

Core Nutrition Messages

Online kid's Game: *Track & Field Fuel-Up Challenge* A Nutrition Game for Kids



Track & Field Fuel-Up Challenge

The *Track and Field Fuel Up Challenge* is based on and complements the messages and supporting content for children as well as the new Dietary Guidelines for Americans and MyPlate. It uses an engaging approach that allows kids to have fun while learning about low-fat milk, fruits and vegetables, and whole-grain foods. In this interactive game, kids go for the gold by responding to time sensitive questions that help improve their knowledge and skills in making healthier choices.



Encourage kids to Play!

Include a link to the online game on your web site (Flash-based application). The separate text-based HTML application makes it accessible to many users and it is a useful tool for assessing learning.

For more ideas on how to convey these resources into your programs, see ***Maximizing the Message*** (<http://www.fns.usda.gov/fns/corenutritionmessages/Maximizing.htm>) and spotlight. Contact us (nutritionmessages@fns.usda.gov) if you are interested in more information about the messages, tips, communication tools or photos. Let us know how you are using these materials and what you find most helpful. We appreciate and welcome your feedback.