

# Kid's Helping Kids - Presentation

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*This presentation is designed to be done by a young person at the same time as the adult presentation. My daughter, Kathleen Page, the creator of this Presentation began doing them at 10 years of age. She is now 12. Kids seem to listen better to another kid, than adults or even “Baby sitter” type teens. We found it difficult for some families to get a sitter and we wanted both parents to be present for our HLP. So now, everyone shows up and Kathleen leads them down to the basement to “play” while I stay with the adults and do the HLP for the adults. Kathleen get’s her “Light Board” (attached, bid-fold or tri-fold, pre-decorated) out ahead of time, typically across the room; with her pictures in a big pile on the other side (also attached) ...Here is a glimpse of what she does:*

Hi! My name is \_\_\_\_\_ and I am here to help you learn how to make better decisions about what you eat!

- Did you realize that some foods make you run faster and jump higher? Optional: Let's see how high you can jump!!!

*Let the kids jump up and down...*I call those “Green Light” foods! Green light foods would be something that grows from the ground. Can you give me an example of a Green Light Food?

- Did you know that some foods will make you run slower and jump lower? Let's pretend we ate SLOW FOODS!!!

*All the kids pretend in slow-motion...*I call those “Yellow light foods”. Let's say you go to a birthday party and they are eating pizza and cake. Those aren't very good for you, but we don't eat that all the time, right? So, we SLOW DOWN - That's what a Yellow Light food is! Let's take this ice pop (“Edy's” Brand or whatever that has food coloring) It SAYS “REAL FRUIT” right on the label!, But - When you read the ingredients you see water and sugar are the first 2 ingredients and there are those funny colors listed on the box!!! Did you know that those funny colors make it harder for you to study in

school? So, YOU have to be the "Nutrition Detectives", you can't trust what is on the front cover!

- And some foods can even make you sick, or make it harder for you to pay attention in school?! I call those "Red Light" foods. What do you do when you see a red-light? STOP, that's right! Red Light foods are junk foods, some may look pretty or even taste good but because they are made with yucky stuff, it does yucky stuff to our bodies.

Let's watch a movie that will help us know which food does **what** in our bodies, because everybody wants to run faster and jump higher, right?

*Put [Nutrition Detective Movie](#) in...*

OK - Let's play a game to see what you learned in the movie!

*Point to the felt board with big red, yellow and green circles on one side of the board; Have pictures in a pile by you on the floor of all types of foods cut out and laminated with a small piece of Velcro glued to the back.*

*Who's first? Pick up a picture and have the child tell you which of the colors it goes to. If it's a green light food, they get to run to the board and put it in place, yellow foods they walk in slow motion and red light foods they either crawl or "mope" all the way to the board. Each child gets at least one turn.*

Great job! Let me show you a few examples of what Dr. Katz was speaking about in the movie: *Show sugar chain with soda.* Too much sugar can make you sick and the weird color in this can make it hard to concentrate and learn cool stuff!

*Show Children's meal.* Food should rot or sprout if it's REAL food! Have you ever seen rotten or moldy food? Yuck! But at least you know it's REAL! What about this meal? Do you think it's REAL? Remember REAL food rot's, or sprouts. Do you see mold on it like the bread at home?

We're almost done - and each of you will get a special surprise at the end that you can show your parents! (*Magnifying glass on a string, worn around the neck - Dollar store, Walmart, Kmart, etc.*)

If you go to the store with your parents to buy bread, pick the loaves up and feel which one is the heaviest. Do you know why? Heavy breads will help make your muscles big and strong. Light fluffy breads will make your muscles weak and soft. Which kind of muscles do you want? OK - Let's play another game!

*Scatter the picture of food over the floor, or you can use a "Twister game" and place the pictures on top of the colors. Tell the kids to put a knee on a green light food, or a hand on a yellow, etc. and let them have fun!*

**New Game: Hide and Food Seek!**

*Have the kids get on the floor and cover their eyes, while you put all the pictures around the room. (Barely hidden) When you're done, tell them you will count to 3 and then they have to go and find as many pictures as they can. After all the pictures have been collected, have them sit on the floor and separate all the pictures into the 3 piles, Green - Yellow - Red. After everything is cleaned up and put away, tell them they deserve a treat for doing such a great job and learning so much. Let each of them have a sample of each color of the chewies.*

These treats are healthy and they will help you grow big and strong, so you can run faster and jump higher! They are called Juice Plus+ and they are filled with lots and lots of fruits and veggies and they taste like candy. Your parents upstairs are learning all about it so don't forget to ask them about it. *Give each child a hand out (attached) and put the magnifying glass on a string around their neck and announce:*

"Congratulations!~ You are now an OFFICIAL...

**"NUTRITION DETECTIVE!"**

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