The National Dairy Council in coordination with Destination ImagiNation is pleased to bring you a practice set of Challenges to support creativity, teamwork and problem solving. This practice set includes Instant and Mini Challenges to promote good nutrition and fitness.

**INSTANT CHALLENGES**

Instant Challenges are designed in ways that incorporate Performance-based Challenges, Task-based Challenges, or a combination of the two. Instant Challenge have different requirements, all Instant Challenges reward teams for their teamwork and the creativity of their solutions.

**MINI-CHALLENGES**

Mini-challenges are a rapid and flexible way to get your team using materials in new and creative ways while increasing communication and teamwork capacity. The open-ended style of mini-challenges allows for teams to explore multiple routes of problem solving and styles.

**FUEL UP**

It’s important to get the correct balance of nutrients each day stay healthy now and throughout your life. But with your busy schedule, the food you’re eating may not provide the nutrients your body needs for strong bones, healthy skin and a sharp mind. You can find these key nutrients in low-fat and fat-free dairy products such as milk, yogurt and cheese; colorful fruits and vegetables, such as apples, oranges, carrots and peppers; and whole grains, such as whole-grain breads, pastas and cereals.
**Challenge:**

Your Challenge is to present a PERFORMANCE in which you present a soap opera that includes characters from each of the Food Groups to Encourage (i.e., whole grains, low-fat or non-fat dairy, fruits and vegetables).

Time: You will have up to 6 minutes to use your IMAGINATION to create and practice your PERFORMANCE, and then up to 2 minutes to present your PERFORMANCE to the Appraisers.

**Procedure:**

- **Part One (6 minutes):** Plan a melodramatic soap opera in which food products from each of the Food Groups to Encourage (i.e., whole grains, low-fat or non-fat dairy, fruits and vegetables) are included as characters. Your play must have a beginning, middle and end. You also may practice your PERFORMANCE in Part One.

- **Part Two (2 minutes):** Present your PERFORMANCE to the Appraisers for score.

**Materials:**

All props are imaginary.

**Scoring:**

You will receive:

A. 10 points (40 points maximum) for each of the four Food Groups to Encourage that appears in your soap opera.

B. Up to 15 points if your PERFORMANCE has a beginning, middle and end.

C. Up to 15 points for the creativity of your PERFORMANCE.

D. Up to 20 points for how well your team work together.
Challenge:

Your TASK is to use materials to create the tallest freestanding structure possible that will hold a barbell for 30 seconds.

Time:

You will have up to 6 minutes to use your IMAGINATION to build your structure. Your structure must hold the barbell for 30 seconds.

Setup:

There is a barbell made from two apples and a pencil. Your structure must hold the barbell by the pencil.

Procedure:

(6 minutes): Use the materials provided to make a freestanding structure (i.e., your “strong man”) to hold the barbell as high above the ground as possible. You will receive score for how high your strong man holds the barbell above the ground (measured from the lowest point of the pencil), the creativity of your strong man, and how much your design looks like a human. Your strong man must hold the barbell for 30 seconds.

Materials:

- 5 paper plates
- 5 straws
- 5 sheets of paper
- 5 mailing labels
- 5 paper cups
- Scissors may be used to develop your stack, but they may not be used in your final solution.

Scoring:

You will receive

A. 2 points (30 points maximum) for how high your strong man holds the barbell off the ground.
B. 20 points if your strong man holds the barbell for 30 seconds.
C. Up to 15 points for how much your strong man looks like a human.
D. Up to 15 points for how creatively you use the materials.
E. Up to 20 points for how well your team works together.

For Appraisers Only:

Taking precautions to be as safe as possible, insert the sharpened end of a pencil into the center of an apple to create a hole. Using the same technique, create a hole in a second apple. Then insert the sharpened end of the pencil into the hole in one apple, and insert the eraser end of the pencil into the hole in the other apple. The resulting object should be reminiscent of a barbell.
Challenge:

Your TASK is to create a device to launch food as high as possible.

Time:

You will have up to 6 minutes to use your IMAGINATION to build and test your launching device. You will have 2 minutes to launch food for score.

Setup:

There will be two ladders (or chairs) with string spanning between them at three different heights. You will set up your launching device within the 2ft. x 2ft. launch zone, which will be 1ft. away from directly underneath the bottom string.

Procedure:

Part One (6 minutes): Using the materials provided, build a device to launch four different food products from the Food Groups to Encourage (i.e., whole grains, fruits, vegetables, or low-fat and non-fat dairy products). Your device must fit within the launch zone. You may not touch the device to activate the launch of each food, but you may create a tool to do so. The food products must arch over the strings between the two ladders. The food items must not be altered in any way.

Part Two (2 minutes): You will receive points for launching foods over the strings spanning between the ladders. You will receive more points for launching food over higher strings.

Materials:

- 1 coat hanger
- 2ft (30cm) of string
- 2 pencils
- 2 rubber bands
- 1 ruler
- 1 roll of masking tape
- 2 sheets of paper
- 1 whole grain item (e.g., a granola bar in its package)
- 1 plastic fruit
- 1 plastic vegetable
- 1 empty plastic milk container
- Scissors may be used to develop your stack, but they may not be used in your final solution.

Scoring: You will receive

A. 15 points for launching a food product over the top string, 10 points for the middle string, and 5 points for the lowest string (60 points maximum).

B. Up to 20 points for how creatively you use the materials.

C. Up to 20 points for how well your team works together.

For Appraisers Only:

Place two ladders 3 feet apart. Use string to tie the ladders together at three different heights. Tape a 2ft. x 2ft. launch zone 1 ft. away from directly underneath the bottom string.
Food Stack

**Challenge:** Stack foods from the Food Groups to Encourage (i.e., whole grains, fruits, vegetables or low-fat or non-fat dairy products) to build the tallest tower possible.

**Materials:** 2 pieces of cardboard, 2ft of string, 2 paper plates, 2 rubber bands, 8 straws, 4 twist ties, 10 mailing labels, plastic fruit, plastic vegetables, 2 granola bars still in their packages, 2 empty milk jugs.

**Bonus:** Try using real food!

Veggie-Table Race

**Challenge:** Use vegetables to create cars to race down an incline. Then race your car against your teammates’ cars!

**Materials:** Celery stalks, carrots, toothpicks, cherry tomatoes.

**Bonus:** What other food items can you use to create racers?

Mascot for Nutrition and Fitness

**Challenge:** Design a mascot for the First International Nutrition and Fitness Day, and then present a performance in which you show why your mascot would be a good representative for the celebration.

**Materials:** 1 sheet of newspaper, 16 chenille sticks, 6 rubber bands, 1 paper bag, 3 paper clips, 4 pencils, 6 craft sticks, 6 toothpicks, 2 Styrofoam cups, 6 mailing labels, 2 Styrofoam Balls, scissors, markers.

**Bonus:** Can you create your characters using real food?

You Are What You Eat

**Challenge:** Draw 4 distinct characters that are made of the Food Groups to Encourage. Then present a performance that includes all of your characters.

**Materials:** Pens, pencils, paper.

**Bonus:** Can you create your characters using real food?

Exercising Nutrition

**Challenge:** Create and participate in 4 different exercises each centered on a different nutritional food.

**Materials:** Whole grains, fruits, vegetables, low-fat or non-fat dairy products.

**Bonus:** Create exercises that use multiple foods!

Juggling with Nutrition

**Challenge:** Stand in a circle outdoors with team members 2 feet apart. Each member should hold his or her own nutritional food item. Can you toss all of the food items around the circle without dropping any?

**Materials:** Fruits, vegetables, whole grain food products, low-fat or non-fat dairy products.

**Bonus:** Try throwing food items to someone other than the person next to you!