

What's on YOUR Plate?

the documentary film about kids and food politics...



presents . . .

FAMILY COOK-IN!

watch, talk,
cook, eat



SCREENING PARTY TOOLKIT



www.whatsonyourplateproject.org

Welcome!

Thanks for hanging out
with What's on Your Plate?
and the Family Cook-In!

In this toolkit you'll find ideas for how to learn with your kids about food- what it's made of, where it comes from, and how to enjoy every bite.



All you have to do is:
WATCH, TALK, COOK, EAT

and **TAKE ACTION!**



1. WATCH!

Sit down with family and friends to watch What's On Your Plate?

2. TALK!

Here are some activities to get you talking about food:

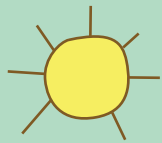
Your Food and Activity Diary (pages 2 and 3)

Take a look at what you are eating and how much you are moving.

Food Footprint Challenge (page 4)

Tests what kind of impact your food choices have on the earth.

Smallest footprint wins!



3. COOK!

Recipe Sleuth (page 5)

Go on a quest for recipes with local fresh ingredients.



When it's time to cook, everyone can help:
Kids under 4 can pour and stir
Kids 4-10 can measure and read recipes
Kids over 10 can do it all

4. EAT!

What's On Your Plate Tonight? (page 6)

Write out the menu, draw what's on your plate, and set the table!



5. TAKE ACTION!

Nine ideas on how you can make a difference (page 7)



Your Food Diary

Keep a diary of the foods you eat! Rate how healthy each food is below



Gold stars are for foods you think are healthy and should be eaten everyday



Green checks are for foods you think should be eaten occasionally



A red X mean you think the food should be avoided or only eaten rarely

Your Diary:

Yesterday			
Today			
Tomorrow			

How do the foods in Your Diary taste? Are they sweet, crunchy, salty, soft, spicy?
 How do you feel after you eat? Are you happy, full, sleepy? Do you have more energy?
 What foods could you eat less of? What other foods could you add to the mix?
 How about dinner tonight? CAN YOU MAKE IT ALL GOLD STARS?



Your Activity Diary

Keep a diary of how active you are and for how many minutes!



Gold star activity is vigorous! It gets your heart pumping and you break a sweat. It could be playing sports, riding your bike, chasing your friends, sledding or even walking to school (if you walk fast and get your heart rate up)



Green checks are for moderate activity -- like walking your dog, cleaning your room or playing on the monkey bars at recess



A purple diamond is for quiet activities -- like reading, playing the piano or sitting in class

Your Diary:

			
Yesterday			
Today			
Tomorrow			

How do you get to school? Do you walk, ride your bike, go by car or take the bus?

How many times a week do you have gym class?

How do you spend your time after school? Do you get active or are you a couch potato?

Do you live near a park, basketball court or playground? Or are those far away?

What is your favorite physical activity?



What's Your Food Footprint?

Directions: Answer the questions below and add up your score along the way. See how you did using the key below!

1. How often do you eat meat?

- a. I'm vegan (I eat no animal products)
- b. I'm a vegetarian (I don't eat any meat)
- c. I eat meat 1 to 4 days a week
- d. I eat meat every day

- (a.) 1
- (b.) 2
- (c.) 4
- (d.) 5

2. If you eat meat, which type of meat do you eat most often?

- a. Lamb
- b. Turkey
- c. Chicken
- d. Pork
- e. Beef

- (a.) 1
- (b.) 2
- (c.) 3
- (d.) 4
- (e.) 5

3. How often do you eat fast food?

- a. I never eat fast food.
- b. I eat fast food about 2-3 times a month.
- c. I eat fast food a lot but if I had the choice of a healthier meal I would eat it.
- d. I eat fast food 4-5 times a week, if I could eat it all the time I would.

- (a.) 1
- (b.) 2
- (c.) 3
- (d.) 5

4. How often do you buy food from local farmers markets?

- a. I go to the farmers market every week to get all of my fruit and vegetables.
- b. I occasionally go to the farmers market to buy my fruit and vegetables.
- c. I don't know of any farmers markets but if I did I would buy food there as often as I could.
- d. I never get food from farmers markets and I am not really interested in starting.

- (a.) 1
- (b.) 2
- (c.) 3
- (d.) 5

5. How much of your own food do you grow?

- a. I have a farm and grow all of my food.
- b. I am a member of a community garden or have a small garden and grow some of my own food.
- c. I do not have a farm or a garden but I would like to, and if I did I would grow my own food.
- d. I never grow my own food.

- (a.) 0
- (b.) 1
- (c.) 2
- (d.) 3

6. Do you try to eat food that is in season?

- a. Yes, I only eat food that is in season.
- b. Sometimes if I remember.
- c. I don't know what food is in season when, but if I did I would try to buy food of that season.
- d. No, I eat what I want when I want.

- (a.) 1
- (b.) 2
- (c.) 3
- (d.) 4

7. How often do you eat home cooked food?

- a. I eat home cooked food every night.
- b. I eat home cooked food 3-5 times a week.
- c. I love home cooked food but I don't think I eat it enough. I would eat it more often if I could.
- d. I don't like home cooked food and I never eat it.

- (a.) 1
- (b.) 2
- (c.) 3
- (d.) 5

8. Do you try to buy fruit and vegetables that were grown locally or in your state?

- a. I always check to see where my food is grown and if it is not grown locally I don't buy it.
- b. If given the choice I would choose to buy locally grown food.
- c. I have never thought about where my food was grown, but now that I do I will try to eat more local food.
- d. I don't care where my food comes from.

- (a.) 1
- (b.) 2
- (c.) 3
- (d.) 4

9. Circle the fruit or vegetable that you eat the most:

- a. Apples
- b. Grapes
- c. Cabbage
- d. Squash
- e. Strawberries
- f. Mangos
- g. Kiwis
- h. Bananas

- (a.) 1 (e.) 2
- (b.) 1 (f.) 3
- (c.) 1 (g.) 3
- (d.) 2 (h.) 3

9-15 Points

Wow, it would be great if everyone were like you! Congratulations, you have awesome food habits that help the world to be more sustainable. 2-10 acres are used to support your food habits.

SCORE:

16-26 Points

Not too bad. Seems like you have some good habits and aspire to have even better ones. 10-24 acres are used to support your food habits. Unfortunately we would still need at least one more planet to sustain your life style into the future.

27-39 Points

Yikes big foot! It seems some of your habits are damaging to the environment. 24-40 acres are used to support your food habits. We would need 3-4 more planets to sustain your life style into the future.

Recipe Sleuth

Do you have have a grandparent, aunt, uncle, friend, or neighbor who is a GREAT COOK?

Ask people for a favorite recipe that uses local, fresh ingredients. When you find a recipe that sounds tasty write it down here. Make sure to say who you got it from.

Recipe #1:

From:

Ingredients:

Instructions:



Recipe #2:

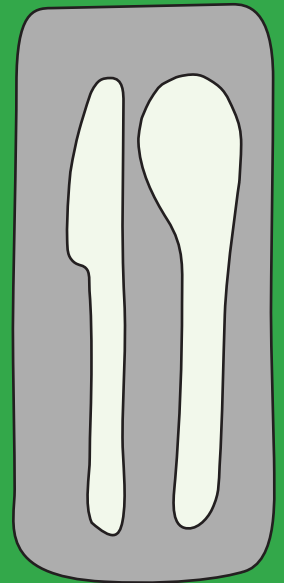
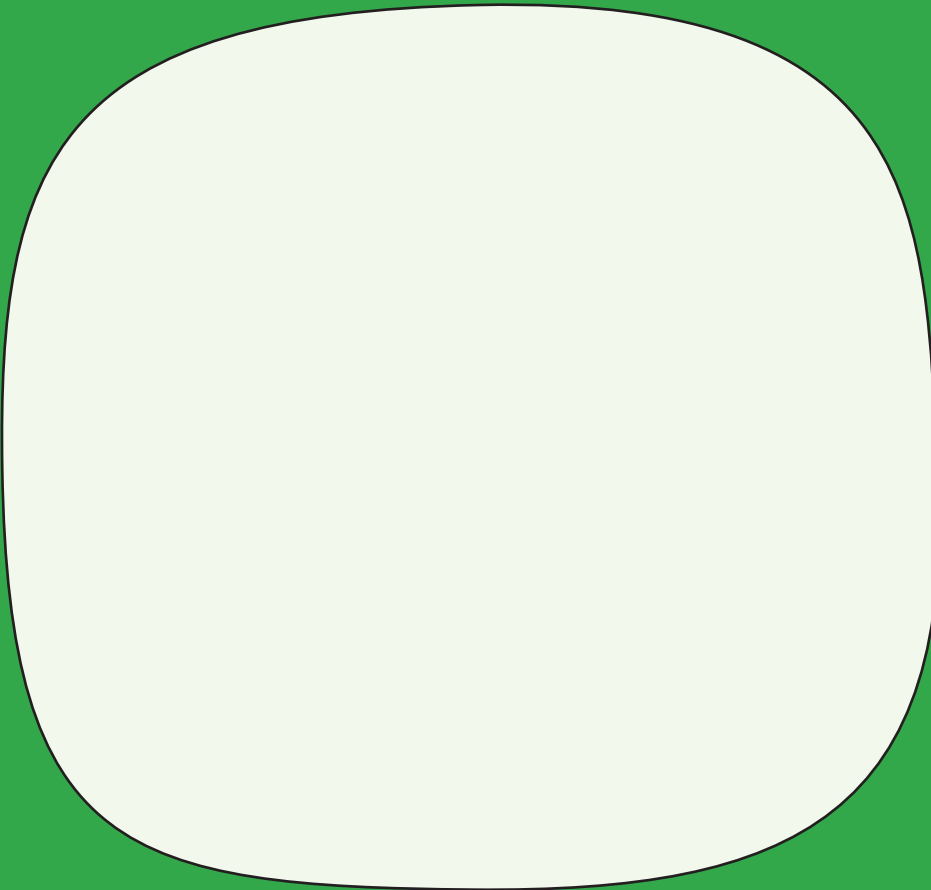
From:

Ingredients:

Instructions:

Whats On Your Plate Tonight?

Our Dinner Menu



DRAW YOUR DINNER!

How many colors are on your plate?

Is there anything new you haven't tried before?

Will you eat dinner with a fork, a spoon or with your fingers?

What can you do to help cook?

Post a picture of your dinner to: www.whatsonyourplateproject.org/gallery/flickr

TAKE ACTION!

Nine things YOU can do today

1. Cook-In! and have a meal at home.

2. Grow something to eat!
Plant vegetables, fruit, or herbs in a window box, pot, backyard or community garden. Start with easy things, like basil and tomatoes.

4. Meet someone who grows the food you eat.
Run, don't walk to the nearest farmers market and talk to the farmers. Visit their farms. Help them plant and harvest!

3. Find out where the food in your grocery store comes from.
Ask the butcher where the meat comes from. Ask the manager if any fruits or vegetables come from local farms. See if they'll get more food from nearby farms. If not, switch stores!

5. Ask the people who work in your school's lunchroom where the food they serve comes from.
See if your class can tour the kitchen. Does most of the food come frozen? Is there a stove? Work with the kitchen staff to improve the school's food.

6. Walk or ride your bike to school, instead of taking a car or bus.

7. Get movin' after school and on the weekends!
Play frisbee, go rollerblading, jump on a trampoline, turn up your music and dance, play Wii sports, practice cartwheels, challenge your friends to an arm wrestling competition, OR ANYTHING ELSE YOU CAN THINK OF!

8. Vote with your dollar.

You may be too young to vote for president, but you can vote for the kind of world you want to live in every time you spend money. Instead of buying candy or soda from big companies, go to your local bakery or buy from a local farmer.

9. Contact your representatives and tell them to support school nutrition programs.
To learn about current current legislation go to <http://www.farmtoschool.org/>