

# FOOD & FUN AFTER SCHOOL

## Harvard Curriculum

A nutrition and physical activity curriculum designed to help children develop healthy habits during out of school time.

Presented by  
YMCA of Great Indianapolis



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# REFLECT

- Take a moment and think about what did you do for yourself today?
- What did you eat for breakfast?
- What are you eating for lunch, or are you eating lunch?
- If you are sitting in your office what food or food advertisements can see?
- Have you been physically active today?



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## TIPS ON HOW TO MAKE IT WORK FOR YOUR PROGRAM

- Base the units on the needs in your program
- Spread the units out so that the curriculum can last a whole school year (Unit per month)
- Do the activities more than once, changing what works with your kids and making them teachable moments
- Be prepared for the unexpected!!!



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KEYS TO YOUR SUCCESS

- Get parents involved (parent communication letters)
- Get school staff involved
- Get local Universities/Colleges involved
- Surveys (parents, kids, school)

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EFFECTS OF THIS WORK



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