

CHFFF Teaching Supplies Master List

Lesson 1	<ul style="list-style-type: none"> <input type="checkbox"/> Nametags, attendance sheet, pens or pencils <input type="checkbox"/> Markers (including red, yellow, and green), newsprint <input type="checkbox"/> Red, Yellow, Green circles cut from colored paper, 6" in diameter or more <input type="checkbox"/> For Add, empty drink containers with labels intact: <ul style="list-style-type: none"> <input type="checkbox"/> For Go Drinks – water, low-fat (1%) and/or fat-free unflavored milk, soy or other non-dairy milk if low-fat, unsweetened, and fortified with calcium and vitamin D <input type="checkbox"/> For Slow Drinks – 100% juice, flavored milk, 2% and whole milk <input type="checkbox"/> For Stop Drinks – several varieties of soda, sports drinks, fruit drinks like lemonade and punch, juice drinks, sweetened iced tea, energy drinks, etc. <input type="checkbox"/> Make sure one of above drink containers is 8 ounces or bring an 8 ounce paper cup <input type="checkbox"/> For Apply – Any of above drink containers except milk – flavored or unflavored – or juice, because label does not differentiate between milk sugar (lactose) or natural fruit sugar and added sugar <input type="checkbox"/> 20-ounce cola bottle <input type="checkbox"/> Sugar – approximately 1 cup per station <input type="checkbox"/> Measuring teaspoons <input type="checkbox"/> 12-ounce clear plastic cups, 1 per drink to be measured <p>Optional: 6 empty or stuffed 5-pound bags of sugar (to represent 32 pounds total)</p>
Lesson 2	<ul style="list-style-type: none"> <input type="checkbox"/> Nametags, attendance sheet, pencils for children to write their goals at end of lesson. <input type="checkbox"/> Markers, newsprint <input type="checkbox"/> For Apply: 1 cup salad greens, ½ cup <u>each</u>: chopped carrots, garbanzo beans, green peas, and tomato or cucumber. Use real food to use later in Garden Salad, or use food cards. Also 1½ cups fruit using real food or food cards. <input type="checkbox"/> Dairy Council Food Model Cards, sorted according to suggested lists on next page: These come as a set of 200 punch-out color photos representing the actual serving size of common foods. Order from a state Dairy Council such as Oregon Dairy Council: www.oregondairycouncil.org/catalog/category/?cat_id=9 Order # 0012NOS <input type="checkbox"/> Paper plates: 1 unlabeled, plus 4 sets of 4 plates each, labeled <i>Breakfast, Lunch, Dinner, Snack</i> (Optional: use smaller plate for <i>Snack</i>)

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Lesson 3	<ul style="list-style-type: none"> <input type="checkbox"/> Nametags, attendance sheet, pencils for each child <input type="checkbox"/> For Anchor: Several cans of non-dairy, non-fruit food with labels removed; save the labels <input type="checkbox"/> For the Add: Labels from unlabeled cans in Anchor plus a variety of non-dairy, non-fruit packages (empty or full) with Nutrition Facts Labels on them – enough so each child or pair of children can have one to look at. Avoid fruit and dairy, so labels show only added sugar. <ul style="list-style-type: none"> <input type="checkbox"/> Package of store-bought chocolate chip cookies – empty or full (optional) <input type="checkbox"/> Dairy Council Food Model for chocolate chip cookies <input type="checkbox"/> A 20 ounce drink container (from Sweetened Drinks lesson) <input type="checkbox"/> Measuring cups, variety of sizes <input type="checkbox"/> For the Apply: At least 1 empty salty snack food package and 1 sweet snack food package per child with Nutrition Facts Labels, as follows: <ul style="list-style-type: none"> <input type="checkbox"/> Salty snacks that vary in fat, such as snack crackers (regular and/or cheese), reduced fat crackers, potato and/or tortilla chips, pretzels (plain or cheese-filled), puffed cheese snacks, and lower- and higher-fat microwave popcorn. <input type="checkbox"/> Sweet snacks that vary in sugar, such as candy bars, cream-filled or other cookies, packaged individual snack-cakes, granola bars (some lower in sugar), toaster pastries, and plain graham crackers. <input type="checkbox"/> Plan to have at least 2 teams of about 3-6 children each. Each team needs two non see-through grab-bags, each containing at least 1 package per child, one for salty snacks and one for sweet snacks. <input type="checkbox"/> Be sure to test your comparison items to make sure they make sense and are easy to compare in terms of fat or sugar, and that some are obviously healthier and some less healthy. <input type="checkbox"/> Optional: Put some example snack items into a baggie to demonstrate what one serving size looks like. 						
Lesson 4	<ul style="list-style-type: none"> <input type="checkbox"/> Nametags, attendance sheet, pencils <p style="background-color: #e0f0e0; padding: 5px;">For Add, small, sturdy plastic bags of various grains such as those listed below. Label each bag.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%; text-align: left;">Refined Non-Whole Grains</th> <th colspan="2" style="text-align: center;">Whole Grains</th> </tr> </thead> <tbody> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <input type="checkbox"/> white rice <input type="checkbox"/> white flour <input type="checkbox"/> pearly barley <input type="checkbox"/> yellow de-germed cornmeal </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <input type="checkbox"/> whole wheat flour <input type="checkbox"/> brown rice, wild rice <input type="checkbox"/> quinoa <input type="checkbox"/> whole barley (not pearly) <input type="checkbox"/> bulgur </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <input type="checkbox"/> whole oats/oatmeal <input type="checkbox"/> popcorn, whole grain cornmeal <input type="checkbox"/> rye flour <input type="checkbox"/> millet <input type="checkbox"/> blue cornmeal </td> </tr> </tbody> </table> <p style="background-color: #e0f0e0; padding: 5px;">For Apply: A variety of empty product packages, at least one per child, about half obviously higher in whole grains and fiber, and half obviously lower or with none. Examples include: (on next page)</p>	Refined Non-Whole Grains	Whole Grains		<ul style="list-style-type: none"> <input type="checkbox"/> white rice <input type="checkbox"/> white flour <input type="checkbox"/> pearly barley <input type="checkbox"/> yellow de-germed cornmeal 	<ul style="list-style-type: none"> <input type="checkbox"/> whole wheat flour <input type="checkbox"/> brown rice, wild rice <input type="checkbox"/> quinoa <input type="checkbox"/> whole barley (not pearly) <input type="checkbox"/> bulgur 	<ul style="list-style-type: none"> <input type="checkbox"/> whole oats/oatmeal <input type="checkbox"/> popcorn, whole grain cornmeal <input type="checkbox"/> rye flour <input type="checkbox"/> millet <input type="checkbox"/> blue cornmeal
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	<u>Whole Grains</u>	<u>Non Whole Grains</u>
	<ul style="list-style-type: none"> <input type="checkbox"/> 100% Whole grain bread <input type="checkbox"/> Whole grain cracker (e.g. Triscuit™) <input type="checkbox"/> Raisin bran or other whole grain flake cereal Mini-wheats or other whole grain cereal <input type="checkbox"/> Tortilla chips or other whole grain chips <input type="checkbox"/> Oatmeal 	<ul style="list-style-type: none"> <input type="checkbox"/> White bread, with no whole grain <input type="checkbox"/> Non-whole grain cracker (e.g. saltines) <input type="checkbox"/> Corn flakes or other non-whole grain flake cereal <input type="checkbox"/> Non-whole grain kids' cereal <input type="checkbox"/> Pretzels <input type="checkbox"/> Cream of Wheat
Lesson 5	<ul style="list-style-type: none"> <input type="checkbox"/> Nametags, attendance sheet; markers and newsprint (optional) <input type="checkbox"/> Optional: real examples or packages of fries and muffins: large versus small <input type="checkbox"/> Hamburger Buns, 1 per 2 children <input type="checkbox"/> Yellow shortening or margarine, approximately 1 cup per station <input type="checkbox"/> Small plates <input type="checkbox"/> Blubber Burger Cards (Visual Aids Appendix) in pairs as follows, plus Big Mac Card for demo: <ul style="list-style-type: none"> <input type="checkbox"/> McDonald's: 10-piece McNuggets and 4-piece McNuggets <input type="checkbox"/> Burger King: Large and Value-sized French Fries <input type="checkbox"/> Dairy Queen: Original Cheeseburger and ¼ lb. Bacon Cheese Grillburger <input type="checkbox"/> Taco Bell: Cheese Quesadilla and Bean Burrito <input type="checkbox"/> Wendy's: Quarter Pound Burger with Cheese and Ultimate Chicken Grill <input type="checkbox"/> Subway: 6" Ham Sub and 6" Meatball Marinara Sub <input type="checkbox"/> Teaspoons for measuring fat (or plastic spoons – one to scoop, one to scrape off blubber – for easy clean-up) <input type="checkbox"/> Paper towels, napkins, or hand-wipes <input type="checkbox"/> Sticky-note flags or dry-erase markers for children to mark selections on Fast Food Menu Cards 	
Lesson 6	<ul style="list-style-type: none"> <input type="checkbox"/> Nametags, attendance sheet, pencils <input type="checkbox"/> For Add (example breakfasts): <ul style="list-style-type: none"> <input type="checkbox"/> Food cards not used in previous lessons: Fried egg, rye bread, English muffin, peanut butter, bran flakes, 2% milk <input type="checkbox"/> Food cards used in Lesson 2: orange, applesauce, banana <input type="checkbox"/> For Apply – See next page for details and suggested products): <ul style="list-style-type: none"> <input type="checkbox"/> A variety of 4-5 cereal boxes with different amounts of sugar and fiber <input type="checkbox"/> A variety of convenience breakfast foods that vary in fat and calories per serving <input type="checkbox"/> 3 groups of food cards in large envelopes: Grains, Vegetables and Fruits, Dairy/Protein (Meat/Beans) <input type="checkbox"/> Stickers and/or certificates to give out when children complete Breakfast Olympics Stations. 	

CHFFF Cooking Equipment Master List

Lesson 1	<u>Fruit Smoothie</u> <input type="checkbox"/> Blender <input type="checkbox"/> Measuring cups <input type="checkbox"/> Paring knife, cutting board <input type="checkbox"/> Cups (1 per child)	<u>Water With a Twist</u> <input type="checkbox"/> Cups (1 per child) <input type="checkbox"/> Paring Knife <input type="checkbox"/> Cutting board	
Lesson 2	<u>Orange and White Fries</u> <input type="checkbox"/> Vegetable Brush <input type="checkbox"/> Knives, cutting board(s) <input type="checkbox"/> Mixing bowl, measuring spoons <input type="checkbox"/> Baking sheet(s) Oven or toaster oven	<u>Garden Salad with Vinaigrette</u> <input type="checkbox"/> Knives, cutting boards <input type="checkbox"/> Salad Bowl <input type="checkbox"/> Mixing jar with tight lid	
Lesson 3	<u>Hummus with Veggies and Pita</u> <input type="checkbox"/> Blender or mashing utensil <input type="checkbox"/> Can-opener <input type="checkbox"/> Colander <input type="checkbox"/> Measuring spoons	<u>Apple Cinnamon Wrap and Roll</u> <input type="checkbox"/> Sharp knife, cutting board <input type="checkbox"/> Measuring spoons, measuring cup <input type="checkbox"/> Small and medium bowls, plate Frying pan, spatula, stove	
Lesson 4	<u>Oatmeal Pancakes</u> <input type="checkbox"/> measuring cups and spoons <input type="checkbox"/> mixing bowl and spoon <input type="checkbox"/> large frying pan (electric or stove-top) <input type="checkbox"/> fork or egg beater, spatula	<u>Veggie Pick-Pockets</u> <input type="checkbox"/> measuring spoons <input type="checkbox"/> grater (optional) <input type="checkbox"/> paring knife	<u>Bread-In-A-Bag</u> <input type="checkbox"/> 1-gallon re-sealable freezer bag (1 per child) <input type="checkbox"/> measuring cups and spoons <input type="checkbox"/> pre-baked loaf <input type="checkbox"/> optional: disposable bread pans, 1 per child
Lesson 5	<u>Broccoli Black Bean Quesadillas</u> <input type="checkbox"/> Mixing bowl, spoon, can-opener <input type="checkbox"/> Measuring cups <input type="checkbox"/> Knife, cutting board, masher <input type="checkbox"/> Skillet or pan, stove	<u>Tortilla Roll-Ups</u> <input type="checkbox"/> Can opener <input type="checkbox"/> Mixing bowl <input type="checkbox"/> Masher or fork	
Lesson 6	<u>Breakfast Parfait</u> <input type="checkbox"/> Cups or bowls, spoons (1 per child) <input type="checkbox"/> Measuring cups <input type="checkbox"/> Knife, cutting board	<u>Quick Fruit Scones</u> <input type="checkbox"/> Measuring cups <input type="checkbox"/> Measuring spoons, whisk or fork <input type="checkbox"/> Mixing bowls <input type="checkbox"/> Baking sheet, oven	

CHFFF Ingredients Master List

Lesson 1	<p><u>Fruit Smoothies for 10</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 cups frozen strawberries or other fruit <input type="checkbox"/> 1 banana <input type="checkbox"/> ¾ cup low-fat yogurt (vanilla or plain) <input type="checkbox"/> 2 cups fat-free milk 	<p><u>Water With a Twist</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Fruit (Orange, Lemon, Strawberries, Pineapple) <input type="checkbox"/> Water
Lesson 2	<p><u>Orange and White Fries for 8</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 medium white potatoes (¾ to 1 pound) <input type="checkbox"/> 1 large sweet potato (¾ to 1 pound) 4 teaspoons vegetable oil 	<p><u>Garden Salad with Vinaigrette for 8</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 6 cups dark salad greens (romaine, leaf lettuce, spinach, etc.) <input type="checkbox"/> ½ cup each: chopped carrots, garbanzo beans, and green peas <input type="checkbox"/> 1 tomato or 1/2 a cucumber, sliced <input type="checkbox"/> 1 Tbsp red wine vinegar or lemon juice <input type="checkbox"/> 4 Tbsp olive or other vegetable oil <input type="checkbox"/> Pinch of salt, pepper to taste
Lesson 3	<p><u>Hummus with Veggies and Pita for 12</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 15-ounce can chickpeas or garbanzo beans, drained <input type="checkbox"/> 1 clove garlic, peeled and crushed (or 1/8th tsp garlic powder) <input type="checkbox"/> 3 Tbsp lemon juice <input type="checkbox"/> ½ tsp salt <input type="checkbox"/> 6 Tbsp water <input type="checkbox"/> 3 Tbsp tahini (ground sesame seeds) or peanut butter <input type="checkbox"/> ¼ tsp paprika (optional) <input type="checkbox"/> 1-2 Tbsp olive or other vegetable oil <input type="checkbox"/> Cut-up raw vegetables (carrots, broccoli, etc.) <input type="checkbox"/> Pita bread (optional) 	<p><u>Apple Cinnamon Wrap and Roll for 8</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 tablespoons sugar <input type="checkbox"/> 1 teaspoon cinnamon <input type="checkbox"/> 2 apples (2 cups finely chopped) <input type="checkbox"/> 1/3 cup low-fat vanilla yogurt <input type="checkbox"/> Cooking spray <input type="checkbox"/> 4 6-inch whole wheat flour tortillas <input type="checkbox"/> 2 teaspoons vegetable oil

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Lesson 4	<u>Oatmeal Pancakes for 12</u> <ul style="list-style-type: none"> <input type="checkbox"/> ¾ cup oats <input type="checkbox"/> 1½ cups fat-free milk <input type="checkbox"/> ¾ cup all purpose flour <input type="checkbox"/> ½ cup whole wheat flour <input type="checkbox"/> 2 tablespoons sugar <input type="checkbox"/> 1 tablespoon baking powder <input type="checkbox"/> 1 teaspoon salt <input type="checkbox"/> 2 eggs, beaten <input type="checkbox"/> 2 tablespoons oil <input type="checkbox"/> 3 cups unsweetened applesauce, cinnamon 	<u>Veggie Pick-Pockets for 6</u> <ul style="list-style-type: none"> <input type="checkbox"/> 6 whole wheat pita pockets <input type="checkbox"/> 1-2 cucumbers, diced <input type="checkbox"/> 2-3 carrots, slivered or grated <input type="checkbox"/> ¼ cup low-fat creamy salad dressing 	<u>Bread-In-A-Bag</u> <ul style="list-style-type: none"> <input type="checkbox"/> 1 cup all purpose flour <input type="checkbox"/> 2 cups whole wheat flour <input type="checkbox"/> 1 package rapid rise yeast <input type="checkbox"/> 2 tablespoons sugar <input type="checkbox"/> 3 tablespoons nonfat dry milk <input type="checkbox"/> 1 teaspoon salt <input type="checkbox"/> 1 cup very warm water (125-130 F) <input type="checkbox"/> 1 tablespoon vegetable oil
Lesson 5	<u>Broccoli Black Bean Quesadillas for 8</u> <ul style="list-style-type: none"> <input type="checkbox"/> 1 cup cooked black beans (1/2 can) <input type="checkbox"/> ¼ cup salsa <input type="checkbox"/> 4 ounces low-fat cheese (1 cup grated) <input type="checkbox"/> 1 cup cooked broccoli <input type="checkbox"/> Cooking spray <input type="checkbox"/> 4 8-inch whole wheat tortillas 	<u>Tortilla Roll-Ups for 12</u> <ul style="list-style-type: none"> <input type="checkbox"/> 6 whole wheat flour tortillas <input type="checkbox"/> 1 cup grated low fat cheddar cheese (4 oz.) <input type="checkbox"/> 1 cup mild salsa (8 oz.) <input type="checkbox"/> 1 cup black beans, drained (1/2 can) <input type="checkbox"/> 1 avocado, mashed (optional) 	
Lesson 6	<u>Breakfast Parfait for 6</u> <ul style="list-style-type: none"> <input type="checkbox"/> 3 cups chopped apple or other fruit (fresh, canned, or frozen) <input type="checkbox"/> 2 cups low-fat yogurt, plain or vanilla <input type="checkbox"/> 1 ½ cups low-fat granola or your favorite whole grain cereal 	<u>Quick Fruit Scones for 12</u> <ul style="list-style-type: none"> <input type="checkbox"/> 1 cup all-purpose flour <input type="checkbox"/> 2/3 cup whole wheat flour <input type="checkbox"/> ¼ cup sugar <input type="checkbox"/> 1 Tbsp baking powder <input type="checkbox"/> ½ teaspoon salt <input type="checkbox"/> ½ cup dried currants, raisins, or raisins <input type="checkbox"/> ¾ cup fat-free milk <input type="checkbox"/> ¼ cup vegetable oil 	

CHFFF Game Supplies Master List

Lesson 1	<ul style="list-style-type: none"> <input type="checkbox"/> Boundary Markers (cones, lines on the floor, furniture, etc.) <input type="checkbox"/> Place markers (sticky notes, index cards, etc.) <input type="checkbox"/> Drink containers from Add and Apply
Lesson 2	<ul style="list-style-type: none"> <input type="checkbox"/> Streamers/ Bandanas <input type="checkbox"/> Lively music (e.g., Shake It Up! CD, see Resources in Introduction) and music player <input type="checkbox"/> Soft toss-able toys and tagging balls <input type="checkbox"/> Boundary markers, furniture, or lines on floor <input type="checkbox"/> 10 cones or markers <input type="checkbox"/> Under the Cone Activity Cards and Team Sequence Cards (included in lesson and in Appendix; make 1 copy of each, cut apart and laminate)
Lesson 3	<ul style="list-style-type: none"> <input type="checkbox"/> Chairs <input type="checkbox"/> Tagging balls, Fitness Leader Activity Cards (copy from Appendix)
Lesson 4	<ul style="list-style-type: none"> <input type="checkbox"/> Music: "Conga" by Gloria Estefan and "Cupid Shuffle" by Cupid (download these songs from online music source such as iTunes; search YouTube for Cupid Shuffle dance to see the moves), music player <input type="checkbox"/> 1 hula hoop for every 2-3 children <input type="checkbox"/> Boundary markers and tagging balls
Lesson 5	<ul style="list-style-type: none"> <input type="checkbox"/> Bandanas or socks, Boundary markers <input type="checkbox"/> Visual Aids 5-V-1 and 5-V-3, Blubber Burger and Fast Food Relay Cards (print from Appendix; cut apart; laminate)
Lesson 6	<ul style="list-style-type: none"> <input type="checkbox"/> Cones or other markers <input type="checkbox"/> Pit Crew Activities (in lesson and Appendix – copy and laminate) <input type="checkbox"/> Soft toss-able toys (1 per 4 children) <input type="checkbox"/> 4 tagging balls (See Active Games Tips in Introduction) or bandanas, each of a different color