

# Be Fit 2 Learn

Rewarding children in the classroom need not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

Also, physical activity and food should not be linked to punishment. Punishing children by taking away recess or physical education classes reduces their already-scarce opportunities for physical activity. Below you will find a list of "nonfood" rewards for bringing about positive behaviors.



## APP TO KNOW:

**Fooducate** is a great app to check out. This app allows you to scan a barcode on a food item and it will grade it. It will also give you alternatives that may be better.

## Using Nonfood Rewards

### Elementary School:

- \*Make deliveries to office
- \*Teach the class
- \*Each lunch the teacher or principal
- \*Be a helper in another classroom
- Play a favorite game or do a puzzle
- \*Certificates
- \*School supplies
- \*Walk with the principal or teacher
- \*Extra recess
- \*Show and tell
- \*Paperback books
- \*Have extra art time

### Middle School:

- \*Sit with friends
- \*Listen to music during deskwork
- \*End-of-class chat break
- \*Reduced or no homework pass
- \*Extra credit
- \*Fun brainteaser activities
- \*Field trips
- \*Eat lunch outside or have class outside

### High School:

- \*Extra Credit
- \*Reduced homework
- \*Free homework pass
- \*Drawings for donated prizes
- \*Assemblies



"Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It's like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids that did the best job listening."

Marlene Schwartz, PhD, Deputy Director, Rudd Center for Food Policy and Obesity, Yale University.

