

## Sports Hall Game 6 : Food Reservoir - Page 1

Students will pick foods necessary to create 3 balanced meals  
(meals for an entire day).



### 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 spreads/oils, gives our bodies all the nutrients they need to be strong and healthy. This is called a “balanced meal.”

All our meals should contain all five food groups but only a small number of spread/oils. When we do this, our meals are considered “balanced”. They will provide our bodies with the nutrients it needs to stay healthy and function accordingly.

If we consistently eat three balanced meals daily, we can say we have a balanced diet.

### Instructions:

1. Put a big container (the reservoir) in the middle of the playing area.
2. Spread Nutri Cards around the container.
3. Split the students into groups of 4-5.
4. Provide each team with three paper plates (one for each meal) and a different colour bean bag.
5. Tell teams to line up at the end of the boundary line.
6. Require students to take turns running out to the middle. They must stand on a Nutri Card (lily pad) and try to swing the bean bag (frog) into the container (reservoir).
7. If the frog enters the reservoir, they get to take their lily pad (Nutri Card) back to the team and place it on a paper plate.
8. The game’s objective is to create three balanced meals for an entire day. Every meal (plate) must have Nutri Cards from the five food groups and a card from oils or empty calories/fats/sweets. The first team to succeed in creating a balanced meal is declared the winner.

## Sports Hall Game 6 : Food Reservoir - Page 2

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### Equipment:

- Nutri Cards (Lily Pads)
- Large Container for Nutri Cards (Ponds)
- Bean Bags - 1 for each team
- Paper Plates - 3 for each team (meals)

### Assessment:

After the game, the students must share with a partner what makes a balanced meal and why it is crucial to include foods from all food groups.

### Set up:

