

Healthy Sporting Events - CTF Challenge Guide

Horizon School Division

Challenge	Healthy Sporting Events	Grade	5-8
Essential Question	Should school sporting events have healthy food available for athletes and spectators?	Estimated Time	15-30 hrs.

All CTF learning outcomes should be addressed in each CTF challenge.

Challenge Description	You are hosting a sporting event at your school; plan and design the canteen menu with healthy foods to fuel athletes and raise funds for your sports team. Learn about the Alberta Nutrition Guidelines for Children and Youth, and categorize current and new canteen menu items into the three categories: Choose Most Often, Choose Sometimes, Choose Least Often.
Entry Event	<p>Watch “Hosting Healthy Sporting Events” video and discuss Essential Question with the class.</p> <p>This video is part of a campaign that encourages individuals to pause and think differently about accompanying unhealthy food with school and community events where healthy habits are the focus. Available at: http://www.everactive.org/hosting-healthy-sporting-events-video</p> <p>** Warning: this video does contain mature language that may not be appropriate for your classroom depending on age and maturity of students.</p>

Occupational Areas (Select at least two to explore)	<p>BUSINESS</p> <p><input type="checkbox"/> Computing Science <input type="checkbox"/> Financial Management <input checked="" type="checkbox"/> Management & Marketing</p> <p><input type="checkbox"/> Enterprise & Innovation <input type="checkbox"/> Information Processing <input type="checkbox"/> Networking</p> <p>COMMUNICATION</p> <p><input checked="" type="checkbox"/> Communication Technology <input type="checkbox"/> Design Studies <input type="checkbox"/> Fashion Studies</p> <p>HUMAN SERVICES</p> <p><input type="checkbox"/> Community Care Services <input checked="" type="checkbox"/> Foods <input type="checkbox"/> Legal Studies</p> <p><input type="checkbox"/> Cosmetology <input type="checkbox"/> Health Care Services <input checked="" type="checkbox"/> Recreation Leadership</p> <p><input type="checkbox"/> Esthetics <input type="checkbox"/> Human & Social Services <input checked="" type="checkbox"/> Tourism</p> <p>RESOURCES</p> <p><input type="checkbox"/> Agriculture <input type="checkbox"/> Forestry <input type="checkbox"/> Wildlife</p> <p><input type="checkbox"/> Environmental Stewardship <input type="checkbox"/> Primary Resources</p> <p>TECHNOLOGY</p> <p><input type="checkbox"/> Construction <input type="checkbox"/> Fabrication <input type="checkbox"/> Mechanics</p> <p><input type="checkbox"/> Electro-Technologies <input type="checkbox"/> Logistics</p>
How the Occupational Areas Relate to the Challenge	<p>Management/Marketing & Communication Technology – designing and marketing a healthy sporting event canteen menu</p> <p>Foods – researching healthy canteen items especially nonperishable foods/packaged foods. Researching and costing recipes of healthy baking or meals if facilities available.</p> <p>Recreation Leadership – researching information about sports nutrition and needs of young athletes.</p> <p>Tourism – promoting your school/city as a destination for healthy sporting events</p>
Skills Related to	Management/Marketing – Learn the processes associated with promotion for the sale of goods

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the Occupational Areas	<p>and services.</p> <p>Communication Technology: Discover and develop skills for relaying a message effectively using various forms of media, including animation, print, photography and audio/visual related to the canteen concept or menu.</p> <p>Foods – Examine the role of local food, visual appreciation, nutrition, meal planning, menu planning, economics and preparation; learn various skills in the cook trade.</p> <p>Recreation Leadership – Develop skills useful for coaching, fitness leadership, sport performance, athletic therapy and leading recreational activities.</p> <p>Tourism - Look at the impact of tourism in Alberta and around the world related to drawing in participants to a sporting event, and develop knowledge and skills required for the tourism industry.</p>												
Safety and/or Environmental Concerns	<p>Are there any items that may be harmful to the students and the environment? Are there any special disposal or clean-up procedures?</p> <p>Kitchen safety. Food safety standards Remember to follow your school's and/or district's safety requirements at all times.</p>												
Facility Type	<p>What kind of room or facility best suits the challenge?</p> <p>School Classroom or kitchen lab.</p>												
Equipment and/or Consumables	<p>What equipment and/or consumables are necessary?</p> <p>Recipes, food, serving equipment, kitchen equipment/utensils, poster boards, electronic and printed documents</p>												
Interdisciplinary Learning Opportunities	<p>SUBJECTS</p> <table style="width: 100%; border: none;"> <tr> <td><input checked="" type="checkbox"/> ELA</td> <td><input checked="" type="checkbox"/> Health and Life Skills</td> <td><input type="checkbox"/> Religious Education</td> </tr> <tr> <td><input checked="" type="checkbox"/> Fine Arts</td> <td><input checked="" type="checkbox"/> Mathematics</td> <td><input type="checkbox"/> Sciences</td> </tr> <tr> <td><input type="checkbox"/> French Language Arts</td> <td><input type="checkbox"/> Outdoor Education</td> <td><input type="checkbox"/> Social Studies</td> </tr> <tr> <td><input type="checkbox"/> French Second Language</td> <td><input checked="" type="checkbox"/> Physical Education</td> <td></td> </tr> </table>	<input checked="" type="checkbox"/> ELA	<input checked="" type="checkbox"/> Health and Life Skills	<input type="checkbox"/> Religious Education	<input checked="" type="checkbox"/> Fine Arts	<input checked="" type="checkbox"/> Mathematics	<input type="checkbox"/> Sciences	<input type="checkbox"/> French Language Arts	<input type="checkbox"/> Outdoor Education	<input type="checkbox"/> Social Studies	<input type="checkbox"/> French Second Language	<input checked="" type="checkbox"/> Physical Education	
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Cross-curricular Competencies:

- Know how to learn: to gain knowledge, understanding or skills through experience, study, and interaction with others
- Think critically: conceptualize, apply, analyze, synthesize, and evaluate to construct knowledge
- Identify and solve complex problems
- Manage information: access, interpret, evaluate, and use information effectively, efficiently, and ethically
- Innovate: create, generate, and apply new ideas or concepts
- Create opportunities through play, imagination, reflection, negotiation, and competition, with an entrepreneurial spirit
- Apply multiple literacies: reading, writing, mathematics, technology, languages, media, and personal finance
- Demonstrate good communication skills and the ability to work cooperatively with others
- Demonstrate global and cultural understanding, considering the economy and sustainable development
- Identify and apply career and life skills through personal growth and well-being

Literacy and Numeracy Learning Opportunities: Identify how the challenge supports [literacy and numeracy skills](#) in order to construct and communicate meaning.

[Draft Literacy and Numeracy Benchmarks](#) (see Appendix F)

- Writing menu or restaurant concept plan. Communicating menu/food items clearly. Writing effective

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canteen concept. Marketing food items.

- Reading and interpreting recipes. Recipe conversions and measuring. Quantity cooking and pricing. Adapting recipes for larger quantity or nutrition.
- Pricing or costing menu items. Cost comparisons for existing restaurants. Planning/projecting production needs.

Resources: Identify potentially useful resources for teaching and learning the challenge.

The following resources are not authorized but are provided as a service to identify potentially useful ideas for teaching and learning. The responsibility to evaluate these resources rests with the user. Note: All website addresses listed for this project were confirmed as accurate at the time of publication but are subject to change.

Contact your local Health Promotion Coordinator from Alberta Health Services for other resources related to healthy eating, active living and positive mental health by emailing: healthychildrenandyouth@ahs.ca

Books and Articles

1. **Alberta Health Services Sports Nutrition Manual:**
<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf>
2. **Guidelines for Food and Beverages Available at Sporting Events in BC**
http://www.cscd.gov.bc.ca/sport/pdf/Sporting_event_guidelines_FINAL_june2010.pdf
3. **Alberta Health Services - Snack Shack Manual:** The manual provides information for schools to create a healthy snack canteen/store that meets the Alberta Nutrition Guidelines. It includes recipes and information on marketing, promotions, and costing. It was produced by Alberta Health Services in collaboration with the University of Lethbridge Health Sciences department. Available at:
<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snack-shack-manual.pdf>

Websites and Multimedia

1. **Hosting Healthy Sporting Events Video:** This video is part of a campaign that encourages individuals to pause and think differently about accompanying unhealthy food with school and community events where healthy habits are the focus. Watch the video and help spread the word about how you can be involved in creating healthy food environments in schools, recreation and community settings! Available:
<http://www.everactive.org/hosting-healthy-sporting-events-video>
2. **Everactive Schools Hosting Healthy Sporting Events Online Toolkit:**
 - a. Explore the toolkit by hovering over and clicking different areas of the image below, or **take a tour here**. The development of this toolkit was made possible by funding provided by the Alberta Healthy School Community Wellness Fund. <http://www.everactive.org/toolkit>
3. **Alberta Nutrition Guidelines and Healthy U Food Checker**
4. [Alberta Nutrition Guidelines for Children and Youth](#). These Guidelines assist Albertans to create an environment that provides and promotes healthy food choices and healthy attitudes about food.

5. **Handouts:** Materials for student use.

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1. **Healthy Food Checker:** This interactive tool allows you to compare the nutrition criteria from a [Nutrition Facts Table](#) to find out if your food or beverage choice is a **Choose Most Often, Choose Sometimes, or Choose Least Often** according to the Alberta Nutrition Guidelines.
<http://www.albertahealthservices.ca/nutrition/Page13977.aspx>
2. **Alberta Health Services – Healthy Eating Starts Here Website:** www.healthyeatingstartshere.ca
 - a. Marketing Healthy Choices:
<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-marketing-healthy-choices.pdf>
 - b. Label Reading:
<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-label-reading.pdf>
 - c. Healthy Vending Machine toolkit :
<http://www.albertahealthservices.ca/nutrition/Page13884.aspx>
3. **Dietitians of Canada**
 - a. EATracker Recipe Analyzer: https://www.eatracker.ca/recipe_analyzer.aspx

*Prepare in collaboration with Horizon School Division and Alberta Health Services - Healthy Children and Youth HPCs