



ReCharge! Energizing After-School Objectives

By Knowledge, Attitudes, and Skills

Knowledge

- Identify elements that can make teamwork successful
- Identify the Five Food Groups
- Identify at least two foods that belong to each of the Five Food Groups
- Identify at least two foods that do not belong to one of the Five Food Groups ("Others" foods)
- Define "goal"
- Identify the recommended amount of physical activity children should get each day
- Identify the recommended number of servings children should eat daily from each of the Five Food Groups
- Identify healthy ways to get "Energy In"
- Identify healthy ways to get "Energy Out"
- Identify the benefits of balancing "Energy In" and "Energy Out"
- Identify different types of goals
- Identify a single serving for several commonly eaten foods
- Identify the recommended number of food groups in a healthy "Energy In" breakfast
- Identify at least one nutritious three-food-groups breakfast combination
- Distinguish between nutritious and non-nutritious snacks
- Identify the benefits of eating nutritious snacks
- Identify at least one reason why it's important to warm up before doing vigorous activity
- Identify the bone-strengthening benefits of combining daily physical activity with three low-fat or fat-free servings from the Milk Group
- Identify strategies that can help a person or team achieve a goal

Attitudes

- Express a more favorable attitude towards teamwork
- Express a more favorable attitude towards eating a balanced, nutritious diet every day
- Express a more favorable attitude towards setting healthy nutrition and physical activity goals
- Express a more favorable attitude towards balancing nutrition ("Energy In") with physical activity ("Energy Out")
- Express a more favorable attitude towards getting at least one hour of physical activity daily



Attitudes (Continued)

- Express a more favorable attitude (i.e., importance) towards tracking healthy nutrition and physical activity goals
- Express a more favorable attitude towards setting personal goals in other areas in addition to nutrition and physical activity
- Express greater confidence in their ability to track healthy nutrition and physical activity goals
- Express a more favorable attitude towards paying attention to serving sizes
- Express a more favorable attitude towards eating a healthy breakfast daily
- Express a more favorable attitude towards eating nutritious snacks
- Express a more favorable attitude towards warming up before doing vigorous activity
- Express a more favorable attitude towards consuming low-fat or fat-free milk drinks
- Express greater confidence in their ability to achieve nutrition and physical activity goals

Skills

- Demonstrate increased confidence in their ability to work as a team to meet a goal
- Use the Nutrition Information Panel on food package labels to identify serving sizes
- Demonstrate comparing personal portions with serving sizes on packages
- Demonstrate the ability to set a healthy snack goal
- Demonstrate using movements to warm up before vigorous physical activity
- Demonstrate the ability to create a healthy milk drink
- Demonstrate warm-up skills
- Demonstrate teamwork skills
- Demonstrate using strategies to meet a goal
- Demonstrate skills needed to work together as a team to meet a goal

