

Sports Hall Game 7 : Macronutrient Know How - Page 1

Students will distinguish which food groups provide more significant amounts of the three macronutrients (carbohydrates, fats and protein). Students will determine which macronutrients provide the energy (calories).



Explanation:

Macronutrients consist of carbohydrates, fats and protein. These vital nutrients give us the energy to work, grow and play (Energy In, Energy Out).

We can't grow and function at full potential accordingly if we lack any of the three macronutrients. However, not all foods have carbohydrates, fat and protein. Consequently, it is crucial to eat various foods so that our bodies receive enough macronutrients to stay healthy.

The Nutri Cards show the number of grams of carbohydrates, fat or protein in a particular serving. Energy (kcal) shows the total number of calories per serving. Grams are a small metric measurement of weight. Calories are a measurement of energy. Foods high in the three macronutrients will be high-energy foods and usually have an increased number of calories.

Instructions:

1. Split the class into groups of 3-5 students depending on class size.
2. Disperse the Nutri Cards out in the middle of the play area face down.
3. Each student in each group needs to be allocated a macronutrient that they try to find in the Nutri Cards. (If there are more than 3 on a team, the 4th has to look for carbohydrates and the 5th for fats).
4. Tell students to run laps around the play area. Call out, "Carbohydrates," and all the students assigned to carbohydrates run to the middle and collect a Nutri Card without looking at it.
5. Suppose students did not collect their macronutrients the first time. The next time, the macronutrient is called. In that case, they can run to the middle, discard their Nutri Card and pick up a new one. Then call out either "Fat," "Carbohydrates," or "Protein," and repeat all three until the Nutri Cards are gone.
6. Instruct students to sit down with their teammates and begin trading Nutri Card. The goal is to acquire the most grams of the macronutrient the student was assigned.
7. For instant, the student assigned to collect fat would want to trade a Nutri Card high in grams of carbohydrates or protein for a card high in grams of fat.
8. After students have traded Nutri Cards, they must determine which food groups provide the most energy (calories) for their macronutrient.
9. Write these food groups on the whiteboard. [Note: there are nine calories (energy) in each gram of fat and four calories in both proteins and carbohydrates.]
10. Explain that grains, fruits and vegetables contain almost all carbohydrates with very little fat and protein. This explains their importance within the 's Nutri Plate.
11. Remind the students that some fat is good for our bodies, but too much is not healthy. If we want to limit our fat intake, we should eat more from the grains, fruits and vegetable groups and less from protein and empty calorie/fats/sweets groups.

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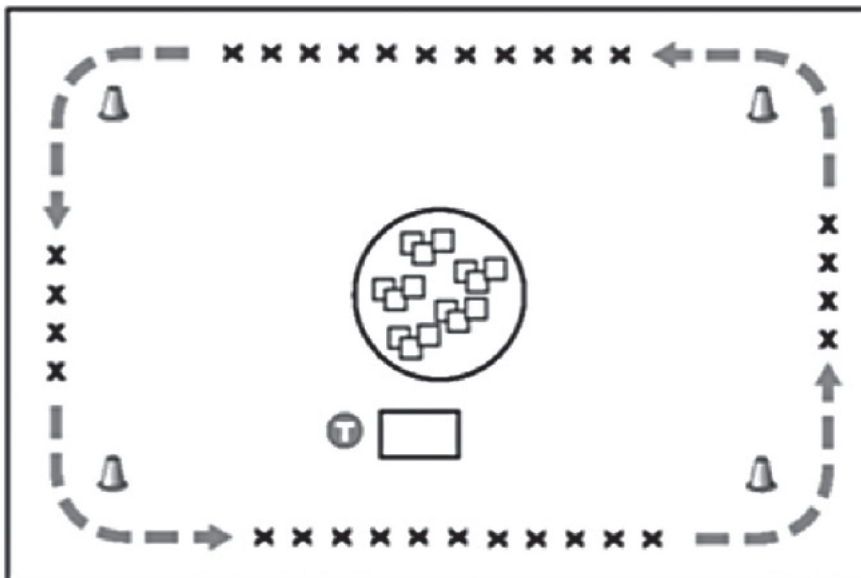
Equipment:






- Nutri Cards
- Cones
- Whiteboard

Assessment:

- Have students share in their group two foods that are high in their macronutrients.
- Ask the student to look at the other Nutri Card to examine the number of calories for their macronutrient or have students share their answers with the whole group.

Set up:



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