

Sports Hall Game 9 : Calorie Measurer - Page 1

Students will understand that some foods have more calories than others, and all extra calories will have to 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.

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. Some fat is good for our bodies, but too much is not good for us. Extra calories should be burned off with exercise.

Instructions:

1. Split the class into groups of 3-5 students, depending on size.
2. Disperse the Nutri Cards out in the middle of the play area face down.
3. Allow the music to play as students 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 with the lowest number of fats in grams, and see how Energy in calories differ from another Nutri Card. 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 are to commit the total calories to memory and turn in the paper and pencils.
9. Write down the total calories of each group.

If using this game activity in conjunction with "Nutri Card Sport's Hall Game 8 Calorie Looser", bring the students to recall all the calories they collected from their favourite foods.

Compare the "Calorie Looser" calorie totals with today's calorie totals.

Ask, "Which totals are higher - your favourite foods or foods low in fat?"

Remind them of how many exercises they had to do with Calorie Looser. Ask "Do you need to burn more calories with exercise or fewer? Do you need to do more or fewer exercises today?"

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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, and a 90-pound person would most likely burn roughly 5-12 calories in one minute after doing one repetition of star jumps.

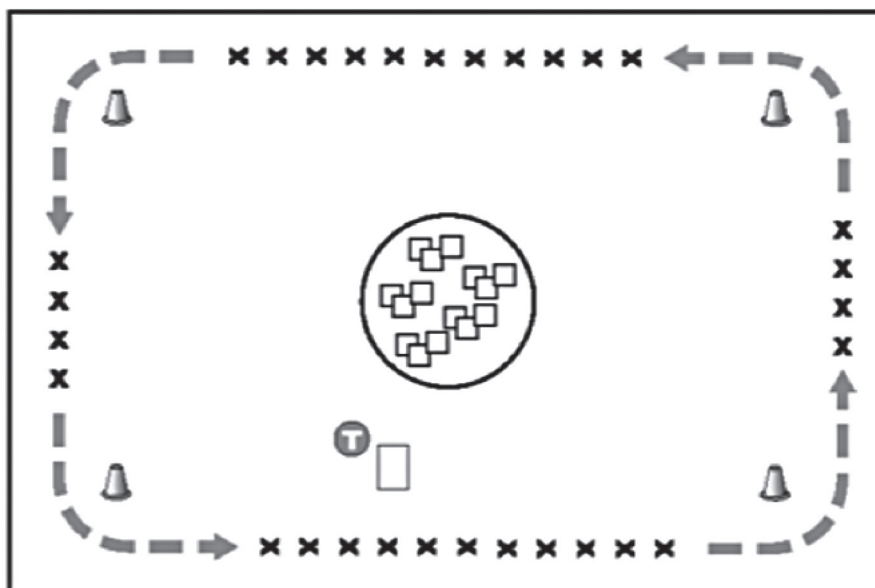
Equipment:






- Nutri Cards
- Cones
- Music
- Paper & Pencils

Assessment:

Ask the groups to share the foods they have collected and the total number of calories so they can see how calories vary in food.

Set up:



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