractures and bone deterioration (osteoporosis).

What are examples of weight bearing physical activity?

This is exercise that forces you to work against gravity, such as walking, hiking, running, stair climbing, tennis, and dancing.

Why is it important for kids to include weight bearing physical activity?

Studies show kids who exercise regularly generally achieve greater peak bone mass (maximum bone density and strength) than those who do not*. Bone mass is built in the early years of our life. We have until the ages of 25-35 to reach peak bone mass. After that, we begin to lose bone, but can slow down the loss with weight bearing exercise!

*Nurmi-Lawton J, et al. Evidence of sustained skeletal benefits from impact-loading exercise in young females: A 3-year longitudinal study. *Journal of Bone and Mineral Research*, 2004; 19:314-322.

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★Step 3★ Begin Pre-Carnival Preparation

4 - 6 weeks prior to the Carnival date

Determine Volunteers

Use the following guidelines for a crowd of about 100 participants:

- **1-Emcee** – Facilitates beginning, end, and group rotation of Carnival. May take pictures or video.
- **6-Game leaders** – Select community members, parents, high school students, or teacher volunteers. Choose 1 volunteer per game. Two game leaders per game may be needed for bigger crowds. These volunteers will provide the rules of the game and assist with group rotations. They may also quiz Carnival goers on fun dairy facts or join in the game themselves! Note: Set a time in advance of the Carnival for game leaders to learn their game rules.
- **4- Helpers** – Plan for volunteers to help set-up and take down (game leaders can also help set-up if they are available). Helpers are needed to set-up games, signs, tables for check-in, and snacks. They will also greet kids and families as they arrive at the Carnival.
- **1-Snack leader** – Optional. Organizes the snacks and beverages and service ware. Sets and cleans-up snack tables.
- **1-Runner** – Assists game leaders and emcee during game rotations and with any last-minute needs throughout the event.

Design Layout

1. Identify the “welcoming area” where everyone can gather to hear opening instructions.
2. Determine a two-part system for “crowd control”.
 - Part one: Divide Carnival goers into 3 groups (depending on the number of activities you will have going on) for rotation through the 3 activities: Carnival games—Family Literacy—Healthy Snack Tasting. Suggest dividing the “welcoming area” into 3 equal sections to determine how to distribute the groups or using 3 different colors of tickets as they come in the door.
 - Part two: Determine how to subdivide groups participating in the **“Carnival games”** into 6 different “player-groups”. When Carnival goers are participating in the game activities, they will need to be distributed equally between the six games. Have a Volunteer stand at the door to the Carnival games to count off people into “game groups” of 8-10 and direct them to games.
3. Determine spacing needs for the games. Diagram the game and equipment placement to save time on the day of set-up.

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Identify Resource Needs

Identify equipment needs

- Two to three 6-foot tables: 1 for check-in, 2 for snacks
- 3-A-Day or other dairy education handouts
- Sound system or other attention-getter such as a cow bell or a whistle

Obtain supplies and resources needed.

- Game supplies (see individual games for a listing of supplies)
- Copies of game rules for game leaders.
- Signs to identify games. Signs will identify each game with a number, the name of the game, classroom teacher's name, and grade level
- Copies of game rules for game leaders
- Door prizes (Optional. Ideas: jump ropes, bouncy balls, Frisbees)
- Drawing prizes (Optional. Ideas: sports balls, roller blades, or a bicycle!)

Promote The Event

- Place ads and articles in school newsletters and local newspapers or radio stations (allow at least 2-3 weeks for advertisements).
- Check with potential sponsors (i.e., restaurants and grocery stores) that may donate food or supplies in exchange for publicity for their business.
- Have children create "Dairy Carnival" posters to display in local businesses.
- **And** for recognition after the event, recruit someone to take photos or video of the event's FUN!



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★Step 4★ Set-up the Carnival

4-24 hours before the Carnival

1. Set-up games in the selected location. Games vary in the amount of space they require. Allow adequate space between games for participant groups to travel.
2. Post signs near each game.
3. Place game rules cards for game leaders near each game.
4. Set up a table at the door to greet arrivals. Include 3-A-Day educational information and other items, i.e., tickets for prize drawings.
5. Set-up snack tables (if snacks are served). If extra space is needed, place the tables to one side until the Carnival's conclusion.
6. Ensure supplies are available to play each game after the game is set-up.
7. Demonstrate games and provide a copy of rules to the game leaders. Have the game leader make notes on the card if changes are made to the rules of the game during the event.
8. Make the Fun Dairy Facts available for the emcee to use as he/she directs people through the night, or give each volunteer one fun fact they can try out on the groups that come through their area!



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Fun Dairy Facts for Leaders

- A healthy cow can give 200,000 glasses of milk in her lifetime.
- One cow produces 90 glasses of milk a day.
- It takes 10 lbs of milk to make 1 lb of cheese.
- The five largest milk-producing states: California, Wisconsin, New York, Pennsylvania and Minnesota. They produce 52% of the nation's milk supply.
- The most popular American natural cheese is cheddar.
- The first milk mustache celebrity was Naomi Campbell.
- Mozzarella is the number one cheese used on pizza.
- One teaspoon of yogurt contains over 1 billion live and active "good" bacteria.

★Step 5★ Have the Carnival!

Carnival Day!

- The morning or afternoon before the Carnival, hold a dress rehearsal! Let kids "try out" the games. They will **love** it, and you will be able to work out the "kinks"! Plus, the kids will be even more excited to bring their family back to the Carnival to show off their games!

45-60 minutes prior to the Carnival

- Have 2 volunteers ready to greet and direct kids and families to a designated area for the welcome message and instructions from the emcee.
- If not done previously, review game rules with game leaders.
- As kids and families arrive at the designated area, have a volunteer provide one of 3 colors of tickets to divide them into "game player-groups."

Begin the Carnival!

Have the emcee

- Welcome the group and explain the Carnival format. If desired, include welcoming remarks from community leaders or school administrators. Remember to mention if snacks will be provided following the games, and/or door prizes given to all who complete the evening's FUN!
- Direct Carnival goers to one of three designated activities according to the system you have pre-determined. (Carnival games, Literacy Event, and Healthy Tasting). Note: Plan that each group has approximately 30-60 min to complete each activity planned.
- Remain with the game player-group that begins with the Carnival games. Assign a game number to direct the player-groups to their starting games.
- After giving each player-group a few minutes to all assemble at their designated starting game, begin timing the first round. Allow 5-10 minutes per game (depending on available time), and then use the microphone or "bells" to cue the groups to rotate. Every group will rotate through each of the games at least once.

Note: Ask the emcee to pay attention to the direction groups are rotating and coordinate so traffic will flow smoothly from one event to the next.



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Have each Carnival game leader

- Explain game rules to the player.
- Lead the game (plan play time of 5-10 minutes per group)
- Organize the group to lead them to the next numbered game.
When a cow bell rings (or a similar means of announcing the time to rotate to the next game) have each game leader line up the players and instruct them to WALK to their next game.

Set-up for Carnival Ending

As the last rotation begins,

- If snacks are served, set-out them out in a serving area.
- Organize drawing of prizes.

Close the Carnival

Ask the emcee to announce the end of the Carnival. If there are any big prize drawings, everyone gathers for those. Then if applicable, announce the opening of the snack line and that door prizes are available for all participants as they leave the event.

★1-2 Days Following the Carnival, Conduct Post-Surveys★

Conduct Student Post-Surveys. If desired, conduct surveys with teachers as suggested in Appendix (3) and (4). Gather and tabulate results.



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★ON TO THE GAMES!★

★Putt Putt to Better Health

Mrs. Schwanke's 2nd Grade – Scott City Elementary School

Message: 3 strokes of dairy a day are par for your body's course!

Supplies:

- Plastic golf clubs or hockey sticks
- Lightweight plastic balls
- Stand-up pictures of milk, cheese, yogurt, and ice cream with small holes cut out for balls to pass through

Set-up: Create a "mini" golf course using pictures of dairy foods to make the "holes." (Glue pictures on boxes and cut out holes.)

Goal: Players getting to the end of the course in only 3 strokes, "win."

Instructions:

- Each player gets a club and a ball and attempts to get the ball through each cutout in only 3 tries.
- After the first player gets to the 3rd "hole" the next player may start.



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★Broken Bone Relay

Mrs. Ramsey's 3rd grade – Scott City Elementary School

Message: *Eating 3-A-Day and staying active builds strong bones*

Supplies:

- 8 chairs or cones to mark each station in the relay
- 2 “bones”, each made from two 6-inch pieces of PVC pipe or tubing held together with a connector (the “bone” needs to be taken apart easily)
- Plastic food models or pictures of milk, cheese, and yogurt to place at the designated stations

Set-up: A “relay course” with a starting line and 4 “stations”—a bone station, cheese station, milk station, and yogurt station—for each of two teams. Set stations 7-10 feet apart as space allows.

Goal: The first team in which all players fix their broken bones with 3-A-Day wins!

Instructions:

- Divide into two teams.
- When the game leader says, “start”, the first player in each line RUNS to bone station and breaks apart the “bone” and places it back down.
- The player pretends to have a broken leg
 - HOPS to cheese station, pretends to eat cheese and says “oh yum! Calcium!”
 - HOPS to the yogurt (pretends to eat) and then to the milk station (pretends to drink).
- After going through all the stations the player LIMPS back to the bone station and puts the broken bone back together (because eating all the calcium helped make the bone stronger).
- The player then RUNS back to starting line and does two jumping jacks and two stretches before tagging the next teammate to start the relay.

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★Got Milk?

Mrs. Koehn's 4th Grade – Scott City Elementary School

Message: Score more with 3 servings of milk every day!

Supplies:

- 2 life-size cutouts of Kevin Garnett with hole cut out for the mouth big enough for a milk carton to pass through (or use toy basketball goals)
- 3-5 empty single serving milk cartons for each team
- Masking tape

Setup: Mark a playing line 5 feet in front of "Kevin Garnett" (the basket ball goal).

Goal: The first team to get 3 cartons into Kevin's mouth wins!
Score more with three servings of milk every day!

Instructions:

- Divide into 2 teams. The first 3 players on each team get a milk carton.
- Line teams up about 5 feet in front of Kevin Garnett.
- Each player gets one try to get the carton into Kevin's mouth.
- Players pick up the carton they used and hand it to the next player needing one.

★Calcium Twister

Mr. Fox's 3rd Grade – Scott City Elementary School

Message: Use calcium foods to put a new "twist" on traditional family fun!

Supplies:

- "Twister" Board Game
- 6 pictures each of milk, yogurt, cheese, and chocolate milk

Set-up: Set-up the game by taping pictures to the game board and label spinner as follows:

- Red – milk
- Yellow – cheese
- Green – yogurt
- Blue – chocolate milk

Instructions:

The game leader uses the regular "Twister" rules, but calls out calcium foods instead of colors.

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★Milk on the Mooove

Mrs. Koehn's 4th Grade – Scott City Elementary School

Supplies:

- 20 gallon milk jugs with bottoms cut off to make scoops
- 6 empty single serving milk cartons (3 per team)

Set-up: Each team forms 2 lines of players, 3-4 feet apart, and uses milk jug scoops to "toss milk cartons."

Goal: Use teamwork to move three servings of milk to the end of the line. The first team to get 3 milk cartons down to the end wins!

Instructions:

- Divide the group into two teams of 8-10 players, and give each player a milk jug scoop.
- Have each team form 2 lines (facing each other)
- Put a milk carton in the first player's scoop on each team.
- The first player tosses it to the player across from them.
- The player must catch the carton in their scoop and pass it to the next person across from them.
- If a player drops the carton they have to run around the person next to them before picking up the carton and trying again.

★Milk Ka-Blam!

Mrs. Tucker's 4th Grade – Scott City Elementary School
Also created as Calcium Bowling by Ms. Essman's 4th grade,
Grissom Elementary School

Supplies:

- 10 empty half-gallon milk jugs
- 2 tennis balls or other soft balls
- Masking tape

Set-up: Place milk jugs in pyramid shape similar to bowling pins at one end of the game area with a line on floor for bowling that is 7-10 ft away from the pins.

Goal: Each player knocks out "calcium servings" with milk jug bowling pins.

Instructions:

- Players line up behind the line and bowl one at a time underhanded.
- The player who knocks down the most milk jugs wins!

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★Milk Tic Tac Toe

Ms. Case – 1st Grade – Grissom Elementary

Supplies:

- Interlocking foam squares or masking tape and paper squares
- Six yogurt containers with a physical activity written on bottom
- Six single-serving milk cartons with a physical activity written on bottom

Set-up: Use foam or paper squares to layout “Tic Tac Toe” grid on the floor (3 rows of 3). Place all the milk and yogurt cartons together in a small box.

Goal: Players try to get three of the same dairy foods in a row for a “Tic Tac Toe!”

Instructions:

- Have up to nine players line up around the edge of the grid.
- The first player takes a milk carton and announces the activity on the bottom to all players.
- Everyone does the action movement, and then the player places the carton on the grid.
- Each following player alternates choosing yogurt, then milk again.
- Play until players get 3 milk cartons or 3 yogurt cartons in a row.
- Players who haven’t drawn a carton start the next round.



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★Dem Bones

Ms. Nathman – 2nd Grade - Grissom Elementary

Supplies:

- 32 colored 8.5 x 11 in. sheets of cardstock or 12x12 foam squares
- (4) rolls of colored plastic tape or two rolls masking tape
- (8) 5 x 8 in. cards: Label (2) with the word START. Label (2) MILK, (2) CHEESE, and (2) YOGURT and write a different action movement on the back of each one. Tape one side of each to a colored sheet, so that they can be flipped up to read the activity on the back
- Foam to cut out (10) “bones”
- (1) 8.5 x 11 in. sign with the words “3-A-Day for Strong Bones”

Set-up: Set up the course by taping down (2) curving “paths” using the plain colored sheets as stepping-stones. For every 4th “stepping stone”, tape one side of a 5 x 8 in. dairy card in the path instead of a plain colored sheet. Arrange for the paths to end at the same point— where the pile of foam bones rests with the 3-A-Day sign.

Goal: Be the first team to follow the path toward strong bones with 3-A-Day.

Instructions:

- Divide into two teams. One player from each team completes the path before the next player may begin.
- Game leaders assign an action movement (hop-touch the ground-jump-etc.) to the first players on each team. The player does this action to get to the first dairy food on their path.
- Each player flips up the first dairy food card on the path, and acts out the action movement written on the card, to get to the next food in the path. Players repeat this step along the path to get to the pile of bones.
- Upon reaching the pile, the player picks up a bone and runs back along the path to tag the next player.
- All players on a team try to end up with strong bones first.

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★The ABC's of Calcium

Ms. Essman – 3rd Grade - Grissom Elementary

Supplies:

- 10-15 carpet squares (one less than the number of players)
- Two gallon milk jugs with bottoms cut off (one labeled Players' letters and the other labeled milkman's letters)
- 2 sets of 12-16 foam or cut-out letters (M for milk, Y for yogurt and so forth) with the name of a dairy food written on one side and physical activity on the reverse – make 2 sets, but mark one to set it apart from the other
- 2 number "3"s to go into the milk jug the "milkman" draws from
- Permanent marker

Set-up: Place carpet squares in a circle on the floor—need one less than the number of players—with approximately 1 foot of space between each square

Goal: Draw a letter from the jug and the player whose letter matches the "milkman's", reads the activity on the back for all the players to do. Afterwards the player and the milkman compete for a spot in the circle to see who becomes the next milkman.

Instructions:

- Each player stands on a carpet square. The one player without a square is the milkman.
- The game leader holds both milk jugs. Each player standing on a carpet square draws one letter from the players milk jug.
- The milkman draws a letter from the other jug and stands beside the player who holds the matching letter.
- The milkman and player together read the action movement directions on the back of the letter and everyone completes it.
- The two players walk in opposite directions around the circle to try to get back to the empty square first.
- The person without a square becomes the milkman and draws another letter.
- If the number "3" is drawn, everyone does 3 jumping jacks and walks around the circle to a new square. The 3 card always goes back into the milkman's jug.

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★Dairy Scramble

Ms. Fowlkes – 3rd Grade - Grissom Elementary

Ms. Beal – 4th and 5th Grades – Celia Clinton Elementary

Supplies:

- 18 plastic or foam cups – write one letter on each cup, so that together they spell “GO MILK”, “CHEESE”, and “YOGURT”.
- Wide-tip permanent marker
- Masking tape
- Large poster with “GO MILK”, “CHEESE”, and “YOGURT” hanging on the wall nearby

Set-up: Tape off a 4-ft diameter circle in the center of the playing area. Mix-up the cups and place in the center of the circle. Tape off a 12 to 16-ft diameter circle around the center circle. At three equal distances on the perimeter of the large circle, tape a 3-ft straight line. Each team must stand behind this line, and they place their cups on it as they spell their dairy word.

Goal: Be the first team to spell a dairy word by scrambling for the correct letters.

Instructions:

- Assign players to 3 teams and direct them to surround the center circle for instructions.
- Assign a word to each team.
- The team must spell that word with the cups one at a time.
- First player RUNS to pick up the first letter from the center circle and places it on their team line; then tags the next player to go.
- Each following player must pick up the letter that comes next in the spelling of his or her word. Then they return to their place behind the team line until their next turn.
- When they finish spelling their word, and all team members are standing in place together behind the team line, the whole team shouts “3 A Day!”

★Healthy Kids Challenge Dairy Dazzling Calcium Carnival★

★Mooove it to the Mooo-sic!

Ms. Brown and Ms. Lee – 5th Grade - Grissom Elementary

Ms. Beal – 4th and 5th Grades – Celia Clinton Elementary

Message: There are no winners or losers in this variation of musical chairs!

Supplies:

- Tape or CD player with upbeat music
- 9 cards with pictures or names of dairy products on them (game leader holds these)
- 9 cards with the same dairy pictures, but also with a action movement direction written on the back side
- 9 chairs (or one per player, if there are less than 9 players)
- Clear tape

Set-up: Place 9 chairs in a circle facing outward. Use the cards that have the dairy picture on one side and action movement direction on the other side to tape onto the backs of the chairs (face the dairy food picture outward). Place a table by an outlet for the tape or CD player.

Goal: Active dairy fun for everyone!

Instructions:

- Each player sits in a chair.
- When the leader starts the music, all players walk in a circle.
- A game leader hands a dairy card to one player as they walk by.
- When music stops, all players sit down. The player with the card calls out the name of that dairy food.
- The person sitting in the chair with the matching dairy food card flips it up and announces the physical activity to the group.
- Everyone does the action (including leaders!) and the music starts again.
- The player who holds the dairy card hands it back, and another player receives a card while the music plays. Repeat until time is up.

★Healthy Kids Challenge Dairy Dazzling Calcium Carnival★

★Ring the Dairy Product

Ms. Beal – 4th and 5th Grades – Celia Clinton Elementary School

Supplies:

- (10) single serving milk cartons
- (2) medium-size boxes (24-36 inches square)
- Masking tape
- (10) heavy weight paper plates

Set-up: On the top of each box, tape (5) milk cartons in an X pattern. Place the boxes in the game area opposite each other (about 10 feet apart). Then offset the boxes to make space so that two lines of players can go at once. Cut the centers out of the paper plates to make “rings”. Tape several plates together if they need to be heavier.

Goal: Each player attempts to ring 3 milk cartons.

Instructions:

- Give the first player in each line (5) rings.
- They try to ring three cartons to win before the next player takes a turn.
- The rings tossed toward one end become the rings that the other line tosses back.

★Grab and Go for 3-A-Day

Ms. Beal – 4th and 5th Grades – Celia Clinton Elementary School

Supplies:

- 9 sponges or foam cut into dairy shapes; (3) cheese, (3) milk cups, (3) yogurt cartons
- 5 small baskets
- Masking tape

Set-up: Tape off a 10 ft square play area, and tape an X in the middle. Place a basket at each corner and one on the middle X. Fill the middle basket with the foam dairy shapes.

Goal: Be the first team to set 3 dairy foods into your basket.

Instructions:

- Divide players into four teams of three players each.
- One player at a time runs to the middle, and picks out only one dairy food at a time to put into their team’s basket.
- The next player may pick up only one dairy food, but they may choose to either run to the middle, or run to one of the other team’s baskets to grab one of their dairy foods.
- Repeat until one team gets three dairy foods into their basket and all shout “3-A-Day!”

★Healthy Kids Challenge Dairy Dazzling Calcium Carnival★

★3-A-Day Bingo

Ms. Beal – 4th and 5th Grades – Celia Clinton Elementary School

Supplies:

- 9 interlocking foam squares (or use masking tape and colored paper squares)
- Wide-tip permanent marker
- One set of 9 different dairy food pictures, laminated, for players
- One set of dairy food pictures matching the first set, but with a physical activity written on the back (The game leader holds these)

Set-up: Create a “bingo board” with interlocking foam squares (or masking tape and colored paper). Write the name of each of the nine dairy foods (from the cards) on the spaces of the bingo board.

Goal: Players become the bingo markers on this life-size game board and any 3 in a row wins!

Instructions:

- Direct nine players line up around the perimeter of the bingo board
- The game leader hands each player a laminated dairy food picture
- The game leader chooses a card from the full set, then calls out a dairy food shown.
- The player with the card showing the food that was called stands on the corresponding space on the bingo board.
- The game leader turns over the card and reads the action movement. All players do the action movement.
- The game continues until 3 players are in a row, and everyone shouts “3-A-Day!”



★Healthy Kids Challenge Dairy Dazzling Calcium Carnival★

★3-A-Day in a Haystack

Ms. Beal – 4th and 5th Grades – Celia Clinton Elementary School

Supplies:

- Small cardboard box (12-16 in across) with 2 holes in opposite sides, big enough for a child's arm to reach through
- 6 colored balls; with a permanent marker, label (2) balls MILK, (2) YOGURT, and (2) CHEESE
- Toy basketball hoops

Set-up: Set up with a start line, a mid-point where the box rests, and a final point where the basketball goals hang on a wall; leave approximately 10 ft between points in the course. Place balls into the cardboard box.

Goal: Be the first team to get 3 different kinds of dairy foods.

Instructions:

- Divide into 2 teams of 4-5 players per team.
- One player from each team reaches into box and pulls out a ball.
- Each player runs to their basketball hoop and makes a basket.
- The player picks up his/her ball and runs back to their teammates.
- The next player in line goes when the first player returns. Players must get a ball with a different name, make a basket and tag the next teammate.
- Play the game until one team has (1) milk, (1) cheese, AND (1) yogurt.



Appendix 1

Pre-Survey: Dairy Dazzling Carnival

A 4th and 5th grade student survey

Circle your answers to the questions below.

Write comments when asked.

1. Do you drink milk?

(White, chocolate, or other flavors all count!)

Every day

Sometimes

Most days of the week

Never

2. Circle calcium foods other than milk that you eat at least one time a week.

Cheese

String Cheese

Yogurt

Pudding

Ice Cream

Milkshake

Cottage Cheese

Other _____

3. How many days a week do you have play that keeps you actively moving? (Like ride bikes or participate in sports)

Every day

Sometimes

Most days of the week

Never

4. How many servings of milk and other dairy foods are you supposed to eat every day?

One

Two

Three

MORE than Three a Day

Appendix 2

Post-Survey: Dairy Dazzling Carnival

A 4th and 5th grade student survey

Circle your answers to the questions below.

Write comments when asked.

1. Do you drink milk?

(White, chocolate, or other flavors all count!)

Every day

Sometimes

Most days of the week

Never

2. Have you started drinking more milk or eating other calcium foods at school or home since the Calcium Carnival?

Yes

No

3. Are you more active since you learned about how calcium and activity work together for bone health?

Yes

No

4. Circle calcium foods other than milk that you eat at least one time a week.

Cheese

String Cheese

Yogurt

Pudding

Ice Cream

Milkshake

Cottage Cheese

Other _____

5. Have you tried any new or different calcium foods since the carnival that you didn't drink or eat before?

Yes

No

6. How many servings of milk and other dairy foods are you supposed to eat every day?

One

Two

Three

MORE than Three a Day

7. What did you like about the Calcium Carnival?

8. What is something that you learned from the Calcium Carnival?

Appendix 3

Dairy Dazzling Carnival Post Survey

Post-Carnival Survey for teachers whose kids wrote games

- 1. Did you find it a valuable learning experience for your class to develop a game(s) for the Calcium Carnival?**

Yes No Comments _____

- 2. Did you use the calcium/dairy background information to develop Carnival game(s)?**

Yes No If no, please comment _____

Please suggest other information or communication that would have helped facilitate game development.

- 3. Did your students talk about the carnival afterwards and if so, what kind of feedback did you get?**

- 4. Did you receive feedback from parents or community members?**

Yes No Comments _____

- 5. Once all the games, material supplies and how to booklets are complete and within your access at school, will you use this resource again in the future?**

Yes No Not sure

If yes, please describe how you might use this resource:

- 6. Have you done any other 3-A-Day calcium education in your classroom this year?**

Yes No

If yes, please describe:

- 7. Please comment about the carnival as a student learning experience:**

Appendix 4

Dairy Dazzling Carnival Post Survey

*Post-Carnival Survey for teachers whose kids **DID NOT** write games*

1. Did you use the calcium/dairy background information sent?

Yes No If no, please comment _____

Please suggest other information or communication that would have helped facilitate game development.

2. Did your students talk about the calcium carnival afterwards and if so, what kind of feedback did you get?

3. Once all the games, material supplies, and how to booklets are complete and within your access at school, will you use this resource?

Yes No Not sure

If yes, please describe how you might use this resource:

4. Have you done any 3-A-Day calcium education in your classroom this year?

Yes No


If yes, please describe:

5. Please comment about the carnival as a student learning experience:




Notable Quotes:

"My daughter showed me HER game and how we're supposed to play it. The kids really took pride in the creation of their games."



"We typically don't see very good turnouts for evening events at this school, so tonight was a huge surprise! We expected 100 people at the most, and we counted 250 at the event's conclusion!"



"Everyone had a great time. I saw children talking their parents into playing THEIR games with them, and the parent volunteers were having a great time too! We should do this again next year!"



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