

Sports Hall Game 1 : Nutri Plate Run - Page 1

Students will be able to arrange food in the Nutri Plate Placemat and healthy fats.



Explanation:

To maintain a healthy balance, the Nutri Plate Placemat maintains that we incorporate 5 food groups into our diet. These are carbohydrates (also known as grains), fruits and vegetables, proteins, dairy and fat (also known as oils and spreads). We cannot be in the best of our health if we only consume 2 or 3 of these food groups all the time.

There is, however, one food type that is not accounted for in the Nutri Plate Placemat, which is very important even though it is only required in small quantities as too much is not suitable for our bodies. This food type is "healthy fats". Healthy fats provide our bodies with the nutrients it requires to function properly.

At every meal, if we eat one type of food from each group plus a small amount of healthy fats, we would have succeeded in eating a healthy, varied and nutritious meal.

Instructions:

1. Place the Nutri Plate Placemat on the floor and set up the playing area as shown on the diagram 1.
2. Place students in a line and allocate each a food group or healthy fats to represent (each category can be represented by many students).
3. Select two students to be taggers, and assign them each different coloured pinnies.
4. On command to begin, each tagger should call out one of the food groups or healthy fats.
 - For instance, if a tagger calls out "grains" or "carbohydrates", all the students representing grains will try to run to the other side of the sports hall without getting tagged.
5. Tagged students are required to take a Nutri Troops card that corresponds to their food type and place it on the corresponding section of the Nutri Plate Placemat Poster. They must ensure the cards are piled carefully to keep them aligned in the correct area.
6. They then line up at the same starting point to wait for another turn.
7. Students who reach the opposite end of the sports hall without getting tagged are safe and await their next turn.
8. The game continues with the students running from the other side.
9. The game resumes until both Nutri Plate Placemat posters have each of the five food groups and healthy fats as represented.
10. Select one of the Nutri Plate Placemat Posters. The food group with the lowest number of Nutri Cards (or highest, or any other food group you pick) gets to choose an exercise for the whole class to do.
 - Each Nutri Card means 1 repetition of an exercise.
 - For example, if the carbohydrate or grains group has 10 Nutri Cards, then the class makes 10 sprints (jumping jacks, push-ups, or rocket blasters, mountain climbers, etc.).
12. Select two new taggers and play again

Sports Hall Game 1 : Nutri Plate Run - Page 2

Students will be able to arrange food in the Nutri Plate Placemat and healthy fats.



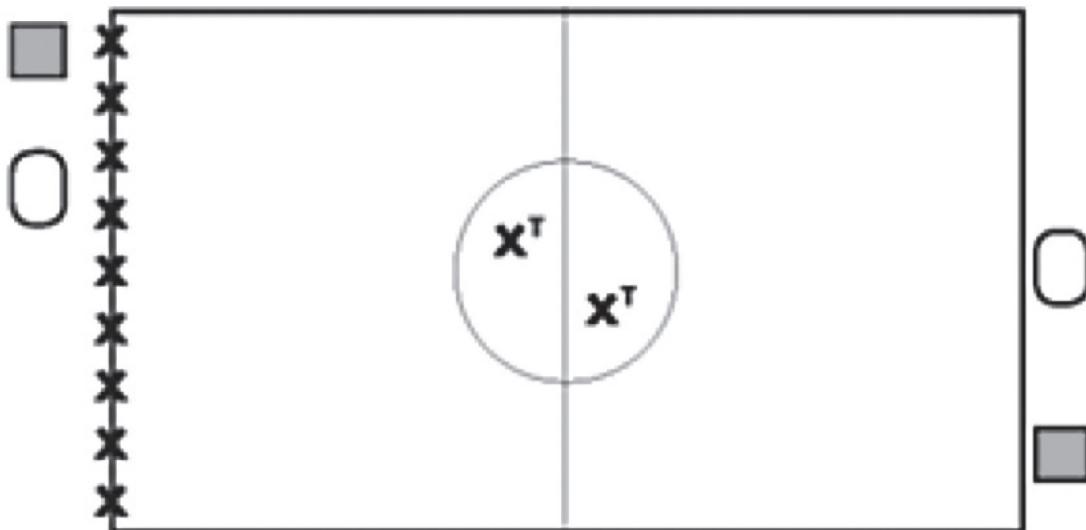
Equipment:

- Nutri Cards
- 2 x Nutri Plate Placemat Posters
- Two different coloured pinners

Assessment:

After the game, randomly select foods and ask the students to correctly identify which food group they belong to on the Nutri Plate Placemat Poster.

Diagram 1, Set up:



X = Students

X^T = Taggers

 = MyPlate Placemat Poster

 = Containers with Nutrition Cards