

**CASE STUDY****ALMA PUBLIC SCHOOLS****ALMA MIDDLE SCHOOL'S "FUEL UP TO PLAY 60" TEAM HOSTS EATING AND ACTIVITY EVENTS**

The Alma Middle School's Fuel Up to Play 60 team has been actively engaging their peers in fun events to encourage healthy eating and participation in physical activity endeavors. During the 2010-2011 school year they conducted two "Fitness Alarms" and a "Taste the Rainbow" food sampling event.

Their "Fitness Alarm" activity took place whenever the day was interrupted by music playing over the school public address system, signaling all students and staff to stop whatever they are doing and move. Some participants chose to walk and some to dance to the music being played. The most popular of the "Fitness Alarms," predictably, was the playing of "The Chicken Dance" throughout the school building.

After much discussion about possible foods the students could sample, the Fuel Up to Play 60 team agreed to provide the following items during their lunch-time food sampling:

- Guacamole with corn chips
- Red, yellow, and orange pepper strips
- Mango chunks
- Mixed-berry yogurt smoothies

One member of the team commented, "Our Fuel Up to Play 60 food tasting went great! Many kids showed up to 'Taste the Rainbow' and liked it." The most popular of the sampled items was guacamole with corn chips, followed by the mixed berry yogurt smoothies. A little less popular were the pepper strips, followed lastly by the mango chunks.

During the "Taste the Rainbow" sampling event the Fuel Up to Play 60 team served colorful and unique items to their peers. If a student tried all four items their names were entered into a drawing for a prize.

