

**Youth receive 15 points for completing assignments #1, 2, and 3 and 30 points for completing assignments #4, 5, & 6. To receive points, youth must bring assignment (as indicated in the directions for each task) along with their Soar into Shape logs to the bi-weekly log check ins. Information for the assignments may be accessed in the Soar into Shape toolkit at <http://www.anchoragemilitaryfamilies.org>. Youth must be present at log check in to receive points.**

### **Assignment #1**

Due on 26 or 28 Jan 09 at log check in

#### **Taste-Test Challenge (for youth 8-13)**

Ask Mom and/or Dad to buy a couple of foods at the commissary or grocery store to see if you can tell the difference between the healthier version, and the not-so-healthy version.

#### **What You'll Need:**

- A partner
- A blindfold
- A notebook and something to write with
- Two versions of a food (Ask Mom to buy two different versions of the same food, one low-fat or low-sugar, and one regular).

#### **Here Are Some Ideas for Foods to Try:**

- Regular Cheese versus low-fat cheese
- 2% milk versus skim milk
- Regular ice cream versus baked potato chips
- Regular soda versus diet soda (get the same flavor).

#### **How to Play:**

1. Choose a partner (can be Mom and Dad) or group of friends to play.
2. Blindfold one of the players. This person is the taster.
3. Give the taster a small serving of each of the two foods.
4. See if the taster can guess which one is the healthier version. (Write it down)
5. SWITCH! Now switch and let the other person be the taster. (Write down this person's answers too.)
6. Once you've all been the taster, talk with each other about the differences. Was one sweeter, saltier, tangier, etc.? Did one have a different feeling or texture in your mouth? Was one dryer or moister? Did one smell better? Was one chewier or crunchier?
7. Now, if you could taste a difference, talk about which you like better and why.
8. Write down what you learned from the activity and bring it to the next log check-in

### **Portion Distortion Quiz (for youth 14-17)**

Download the Portion Distortion PowerPoint and quiz from the Soar into Shape toolkit at <http://www.anchoragemilitaryfamilies.org> Take the portion distortion quiz to see if you know how today's portions compare to the portions available 20 years ago, and about the amount of physical activity required to burn off the extra calories provided by today's portions.

### **Assignment #2**

Due on 9 or 11 Feb 09

### **FitFactor (for youth 8-17)**

Visit <http://www.afgetfit.com/howtoplay.aspx> to learn about FitFactor. To join FitFactor, go to the Elmendorf Youth Center to sign up. Parents can also register and log points with their children too! Pick activities to do other than fitness, drinking healthy beverages, and reducing screen time in the FitFactor system to do for the entire day. Print out what you did that day to the next log check in. Do as many activities as you can!

You can continue to use FitFactor during Soar into Shape and receive great incentive items through the Youth Center for your participation!

### **Assignment #3**

Due on 23 or 25Feb 09

### **Fun Food Creations (for youth 8-10)**

This game is all about being creative! Think of animals or other things that could be created using different fruits and vegetables. Ask Mom and/or Dad to buy a couple new fruits and veggies at the grocery store so that you can make your own creations.

#### **What You'll Need:**

- Toothpicks
- Vegetables and fruits that can be created into animals

#### **Here Are Some Examples of Animals That You Could Create:**

- Cauliflower sheep
- Green pepper and carrot palm trees
- Banana dolphins
- Potato dogs

#### **How to Play:**

Using toothpicks, take the vegetables and try to make animals out of them. Write down what type of creation you made, what you like about the activity and bring it to the next log check in.

### **Plan a menu for a day (for youth 11-17)**

Use the GO. SLOW. WHOA! as a guide to help you plan a menu of healthy food options. Write down your items for breakfast, lunch, and dinner that you and your family would like to eat for the week in the *We Can! Weekly Meal Planner*. Suggestions are provided in the planner if you need ideas. Select a day and have your mom and/or dad prepare food from the weekly meal planner. Write what you like and did not like from the meals that you planned from that day and bring it to the next log check in.

### **Assignment #4**

Due on 9 & 11 Mar 09

### **Why We Need Sleep (for youth 8-10)**

Read the *Why We Need Sleep* narrative and complete the worksheet. Go to the Soar into Shape toolkit to access information at <http://www.anchoragemilitaryfamilies.org> Bring the worksheet to the next log check in. If you have any questions or interested in knowing the answers to the worksheet, the Soar into Shape staff will them at the next log check in.

### **Sleepiness Questionnaire (for youth 11-17)**

Read *Teen Sleep: Why is your teen so tired?* at <http://www.mayoclinic.com/health/teens-health/CC00019> Then, go to the Soar into Shape tool toolkit to access the Sleepiness Questionnaire. Read the directions and complete the questionnaire. Once you complete the questionnaire, use the scoring keys to determine your score for each statement. Discuss your score with your parents and your doctor. Bring your questionnaire to the next log check in.

### **Assignment #5**

Due on 23 & 25 Mar 09

### **Youth Fitness Class (for youth 10-17)**

Learn how to use the youth equipment at Arctic Oasis and how to be fit for life! A class will be offered on 20 January, 17 February, and 17 March. Call 552-8529 to register.

If you attended the youth fitness class at Arctic Oasis, you will get points for walking around the track or using Wii Fit equipment at Arctic Oasis or going to open gym at the Youth Center. If you are 10 years of age or older, use youth fitness equipment at the Arctic Oasis.