

# Metabolic Magic Mini-Interventions

## Food Fair

*(Suggested usage: After Case Study 2)*

Students will organize a Healthy Food Fair in the School Cafeteria for families.

### Planning Discussion Questions:

- How will we fund the supplies? ( Ex. School donation, bake sale, local business donation)
- What information should we present during the fair? (examples below)
  - Healthy meals at home
  - Food Justice
  - Healthy Fast Food options
  - Healthy food businesses
- What is the best time to have this event?
  - Meet with administrator

### Guidelines:

- Complete planning discussion questions to determine resources and the information you want the community to have
- Split class or group into different tables
  - Each table will be responsible for organizing educational material (ex. Handouts, recipes, activity resources)
- Table Ideas
  - Game: Match nutrition label to food item
    - Have 5-7 bowls of different packaged food items
    - Participants will match printed nutrition labels with the food item in 2 minutes
    - When the answers are revealed, there will be information if the food item is a red light, yellow light, or green light food
  - Food Demo: [Apple Salsa with Whole Wheat Pita Chips](#)
    - Print Recipe Cards
  - Presentation of Hidden salt and Sugar: Sugar Cube Activity
    - Present 5 popular beverages
    - Volunteer will use sugar cubes to guess how much sugar is in each beverage
    - Facilitator Will reveal answers and have the volunteer adjust the number of cubes for visual

- Energy Balance Movement Station
  - Facilitation of simple movements to increase heart rate ex. Jumping Jacks, hopping, split lunges, arm circles