

Sports Hall Game 8 : Calorie Looser - Page 1

Students will understand that some foods have more calories than others, and all extra calories must be burned off through exercise.



Explanation:

Food gives our bodies the energy we need to work, grow and play. The energy in food is quantified in calories. The more calories we consume, the more energy we have available to work, grow and play.

The five food groups with a small number of healthy fats/oils are required in our daily diet as they contain essential nutrients for good health.

All types of fat are beneficial in the correct amounts. Oils are fat, they provide healthier benefits than solid fats but still should be consumed in moderation as they still contain 9 calories per gram. Conversely, food and liquids with solid fats or added sugar are less essential for us to consume, and they should be eaten only in small quantities.

Suppose we consume (Energy In) more calories than our body uses (Energy Out). In that case, the unused calories will be stored in our bodies as fat. We should try to avoid consuming more calories than our body needs by eating the right portion sizes, or choosing foods that are not too high in calories. Any extra calories that we do take in can be used up when we exercise, so it's important that we move around as much as possible every day to keep our bodies healthy.

Instructions:

1. Split the class into groups of 3-5 students, depending on size.
2. Disperse Nutri Cards face down in the middle of the play area.
3. Play music as pupils run around the circumference of the play area.
4. Pause the music and require the students to pick up one Nutri Card from the middle of the play area and then return to the perimeter.
5. Resume the music and require the students to hold on to their cards and continue running or performing some other locomotor activity until the music stops again (i.e., galloping, sliding, skipping, star jumps, etc.).
6. Pause the music again but this time, require the students to pick another Nutri Card, compare it to their first Nutri Card, and then choose the food they like most. They must discard the unwanted Nutri Card by placing it face down in the middle.
7. Pupils are now required to find their group members and check their collection of cards as if it was a meal.
8. Distribute paper and pencils and require the students to add the total number of calories their group collected. Students must commit the total calories to memory and turn in the paper and pencils.
9. Write down the total calories of each group. Seeing that the students selected the foods they like most, there will likely be a high number of calories. Ask groups if their collection of the foods they like most made a meal that includes all the different food groups. Ask them, "Does this meal have variety?" and "Is this a healthy meal?"

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10. Pick an activity for the class to do to burn all of the calories. Activities might include jumping rope, hula hoops, tag games, or free shooting with basketballs.
11. With respect to time, one minute of activity can represent 100 calories burned.
12. However, show that, in reality, the body is very efficient. A 90-pound person would likely burn roughly 5-12 calories in one minute of star jumps.

Variation:

Record each group's total number of calories and compare who's better balance, for example, has all calories coming from healthy foods or has fewer calories so that the other group has to perform another minute of star jumps or any other exercise.

Equipment:

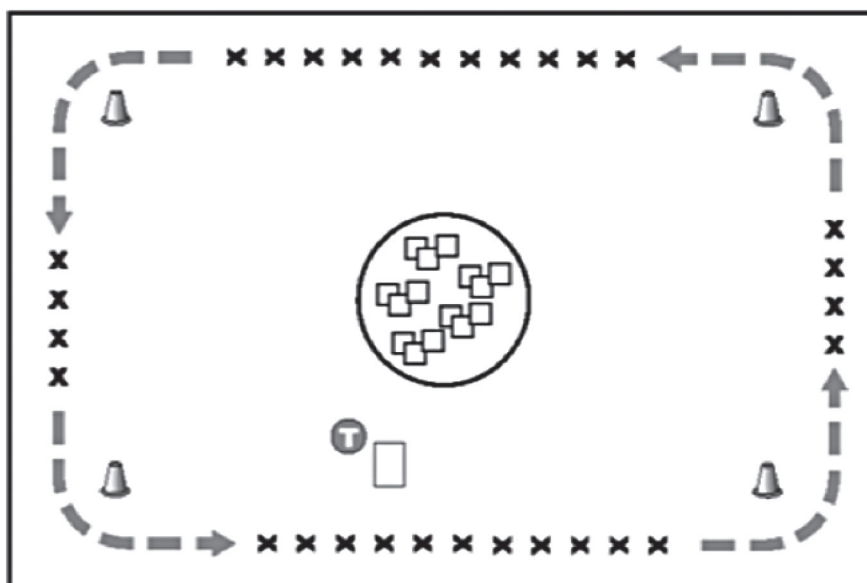
- Nutri Cards
- Cones
- Music
- Paper & Pencils






Assessment:

Ask students to state their food and how many calories it contains.

Select four to five students to share so they can see the difference in calories among types of foods.

Set up:



-  = Cones
-  = Nutrition Cards
-  = Teacher
-  = Students
-  = Paper & Pencils