

## Sports Hall Game 3 : Food DNA - Page 1

Students will comprehend that different foods have different amounts of calories and that sweets are high in empty calories.



### Explanation:

Food energises our bodies. Energy enables our bodies to function so we can move around, grow, and interact. Energy in food is measured in calories. The more we eat, the more energy we have available to us, which the body must draw upon to carry out our daily activities. Different foods provide different amounts of calories.

Our bodies absorb the nutrients in the food we eat which can make us healthy and strong. But some foods such as sweets and biscuits are high in calories because they contain sugar and saturated fat and we should only eat these in very small amounts. Too many calories from this types of foods are generally not good for our health. However, other foods in the five good groups, such as peanut butter, rapeseed oil, and wholemeal bread, are likely to be high in calories because they contain some sugar and saturated fat, but they also contain more beneficial nutrients such as fibre and healthy fats that are better for our bodies.

When we eat too many empty calories, we are likely to consume more energy than we can use. Therefore, our bodies will store the extra calories as fat. Some fat in the body is good as this is needed to keep us warm and protect our bones, but too much fat is not healthy and can lead to various types of ailments.

### Instructions:

1. Place five Nutri Cards into the InfoSquare pockets (Nutri Cards must be from the five different food groups). Each pocket should contain a different food group. Include a sixth pocket for "Empty Calories" such as unhealthy fats, sweets, etc.
2. Play music in the background while students conduct locomotor activities (galloping, hopping, skipping, grapevine, sliding, etc.). Around the circumference of the play area while one student carries the InfoSquare.
3. When the music stops, the student with the InfoSquare rolls it towards the middle of the play area in the direction of the teacher.
4. Identify what food the InfoSquare displays and ask the students to work out what food group it originates from.
5. Inform the students about the food's total calories (listed under amounts).
6. Require the students to perform exercises in accordance with the calories of energy provided by the selected food. The teacher is to decide the chosen activity and the number of repetitions of an exercise depending on the number of calories in that particular food, for example, 10 reps for a banana and 20 reps for a chicken side breast.
7. Discuss with the students the reps required for each food and the health value of consuming each particular food.

## Sports Hall Game 3 : Food DNA - Page 2

Students will comprehend that different foods have different amounts of calories and that sweets are high in empty calories.



### Equipment:

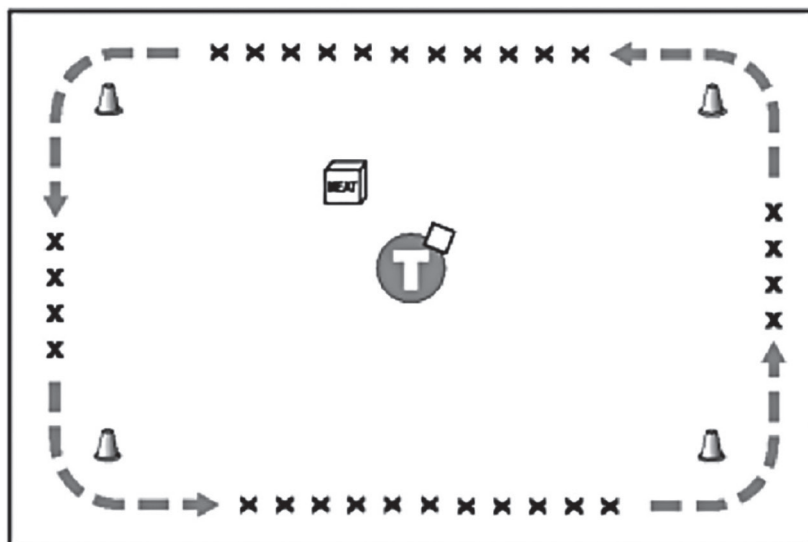
- InfoSquare
- Nutri Cards
- Cones
- Music





### Assessment:

Upon completion of the activity, ask students the following questions regarding the various foods:

- Which food contained the highest amount of calories?
- Which food had the lowest amount of calories?
- Did the empty calories/unhealthy fats/sweets food have more or fewer calories?

### Set up:



-  = Cones
-  = InfoCube
-  = Teacher with Nutrition Cards
-  = Students