

HIT A HOMERUN FOR NUTRITION INSTRUCTIONS

Hit a Homerun for Nutrition is an innovative and fun way to provide interactive nutrition awareness for children. The following activities will help children make wise food choices.

During the activity, children will round the bases and “Hit a Homerun for Nutrition” as they sample a healthy breakfast using their scorecard. This 30-minute activity will provide a healthy breakfast, age appropriate nutrition information and prizes for children who complete all bases.

OPENING

Lead person welcomes the participants with a fun greeting, such as “better breakfast, better brainpower for children!” Discuss how children who eat a better breakfast perform better academically.

ROOM SET-UP

Set up five skirted tables in a diamond form (i.e. 1st base across from 3rd base, home plate at the head and 2nd base across from home plate. Place the 5th table in the center to serve as the pitcher’s mound.

Schedule one or two ACF chefs or adults per table to talk with the children and serve food.

Place chairs in a circle around the perimeter of the bases for the children. If the activity is outdoors, mats can be scattered for the children to sit on as they eat their breakfast.

EQUIPMENT

1. Event sign or banner and signs for each base
2. Scorecards for each child
3. Small paper plates, napkins, spoons and cups for cereal
4. Nutrition guides, prizes and MyPyramid charts for each child
5. Burner, teflon omelet pan, spatula, bowl, fork and butter

FOOD

1st base: Fruit kabobs

Offer at least three selections of fresh fruit, cut into large dices and placed on frilled toothpick.

2nd base: Scrambled eggs

This base is designated as an action station with the ACF chef demonstrating scrambled eggs with a bit of ham and cheese.

3rd base: Cereal

Provide three to four dried cereal selections with four grams or less of sugar per serving. Serve scoops into cups.

Home plate: Milk or yogurt

Serve milk, soy milk or yogurt. Provide pitchers for pouring milk.

Pitcher’s mound: Prizes

When the child presents the scorecard, they are awarded a prize and an age appropriate nutrition handout with information, MyPyramid coloring chart and prizes for the bases and “Hitting a Home Run.”

INSTRUCTIONS

An ACF chef or volunteer presents each child with a scorecard, and encourages them to round the bases and get their scorecard checked off at each base. As they pick up a breakfast item, the adult manning the base checks off their scorecard and explains the importance of their station’s food good group and how it affects good health.

“Hit a Home Run for Nutrition” was developed by Jean W. Hull, CCE, AAC, American Culinary Federation (ACF) Chef & Child Foundation committee member. Chef Hull is a member of the ACF Kona-Kohala Chefs Association

