

## Frequently Asked Questions

### 1. Why are we tracking fruits and veggies?

- Tracking can help get kids excited about trying fruits and veggies. Kids (and adults) are then more likely to try and eat them in the future.
- When you turn in your trackers at the end of the school challenge, your school is eligible for a cash prize.

### 2. Do I need to turn in my own tracker?

- No, we only collect student trackers but hold on to your tracker if your school wellbeing team offers this as your program for the year.
  - › The importance of you tracking with your students and engaging in the kick-off is to be a role model and keep your students excited about the Try for 5 School Challenge.
- Kindergarten Classes Only: Tracking is optional; you know your students' abilities best. If you don't have your students track, other options to engage them on a daily basis are:
  - › Talking through the classroom discussion questions. An electronic version of the handout is available from your coordinator or at [healthpartners.com/schoolchallenge](http://healthpartners.com/schoolchallenge).
  - › Track at a classroom level by projecting the electronic PDF version of the student tracker, available from your coordinator or at [healthpartners.com/schoolchallenge](http://healthpartners.com/schoolchallenge). For example, "Raise your hand if you tried a fruit or vegetable at lunch today?" and mark on the tracker.
  - › Have children share what fruit or vegetable that they ate.

### 3. When is the best time to do classroom tracking?

- After lunch or snack is the easiest time for you and your students to remember what you ate.

### 4. What do I do with the trackers at the end of the week?

- Collect all trackers and put them in the corresponding envelopes (Week 1, Week 2, Week 3).
- At the end of the three weeks, make sure all three envelopes are turned in to your school's coordinator.

### 5. How can I make the tracker more challenging?

- As a class, draw or write the names of the fruits or veggies versus shading in the boxes.
- Introduce the concept of math or measurement into tracking.

### 6. How can I use this challenge to help meet the HECAT standards?

- Visit [healthpartners.com/schoolchallenge](http://healthpartners.com/schoolchallenge) and watch the fun and educational Try for 5 Classroom Videos (designed to meet HECAT standards).

### 7. How will my school benefit?

- Classroom participation and turning in the trackers will earn your school money. The higher your school's participation (which is measured by the number of trackers turned in) the more dollars your school will earn.



**powerup**  
SCHOOL CHALLENGE



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*Teacher Guide*



# Welcome!

Your school is participating in the **HealthPartners PowerUp School Challenge** where students Try for 5 fruits and veggies for three weeks while keeping track of the ones they eat during the day!

## BEFORE THE CHALLENGE

- Along with this Teacher Guide, you should have received:
  - Teacher Tote
  - 1 pad of student trackers to use for all three weeks (90 sheets)
  - 1 in-classroom poster
  - 3 return envelopes for student trackers (one for each week)
  - Student giveaways
  - HealthPartners PowerUp Family Magazines for every student to take home
- Communicate with students and families that the School Challenge is coming to your classroom.
- Connect with your school's coordinator. They can provide you with sample language to share with families.

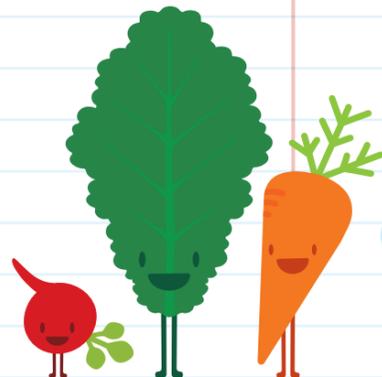
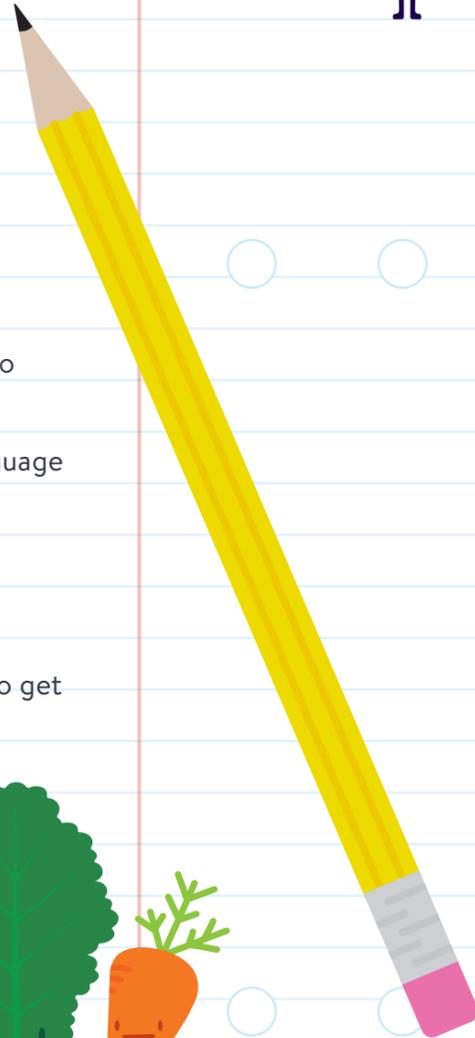
## KICKOFF DAY

- The PowerUp team will visit your classroom for a fun 20-minute presentation to get kids excited about the challenge.
- Your students will get to Try for 5 with a veggie tasting.
- The classroom poster should be hung up in your classroom.
- Send home the PowerUp Family Magazine with your students to engage families.



### NOTE:

If you need more materials, please contact:  
[kristen.m.wanta@healthpartners.com](mailto:kristen.m.wanta@healthpartners.com).



## DURING THE THREE WEEKS OF SCHOOL CHALLENGE

- Every day, have students track the number of fruits and veggies they tried using their individual student trackers.
  - Keep the student trackers at school. Do not send them home! Your school is eligible for a cash prize based on the percentage of trackers turned in at the end of the Challenge.
- Teachers model tracking daily with your own tracker.\*
- Use the classroom discussion questions handout to talk about fruits and veggies each day while you track.\*
- Refer to weekly emails from your school's coordinator. This can help guide student conversation on a daily basis.
- Use daily brain breaks and meet the Health Education Standards (HECAT) by using the following classroom videos at [healthpartners.com/schoolchallenge](http://healthpartners.com/schoolchallenge).
- **KINDERGARTEN CLASSES ONLY:** Tracking is optional. Here are alternate options:
  - Project the electronic PDF version of the tracker\* to track at the classroom level. For example, "Raise your hand if you tried a fruit or vegetable at lunch today?" Use on a smart board or project onto a white board to color in circles as a class.
  - Have students tell the class about a fruit or vegetable they ate.
  - Talk through the questions of the day from the classroom discussion handout.\*

\* Electronic PDF versions of the trackers and the classroom discussion handout are available from your coordinator or at [healthpartners.com/schoolchallenge](http://healthpartners.com/schoolchallenge) for projecting in the classroom.

## AFTER THE SCHOOL CHALLENGE

- Turn in student trackers to your school's coordinator.
- Continue to display the Try for 5 classroom poster to remind your students to Try for 5 throughout the rest of the school year.
- Please fill out the School Challenge Teacher Survey that will be emailed to you.
- Watch for an email with the School Challenge Family Survey and send out to your students' families.

