

# Game Guide for Parents

## Lunch Crunch

### Health and Gameplay

The goal of *Lunch Crunch* is to help kids learn to distinguish healthy fruits and vegetables from foods that do not count as a serving of fruit or vegetable. The player must load two fruits, two vegetables, or one fruit and one vegetable onto each child's tray as they go through the lunch line. Non-fruit and vegetables can be put back in the fridge for extra points. There are four categories of food in this game:

1. Fruit
2. Non-Fruit
3. Vegetables
4. Non-Vegetables

#### Fruits

Fruits are defined as a seed-bearing product of a plant. In this game, fruits can be whole, chopped, dried, frozen, or canned. Canned fruit must be in water, juice, or light syrup to count as a serving of fruit.

#### Non-Fruits

There are three types of foods that our experts at Baylor College of Medicine have labeled as non-fruits. This includes foods that:

1. Don't contain enough fruit to count as one serving of fruit
2. Contain enough fruit to count as a serving but are offset by too much sugar or fat
3. Only taste like fruit

#### Vegetables

Vegetables are defined as an edible root, stem, or leaf. In this game, vegetables can be whole, chopped, dried, frozen, or canned.

#### Non-Vegetables

There are three types of foods that our experts at Baylor College of Medicine have labeled as non-vegetables. This includes foods that:

1. Don't contain enough vegetables to count as one serving of vegetables
2. Contain enough vegetables to count as a serving but are offset by too much salt or fat
3. Only taste like vegetables



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### Common Questions

The 5-A-Day plan was developed by the Centers for Disease Control (CDC) and aims to get kids to eat at least five fruits and vegetables a day as part of a healthy eating lifestyle. Our goal in *Lunch Crunch* is to help kids learn what counts as a fruit or vegetable as part of this initiative.

As a teacher, you may be saying to yourself “Isn’t it better that they eat vegetable stew instead of macaroni and cheese? Isn’t eating pears in heavy syrup better than none at all?” Our goal is not to tell you or your kids what they should and should not eat. This is something that you, as a family, must decide. Our goal is to teach families that wish to add more servings of fruits and vegetables to their diet how to select the best choice when presented with numerous fruit and vegetable options. Below is a table of some of the “trickier” items and an explanation as to why they fall into a particular category.

Food Icon	Category	Reasoning
Applesauce	Fruit	Made with real apples and 100% apple juice, usually contains very little sugar
Pears in Light Syrup, Fruit Cocktail in Light Syrup	Fruit	Canned fruit should always be packed in water, own juice, or light syrup
Pineapple in Pineapple Juice	Fruit	Canned fruit should always be packed in water, own juice, or light syrup
Raisins, Dried Apricots, Dried Tropical Fruit Mix	Fruit	Dried fruit with no added sugar
Apple Crisps, Banana Chips	Non-Fruit	Fried, too much oil and fat
Blueberry Muffin, Raisin Cinnamon Bread, Pineapple Upside Down Cake	Non-Fruit	Not enough fruit, usually has a lot of sugar
Candy Apple	Non-Fruit	Contains a whole apple but covered in sugary caramel or candy
Cherry, Strawberry Kiwi, and Lime Gelatin	Non-Fruit	Just tastes like fruit
Coconut	Non-Fruit	Too much fat
Grape jelly	Non-Fruit	Only tastes like fruit
Orange Soda	Non-Fruit	Only tastes like fruit
Peach Pie, Cherry Pie	Non-Fruit	Contains fruit but has too much sugar and fat
Pear in Heavy Syrup, Fruit Cocktail in Heavy Syrup	Non-Fruit	Heavy syrup contains a lot of sugar, canned fruit should always be packed in water, own juice, or light syrup
Watermelon Candy, Fruit Roll Up, Fruit Jelly Beans, Fruit Gummy Chews	Non-Fruit	Has lots of sugar and usually little to no real fruit



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Coleslaw	Non-Vegetable	Too much fat and oil from mayonnaise
Corn Chips, Corn Tortillas	Non-Vegetable	Fried, too much fat and salt
French Fries	Non-Vegetable	Contains potatoes but frying adds too much fat, also usually high in sodium
Fried Zucchini, Fried Mushrooms, Fried Okra	Non-Vegetable	Contains vegetables but frying adds too much fat
Ketchup	Non-Vegetable	Contains little to no tomatoes, usually contains sugary corn syrup
Mashed Potatoes	Non-Vegetable	Too much fat from butter and whole milk, may be high in sodium
Olives, Pickles	Non-Vegetable	Too high in sodium
Pasta Salad	Non-Vegetable	Not enough vegetables, may contain oil
Potato Salad	Non-Vegetable	Too much fat and oil from mayonnaise
Vegetable Pizza, Vegetable Beef Stew, Jalapeno Poppers, Pizza Rolls	Non-Vegetable	Not enough vegetables, usually high in sodium
Veggie Chips	Non-Vegetable	Fried, too much fat and salt
Zucchini Bread, Carrot Cake	Non-Vegetable	Not enough vegetables
Black Beans	Vegetable	A good source of protein
Chickpeas	Vegetable	A good source of vitamins
Frozen Peas and Carrots	Vegetable	Frozen vegetables are just as healthy as fresh
Mixed Vegetables	Vegetable	Chopped, slices, frozen, and canned vegetables are just as healthy as whole vegetables
Potatoes	Vegetable	A good source of vitamins when served without all the butter, salt, cheese, and sour cream
Salsa, Pico de Gallo	Vegetable	Usually made with 100% vegetables such as tomato, onion, and jalapeno

