

# Katy Trail Challenge

## Overview

Purpose: Work as a class or group to complete the physical activity and fruit and vegetable components.



The Katy Trail Challenge is a fitness activity for youth that includes a physical activity component and a fruit and vegetable component. The challenge also incorporates lessons that highlight locations along Missouri's Katy Trail State Park. This toolkit was designed for use in elementary schools, but can be used by other youth groups such as Scouts, 4-H, etc. This toolkit gives general instructions, but you may modify to meet the needs of your group.

Incentives for groups in Missouri are available while supplies last.

### Steps to completing the Katy Trail Challenge

1. Do the **Katy Trail Physical Activity Challenge**. Follow instructions in the Physical Activity Challenge handout.
2. Use the **Katy Trail Park History Curriculum** as you complete the physical activity challenge. These lessons are optional, but can make the challenge more interesting. This toolkit includes seven lessons that highlight the history of communities along Missouri's Katy Trail. These lessons incorporate history, math, language arts, and other subject areas and can make the students' virtual journey along the trail more meaningful.
3. Do the **Fruit and Vegetable Challenge**. Follow instructions in the Fruit and Vegetable Challenge handout.
4. Fill out the Registration for Incentives and fax to 573-522-2856.
  - You will receive *Cool Fuel Cookbooks* to distribute to each child who participates in the Katy Trail Challenge. This cookbook for kids is filled with fun recipes using fruits and veggies for breakfast, side dishes, main dishes, smoothies and snacks.
  - All participating groups that submit the Registration for Incentives will be entered into a drawing to win a field trip to the Katy Trail. This field trip includes up to \$200 for transportation costs.
  - All participating groups are eligible to have a guest speaker present an educational session about Missouri's state parks and natural resources. You will be contacted to arrange this session after you submit the Registration for Incentives.

#### Acknowledgements

Cookbooks are provided by the Missouri Team Nutrition Program.

Educational sessions and Katy Trail field trip are provided by the Missouri Department of Natural Resources, Division of State Parks.