

#### **FOOD-BALL MANIA**

FOOTBALL THEMED EDUCATIONAL ACTIVITIES

Get ready for the season with football-themed promotions!

# Powerful Promotion Ideas

- Display a sign: "Tackle the day with these tasty foods!"
- Make a field goal display out of empty milk cartons.
- Rename the serving line "Concession Stand".
- Use popsicle sticks to make mini-field goals and display food names on them.
- Have a display in the serving line titled "Check Out our Line Up" with mini-paper jerseys with the names of your staff and their number of years in SNP.

#### **FOODball Fare**

- Tailgate Tacos
- Touchdown Turkey Wraps
- SOUP-er Bowl Soup
- Toss It Salad
- Draft Choice Veggies & Dip
- Lateral Lasagna
- NFL Nachos
- Time Out Tater Tots
- Football French Fries
- Kick Off Carrots
- Field Goal French Toast Sticks
- Blitz Bagels
- Label water (fountain, etc.) as Water Break
- Blind Slide BBQ or Blind Side Burgers



### **Score Big with Math**

Present students with football-themed math problems.

If Richard is throwing a Super Bowl party with 16 people and he wants each guest to be able to have 2 slices of pizza, how many pizzas should he order if each pizza has 8 slices?

#### Teach students about Roman Numerals.

Have them convert this year's Super Bowl or past years from numeric value to Roman Numerals or vice versa.

#### Our Writing is a Hit

Have students write about what it would be like to go to the Super Bowl.

They will have the best seats in the house (50-yard line) and get to meet the players and coaches before the game.

Have students include details about their experience (i.e. Do they get onto TV? What did they eat?
What would they ask the players/coaches?)

## **Don't Get Sidelined: Focus on Sports Nutrition**

Young athletes must eat right to perform their best, grow and recover. Food is fuel, and proper nutrition will keep student-athletes feeling fit and strong throughout the day.

# Kick off with Breakfast

Always eat breakfast! A missed morning meal can deprive student athletes of crucial nutrients and leave them with low energy levels later in the day.



# Snack to Avoid the Afternoon Slump

Smart snacks keep energy high throughout the day! Student athletes who fuel up mid-afternoon will feel strong and ready for afternoon or evening activities.

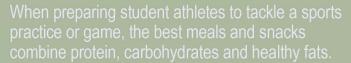




## Recover Right Post-Game

Prepare nutrient dense snacks ahead of time to have ready after practice or game.





Choose from vegetables, fruits, whole-grain breads and cereals, low-fat dairy and lean protein sources.





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Student & Community Engagement

Professional Development

Quality Meals