

games and activities

family **P.E.P.** night

🏀 Play more. 🍏 Eat right. 📺 Power down.

Family P.E.P. Night Showdown

Themes: Play more, Eat right, Power down

Overview: This activity will reinforce facts about nutrition, physical activity, and screen time. Some participants will arrive at this station before having completed the other stations. The station volunteer should be prepared to offer short explanations of answers when a player guesses incorrectly.

Materials:

- Trivia questions and answers for leader to use
- Flip chart or poster boards with questions and answer choices for students to read while thinking about answers
- A whistle or bell to indicate when a correct answer is given

Setup: Write the trivia questions and answer choices on a flip chart or pieces of poster board. Set them on an easel so teams can read them while choosing an answer.

How it works: Participants will divide into two teams. The leader will ask a trivia question and provide multiple-choice answers. Team members will consult one another and choose an answer. The purpose of the game is to reinforce key messages that families learn during the event. The leader will not keep score or select a winning team; however, leaders may ring a bell or use another noisemaker to indicate when a correct answer is given.

What you'll learn: Participants will review what they learned in the other activities and learn how the choices they make can impact their health.

What is a fun way to engage in physical activity?	
<input type="checkbox"/>	Go on a bike ride
<input type="checkbox"/>	Dance to the radio
<input type="checkbox"/>	Both

You should try to keep your snacks to how many calories?	
<input type="checkbox"/>	10
<input type="checkbox"/>	100
<input type="checkbox"/>	200

How much screen time is it OK to have each day?	
<input type="checkbox"/>	Up to 2 hours
<input type="checkbox"/>	Up to 4 hours
<input type="checkbox"/>	As much as I want



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Family P.E.P. Night Showdown Trivia Questions


What is a "SLOW" food?

	Something that takes a long time to chew
	A food that takes a long time to cook
	A food that can be eaten sometimes

What is a "GO" food?

	Something you eat in the car
	A food you can eat anytime
	Something you'd drive a long way to eat


How much physical activity should children get each day?

	At least an hour
	30 minutes
	Just enough to break a sweat


Which snack has the fewest calories?

	A brownie
	A banana
	Nachos


How do you find out how many calories are in a serving of cereal?

	Read the Nutrition Facts label
	Ask Mom
	Use a measuring cup


Which of the following are forms of physical activity?

	Gardening
	Playing tag
	Cleaning the house
	All of the above


What is energy balance?

	The energy you have left at the end of the day
	Balancing on your tiptoes
	A balance of the calories you take in and the calories you burn

What happens when you take in more calories than you burn?

	You gain weight
	You lose weight
	You lose your homework


Why is it bad to get too much screen time?

	You should be cleaning your room
	It keeps you from being active
	It can stunt your growth

If you write a book report on a computer, is that considered screen time?

	Yes
	No

Which of these foods has the fewest calories?

	Plain baked potato
	Mashed potatoes with butter
	Large order of french fries

