Grade: Basic/K-3

Objective:
Students will recognize how a balance of activity and diet are needed to maintain a healthy level of body composition.

Equipment:
• Foam Balls
• Cones

**Energy In/Energy Out**

**Explanation:**
Food provides energy. If we put more energy (food) in our body than we use, our body will become fat. The only way to use more energy is to be more active.

**Directions:**
1. Choose 3-4 taggers to represent fatty foods such as cupcakes, doughnuts, French fries, and potato chips, etc.). Fatty foods stand in the center circle (the body). Everyone else spreads out around the gym.
2. At the signal, fatty foods leave the body and attempt to tag as many people as possible with a foam ball.
3. If a fatty food tags someone, it represents calories going into the body. The tagged person goes to the body (center circle) and lays down on his/her back with feet touching the circle and hands clasped under the head.
4. No one is allowed to run through the body (center circle).
5. The untagged students represent activity and they can rescue calories by pulling them out of the body (center circle) by the feet.
6. Play the game 2-3 minutes and then choose new taggers.
7. Explain how diet and activity affect the amount of fat stored in the body.
8. To show how an imbalance of diet and activity affect the outcome of the game, add more fatty foods (taggers).

**Assessment:**
Use class discussion questions at the end of the unit to check for understanding after playing the game.