

## Sports Hall Game 10 : Food Group Equaliser - Page 1

Students will be able to explain why various foods are essential to receive a balanced amount of nutrients.



### Explanation:

Food gives our bodies the energy we need to work, grow and play (Energy In, Energy Out). Consuming various foods at each meal from all the food groups, including a small number of healthy oils, gives our bodies all the nutrients they need to be strong and healthy.

Suppose we allow Empty Calories/Fats/Sweets foods to dominate our diet instead of nutritious foods. In that case, we will not get all the nutrients our bodies need to function properly.

Suppose we consume far too many Empty Calories/Fats/sweets. Some fat in our bodies is healthy, but too much can be harmful. In that case, we risk consuming too many calories, and the unused calories will subsequently be stored in our bodies as fat.

Students will comprehend that if empty calories take the place of nutritious foods, we will not get all the vital nutrients we need for our health.

Therefore, additional calories will need to be burned off.

### Instructions:

1. Split the class into groups of 6 students depending on class size.
2. Disperse the Nutri Cards out in the middle of the play area face down.
3. Allow the music to play as students run around the circumference of the play area.
4. Pause the music and require the students to pick up one Nutri Card from the middle of the play area and then return to the perimeter.
5. Resume the music and require the students to hold on to their cards and continue running or performing some other locomotor activity until the music stops again (i.e., galloping, sliding, skipping, star jumps, etc.).
6. When the music stops, require the students to pick another Nutri Card and decide which of the Nutri Card they want to keep. They need to select the food they think is the healthiest. They must discard the unwanted Nutri Card by placing it face down in the middle.
7. Pupils are now required to find their group members and check their collection of cards as if it was a meal.
8. Require the students to try to formulate a balanced meal (hence Equaliser) from the cards in their group. Then need a card from each of the five food groups and a small number of healthy fats/oils. They might not have the necessary cards to make a healthy meal but are to do what they have.
9. Once they put together their meal, they must gather around together and sit down.
10. Write on a whiteboard or piece of paper, "Group 1," "Group 2, Group 3," up to the number of groups in the class.

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11. Require each group to read out loud the food groups in their "meal." Note these on the whiteboard.
12. When finished, ask:
  - Are there any balanced meals on the whiteboard? (A balanced meal will have all 5 food groups and a small number of healthy fats/oil).
  - Does your meal contain Empty Calories/Fats/Sweets foods? (If the meal includes Empty Calories/Fats/Sweets foods) - Are the Empty Calories/Fats/Sweets foods dominating foods with more nutrients?
  - What can come in the place of Empty Calories/Fats/Sweets foods (if the meal does not contain Empty Calories/Fats/Sweets foods)? What would occur if Empty Calories/Fats/Sweets foods replaced nutritious foods in a person's meal? If there are not enough nutrients, it is not a balanced meal.

### Equipment:

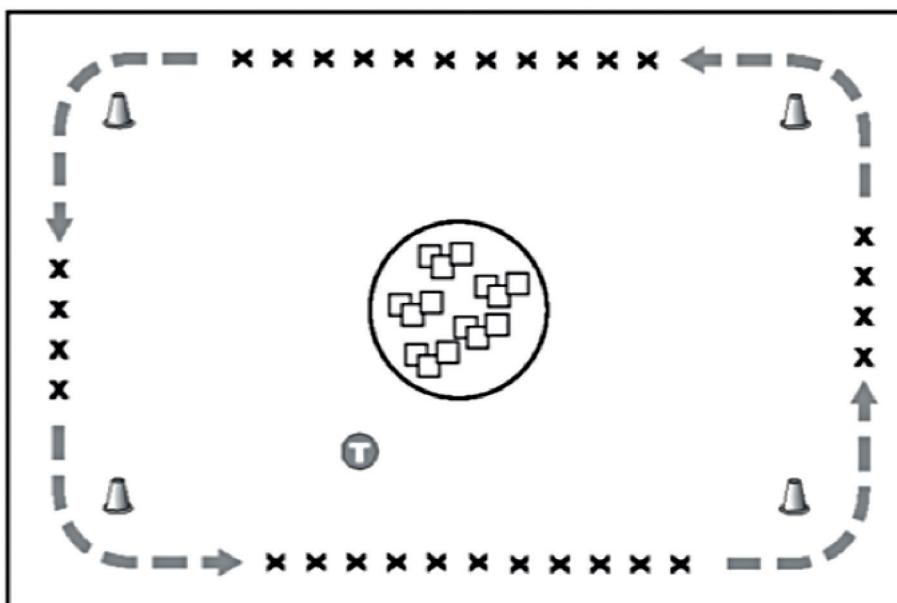
- Nutri Cards
- Cones
- Music





### Assessment:

At the end of class, ask students:

- How can we make sure we are eating enough nutrients every day?
- What will happen if Empty Calories/Fats/Sweets foods are consumed more than nutritious foods.

### Set up:



-  = Cones
-  = Nutrition Cards
-  = Teacher
-  = Students