



Farm Food Field Fun! Games: **Builder Toolkit**

Presented by...



WHAT ARE THE FARM FOOD FIELD FUN! GAMES?

The Farm Food Field Fun! Games are YOUR opportunity to share the dairy journey to your peers — and kick your Fuel Up to Play 60 team into high gear! Use the Farm Food Field Fun! Games to kick off Fuel Up to Play 60 at the beginning of the school year, or plan it for the spring to get everyone re-energized and excited about working together to tell the story of dairy farm to table. You can also use the Farm Food Field Fun! Games to recruit new team members and get the school involved!



GETTING STARTED



1. Gather Your Trivia. Use the information in this guide and your own community resources to gather information on dairy farmers, food systems, agriculture, and healthy eating.



2. Design & Create Your Trivia Course. Use the design pages and trivia cards to plan a game show-style trivia and obstacle course that tells the story of dairy farm to table.



3. Build Your Course. Construct your grand finale and any additional obstacles using the enclosed blueprints from Lowe's!



4. Set a Date and Promote. Plan out when and where you're going to hold your Games, and start promoting it to your school.



5. Let the Games Begin! Have fun on the day of the Games – and take photos to share online using #FUTP60.

Included in this toolkit are sample obstacle courses and trivia, but each obstacle course should be truly unique to you and what YOU want it to be!

WHERE TO FIND TRIVIA

Not sure where to start when it comes to collecting trivia? Check out these links! You can also connect with your local Dairy Council and nearby farms to find out more!

- [Trivia Link 1 -Honor the Harvest](#)
- [Trivia Link 2 - Choose My Plate](#)
- [Trivia Link 3 - Got Your Dairy Today?](#)
- [Trivia Link 4 - School Lunch Infographic](#)



SAFETY FIRST!

- ☐ **Think About Your Eyes:** Always wear safety goggles.
- ☐ **Protect Your Ears and Hands:** Wear safety gloves and/or earplugs if using loud tools.
- ☐ **Check with an Adult:** Get permission before using any tools to build your obstacles, and make sure someone is providing supervision before you begin.
- ☐ **Carry Tools Correctly:** Just like scissors, tools should be carried with blades or bits facing down and away from you, and you should NEVER run with any tools!



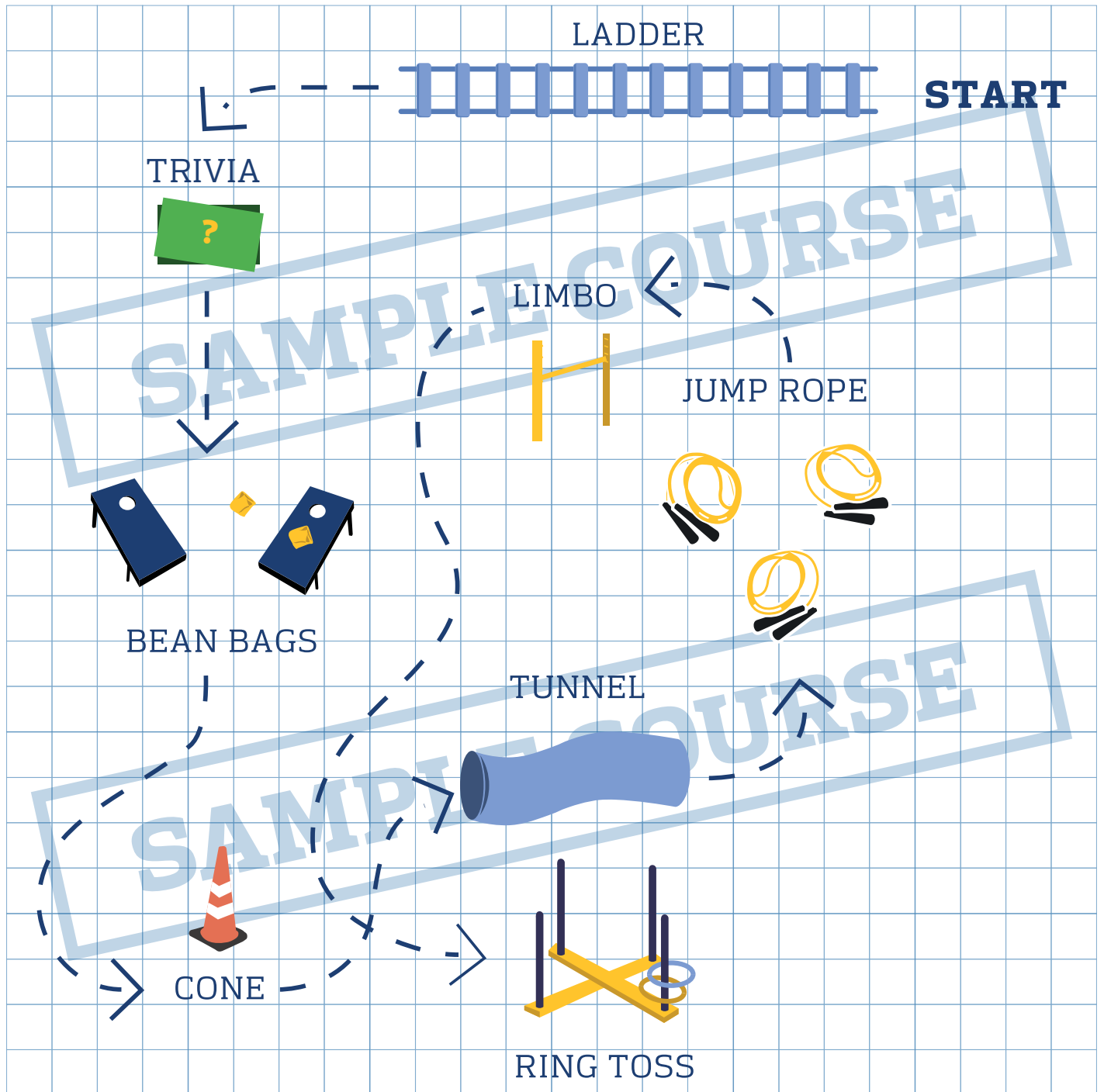
SHOPPING LIST

The sky's the limit when it comes to your Farm Food Field Fun! shopping list! Below are some suggestions to get started, but check out your local Lowe's store and see what you can find!

- Masking tape /Duct Tape
- Index Cards
- Cones
- Pool Noodles
- Scissors
- PVC Connectors 2"
- Agility Ladder
- Paper for drafting design
- Trash grabber
- Cotton String
- 1 Gallon Bucket
- 5 Gallon Bucket
- 2 Gallon Bucket
- Carabiners
- Drain Pipe
- PVC Pipe (5 ft., 2" Diameter)
- Bungee Cords
- Funnel(s)
- Cones
- Cotton String
- Moving Boxes from Lowe's
- Stepstool
- 100' Rope
- 18 Gallon Tub
- Farm/Snow Shovel



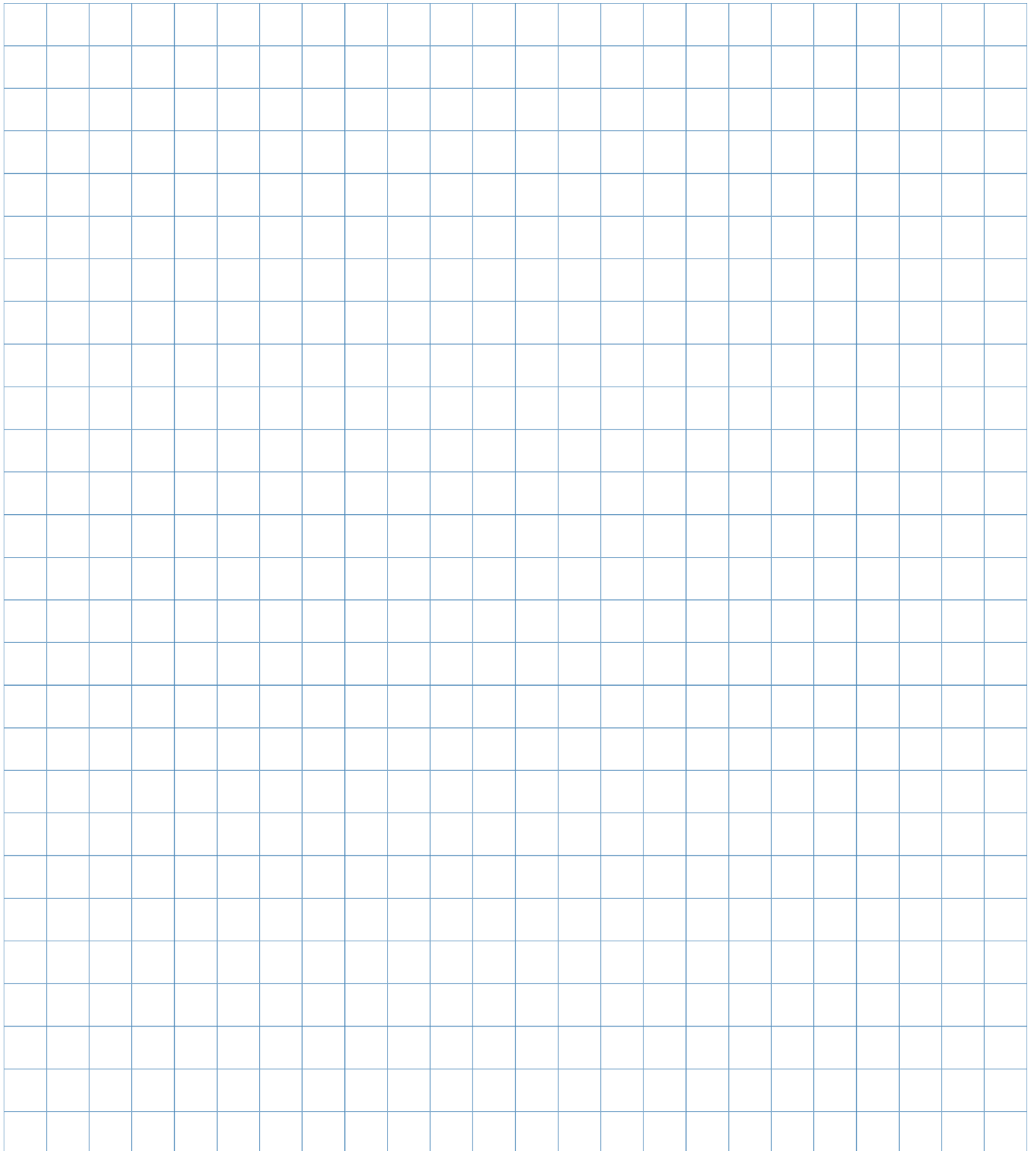
SAMPLE COURSE



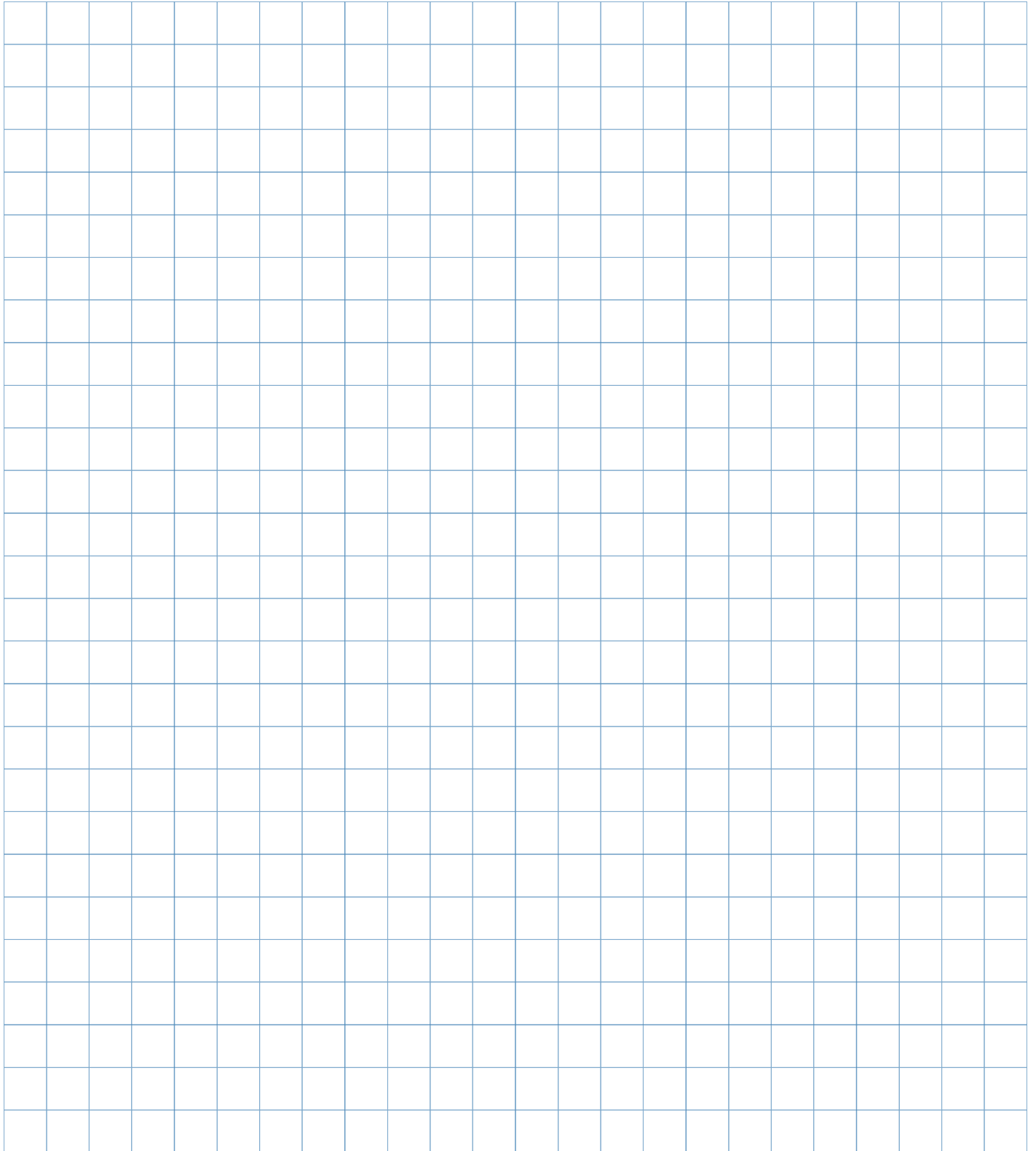
SAMPLE COURSE

1. **“Wake Up” (at beginning of the course) and do 5 sit-ups.**
2. **Go through the fitness ladder.**
3. **Crawl through the box.**
4. **Pick up trash grabber, take 1 bean bag at a time, carry it across the plank and put it into the bucket. Repeat until all bean bags are gone, without touching the cows.**
5. **Carry the bucket with bean bags and zig-zag through the cones.**
6. **Then, dump the bean bags into the bigger bucket.**
7. **Sit on the stool and take pool to “milk the cow.”**
8. **Drag the basket to the the end (plinko) and avoid cows.**
9. **Answer the 3 trivia questions. Each incorrect answer = 3 jumping jacks.**
10. **Play Plinko; if you earn less than 50, excercise of your choice.**

DESIGN YOUR COURSE!



DESIGN YOUR COURSE!



TRIVIA CARD (SAMPLES)

48 hours (2 days)

ANSWER:

QUESTION:

About how long does it take milk to get from cow to the store?

B - 8 Gallons!

ANSWER:

QUESTION:

About how many gallons of milk will one cow produce per day?
A - 4 gallons, B - 8 gallons,
C - 12 gallons, D - 16 gallons

Vitamin A

ANSWER:

QUESTION:

Which vitamin found in milk can help you see in the dark?

10 cups!

ANSWER:

QUESTION:

How many cups of raw spinach would you have to eat to get the same amount of calcium as one 8-oz glass of milk?
A - 3 cups, B - 5 cups,
C - 8 cups, D - 10 cups

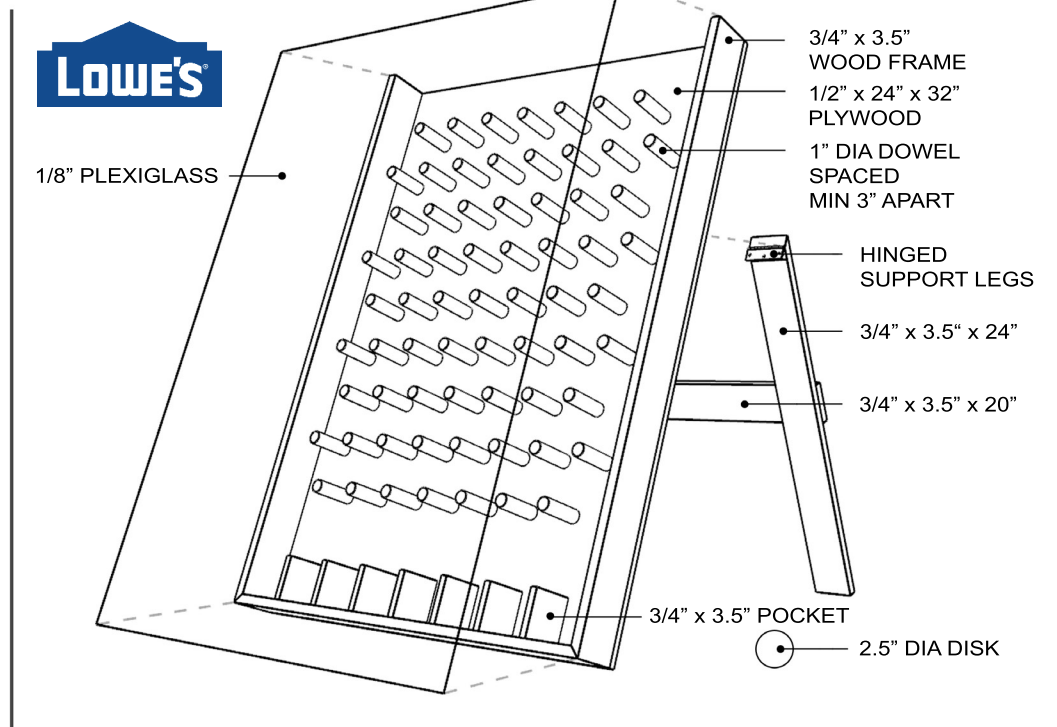
TRIVIA CARD (PRINT & MAKE COPIES)

<div>ANSWER:</div> <div>QUESTION:</div>	<div>ANSWER:</div> <div>QUESTION:</div>
<div>ANSWER:</div> <div>QUESTION:</div>	<div>ANSWER:</div> <div>QUESTION:</div>

BUILD YOUR OBSTACLES

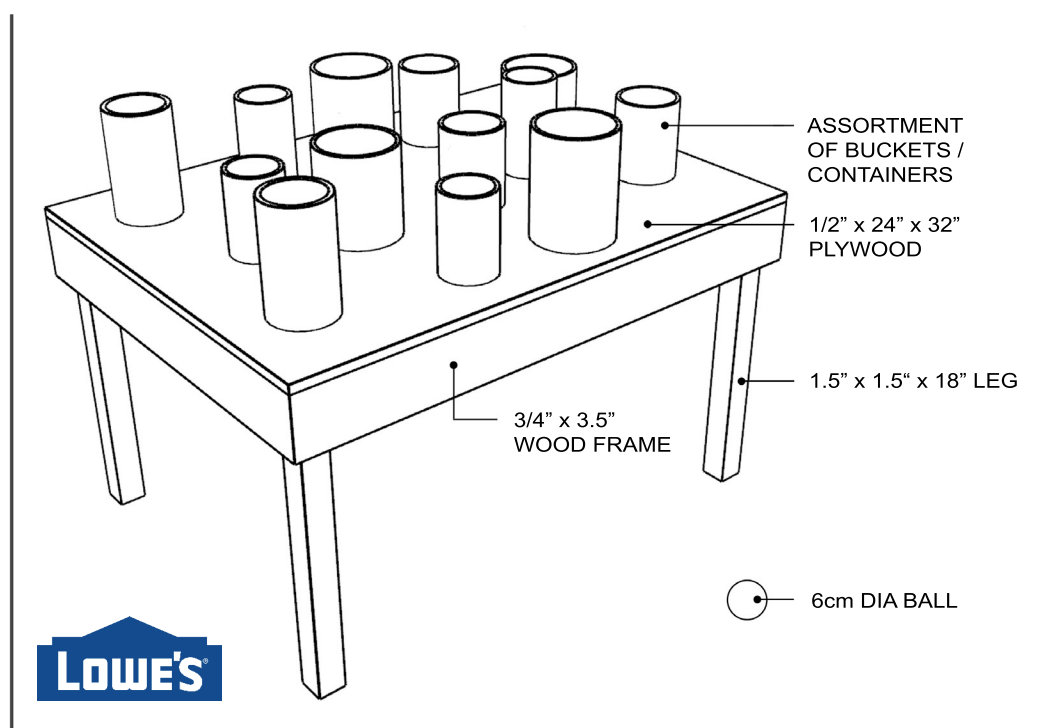
DISK PLINKO

Farm Food Field Fun! Games
Concept Blueprints



BALL TOSS

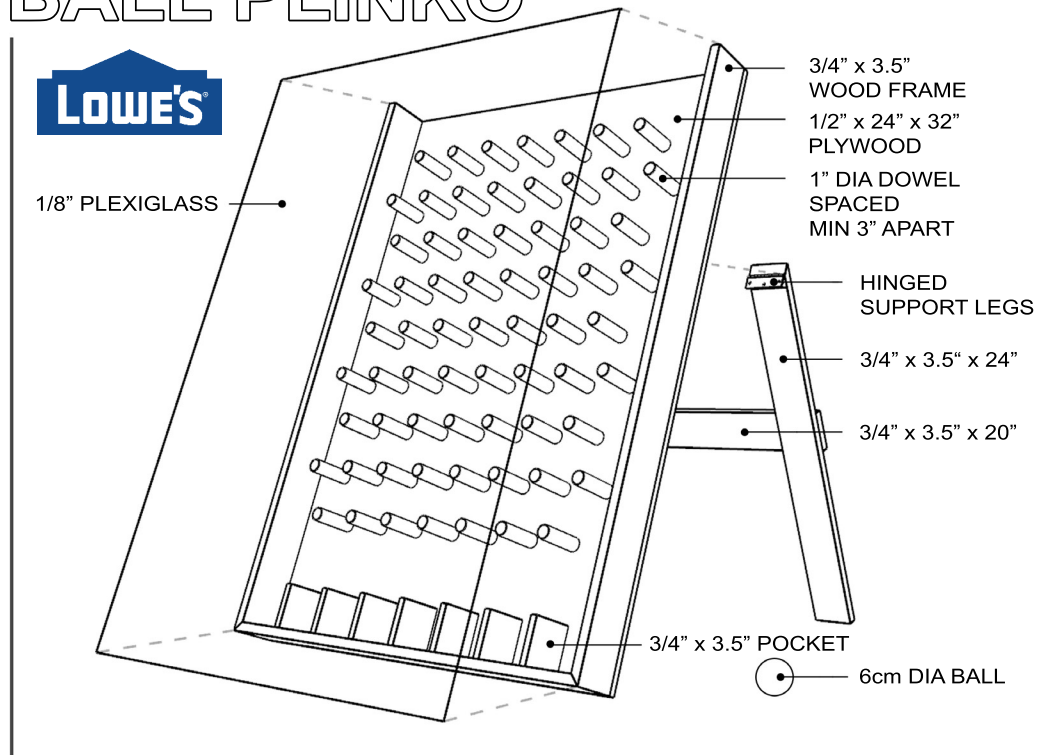
Farm Food Field Fun! Games
Concept Blueprints



BUILD YOUR OBSTACLES

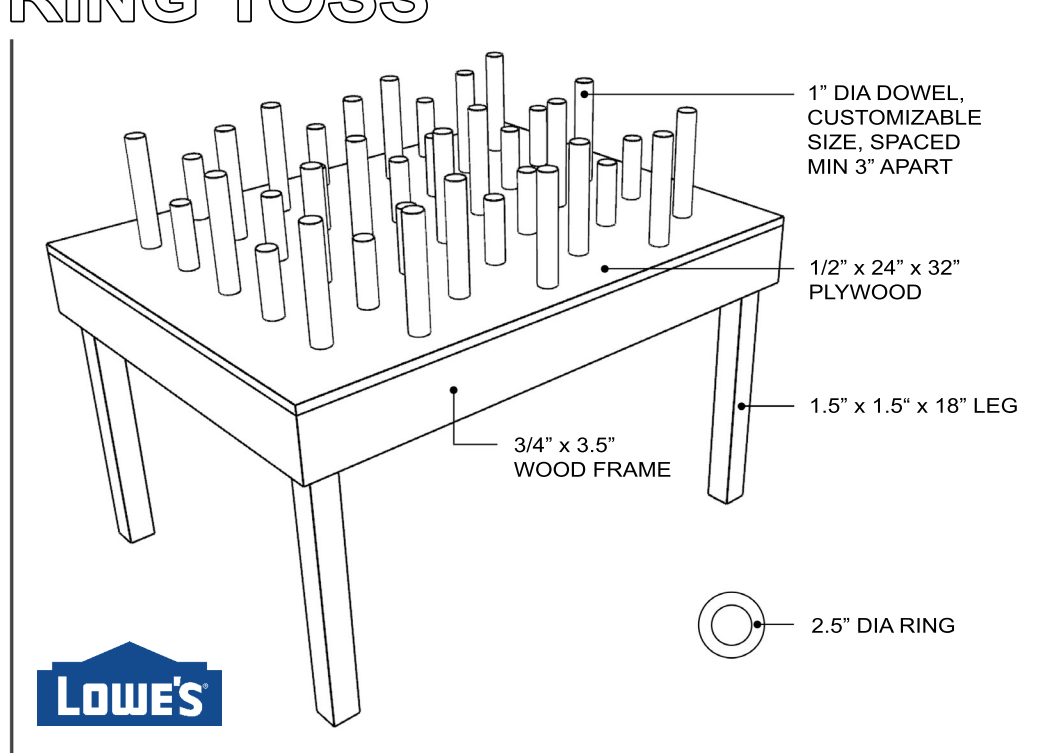
BALL PLINKO

Farm Food Field Fun! Games
Concept Blueprints



RING TOSS

Farm Food Field Fun! Games
Concept Blueprints





**SHARE YOUR STORY ON
SOCIAL MEDIA USING #FUELGREATNESS!**

