

# A Step-By-Step Guide to the Brown Bag Olympics

## Getting Ready:

- Decide if you will focus on ***recess snacks*** or ***lunch***.
- Send home a letter to parents/guardians explaining the Brown Bag Olympics one week prior to the Olympics start date (will be provided).
- Explain the Brown Bag Olympics to the class by reviewing the "**Olympic Food Guide**" (will be provided) and the medal criteria (see below). Post both in a visible location in the classroom.

## Each Day of the Olympics:

1. Each day just before recess or lunch have students examine their snack/lunch to determine if it meets Olympic standards.
2. Have students raise their hands if they have an Olympic snack/lunch.
3. Calculate the percentage of the class that meets the Olympic standards.
4. Place corresponding medal on the class chart (will be provided).
5. At the end of the week, tally up the points earned based on the number of medals each day.
6. At the end of each week, post your class' points with the totals from other participating classrooms in an area where the school's overall Olympic performance can be viewed (e.g. entrance, hallway, etc).

## Olympic Qualifications

### Lunch Olympics

★ Lunch contains one food choice from **all four food groups** in the Olympic Food Guide.

### Recess Snack Olympics

★ Snack contains one food choice from **two of the four food groups** in the Olympic Food Guide.

## **Medal Criteria - to be assessed daily for the class:**

### ***Gold Medal:***

- at least 80%** of the class meet the Olympic Qualifications (above) for their snack or lunch.

### ***Silver Medal:***

- between **40-80%** of the class meet the Olympic Qualifications (above) for their snack or lunch.

### ***Bronze Medal:***

- 40% or less** of the class meet the Olympic Qualifications (above) for their snack or lunch.

## **Point Values of Medals:**

Gold Medal = 3 points

Silver Medal = 2 points

Bronze Medal = 1 point