

Sports Hall Game 2 : Throw the Foods - Page 1

Students will work cooperatively in pairs to place Nutri Cards in the correct section of the Nutri Plate Placemat Poster to create a balanced meal incorporating healthy fats (also known as oils and spreads; healthy fat can be found in such foods as avocados, olives, mushrooms, nuts too).



Explanation:

A meal that includes all five good groups and a small portion of healthy fats - is referred to as a "balanced meal". A balanced meal contains a balance of nutrients. Nutrients are what the body needs to function correctly and are found in food and are gained from food during the digestive process.

Therefore, at each meal, if we select one food from each group plus a small portion of healthy fats, this will constitute a healthy, varied and nutritious diet daily.

Instructions:

1. Organise students in pairs.
2. Have them work with another pair. Then require the teams to line up behind a cone.
3. Provide each team of four students with a ball and ask them to walk and throw it back and forth until they reach their Nutri Plate Placemat Poster (one pair at a time).
4. When the pair reaches their Nutri Plate Placemat Poster without dropping the ball, they must:
 - Choose a Nutri Card from the Menu Basket.
 - Sort it into the correct category on their plate. Oils can be placed outside the plate.
 - Sprint back to the starting point and pass the ball to the other pair without letting it bounce.
5. If the pair loses control and drops the ball, they must return to the starting position and give the ball to the other couple.
6. Once the Menu Basket becomes empty, each team of four is to analyse their collection of Nutri Cards and attempt to make a balanced meal as possible with what they have. It can occur that not all groups will have the necessary cards, but they will have to make the most of what they do have. They need to select a type of food from every food group and a small number of healthy fats, using the Nutri Plate Placemat Poster as a point of reference.
7. When all the groups have finished serving, they have to explain their meal to the rest of the class and highlight why it is balanced or unbalanced.

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Equipment:

- Nutri Plate Placemat Posters (1 per group)
- Nutri Cards
- Basket for the Nutri Cards (called the "Menu Basket")
- Large Balls (Foam balls etc.)

Assessment:

Possible questions to ask pupils after partaking in the activity:

- How were you able to achieve a balanced meal?
- Why is it advised to eat foods from all five different food groups?

Set up:

