

Sports Hall Game 5 : Song Food Group - Page 1

Students will be able to distinguish between various food groups.



Explanation:

Energy in food is measured in calories. To have a healthy diet that provides us with the right amount of energy, it is crucial to be aware of the different types of foods that belong in the food groups so you can make up a balanced meal. It is equally important to know whether each type of food is high or low in calories. If we know how many calories we are eating then we know how much energy we have that we need to use up.

We may have a low-calorie meal or a high one based on what type of food we select from each food group. If we have a high-calorie meal, we will not have room for extra calories. However, if we consume a low-calorie meal, we will have room for extra calories.

If we have a low-calorie meal, we will have extra calories left that we could eat from healthy foods such as fruits and vegetables instead of unhealthy foods such as solid fats and sweets.

Students will know that different foods contain differing amounts of calories. They will also see that solid fats and sweets are high in empty calories and are therefore not nutritiously suitable for consumption.

We should rarely consume foods high in calories and low in nutrients as too much of this can be detrimental to our health.

Instructions:

1. Set up the play area with seven cones and label each Food Group with the five corresponding cards, one labelled "Healthy Fats" Card and one with an "Empty Calories/Unhealthy Fats/Sweets Card".
2. Play a song as students run the circumference of the play area.
3. Students are to stand next to the closest cone when the music stops.
4. Select a card from the Nutri Cards and ask the students to state which group the food belongs to accurately.
5. The students who stood next to the cone that the Nutri Card represents had to select an exercise for the whole class to perform. For example, if you choose a potato Nutri Card from the fruit and vegetable food group, students are to pick an activity.
6. 10 calories are equal to students performing one repetition of an exercise as displayed on the Nutri Card. e.g. Explain to the students that 1 potato small contains about 120 calories, which is more than sufficient energy to do 12 repetitions of whatever exercise they select and still have many calories left to do more.
7. When all the students have completed the exercises, restart the music so the students can continue running until the music stops again.
8. The game resumes until every food group, healthy fats/oils, and empty calories/unhealthy fats/sweets have been represented.

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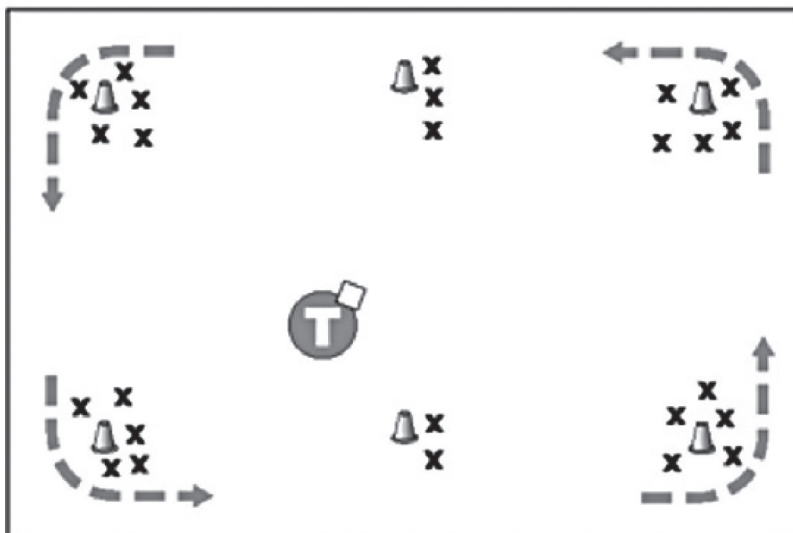
Equipment:




- Nutri Cards
- Cones
- Food Group Cards and healthy fats/oils and empty calories/ unhealthy fats/ sweets cards used as labels for Cones
- Music

Assessment:

At the game's close, ask students to check for understanding of the five food groups, healthy fats and empty calories/unhealthy fats/sweets.

Set up:



-  = Food Group Labelled Cones
-  = Teacher with Nutrition Cards
-  = Students