



Nutri-Dodge!

The aim of the Nutri-Dodge game is to avoid the unhealthy balls of saturated fat which the villains have released. Before the game, list out some unhealthy and healthy fats for the Nutri Troopers...

Unhealthy Fats Examples:

- Cookies
- Cake
- Ice cream
- Highly processed foods
- Snack crackers
- Microwave popcorn
- Fried foods
- Icing

- Crisps

Healthy Fats Examples:

- Oily fish
- Chia seeds
- Peanut butter
- Eggs
- Avocado
- Flaxseed •
- Nuts
- Sunflower, rapeseed and olive oils
- Mushrooms

This game will help develop skills of the Nutri Troopers in:

- Dodging
- Catching
- Throwing
- Deflecting
- Team Coordination
- Countering
- Awareness

- Composure

Instructions

1. Split Nutri Troopers into 2 teams
2. Each team is on a different side of the room, with a line of cones dividing them
3. Place the balls along the line of cones
4. When the game starts, each player will race to try and grab a ball on the line
5. The player's that have possession of a ball will touch the wall on their side with the ball
6. Players are then able to throw the ball at the players on the other team
7. When a player is hit with the ball by the other team, they are out
8. If a player catches the ball, the person who threw it is out
9. If someone catches the ball another person on their team who is out can come back in
10. When they re-enter the game they need to call out a healthy fat. If they call out one that has already been said, they are out
10. The team who is the last standing WINS!

