



The Better Choice Food Game

Supplies

- 2 Baskets or Containers with age-appropriate labels (Thumbs Up vs. Thumbs Down, or Smiley vs. Frowning Emoji's, or words like Better Choice vs. Common Choice, etc.)
- 1 covered container with various foods - ½ being kidney-supporting foods and ½ being things we THINK are kidney-supporting foods
- Prizes (optional) - small oranges or apples, stickers, bracelets, etc.

The Game

INTRO

Share details about kidneys

- A kidney is an organ in our body that helps filter out all the stuff we don't need and keep all the good stuff in your body.
- Everyone typically has 2 kidneys and they can be found in your upper lower back.
- Make a fist with each hand (that's about how big each kidney is) and reach behind your lower back - That's where your kidneys are!
- Every day, your kidneys filter 50 gallons of blood - about the size of a large bathtub!

Help kids understand what Nephrotic Syndrome is

- Nephrotic Syndrome is a type of kidney disease. It's not contagious (it's kind of like having a broken arm), but it does mean that someone with Nephrotic Syndrome has kidneys that are NOT filtering blood correctly. Their filter holes are not the right size! So that means they have to take a lot of medicines and be really careful to not get sick and to take really good care of themselves all the time.
- There is not much that is known about this kind of disease, and there is not enough research to really understand how to treat it. There is also not a lot of support out there for kids or families who are going through it. We are speaking to you today because we are working to change that. Hopefully with your help, we can raise awareness of what Nephrotic Syndrome is, and funds to support those who have it.

GAME

One way to spread awareness is by understanding how food can help support our kidneys and sharing / encouraging others to do the same!

- Set your two baskets in front of the group while keeping the covered food basket with you.
- One at a time, bring out an item of food and ask the group if the food you are holding is kidney-friendly! You can use words like common or better choice, a thumbs up or thumbs down choice, a green star or a red star, etc.
- As a group or by a show of hands or individual participation, decide which basket each food item should be placed in.
- Make your way through each food item in your covered basket until empty.
- If time allows, you can talk about other types of food and which basket the items would go in.
- Provide a prize to those who participated and encourage them to try making the better choice when they have a chance!

Better Choice Examples



Common Choice Examples



Helpful Tip

Moderation is an important part of a healthy eating conversation. Please be mindful of those listening and the reality that not everyone has the same access to all types of food. Keep comments positive while understanding that while we try to make the better choice most of the time, there will be times when the common choice is the choice.