Objective:
Students will identify the amount of energy provided in one gram of carbohydrates, fat and protein.

Equipment:
• Poly Spots
• Small Foam Balls

Explanation:
Our bodies receive energy from the food we eat every day (Energy In, Energy Out). Energy in food is measured by the number of calories it contains. The energy in food is found in the three macronutrients: carbohydrates, fat and protein.

Carbohydrates provide 4 calories in each gram. Exercises that are higher in intensity will use carbohydrates as their energy source.

Fat provides 9 calories in each gram. Exercises that are low in intensity will use fat as their energy source.

Protein provides 4 calories in each gram and is used primarily to build and repair muscle.

Directions:
1. Create multiple triangles with poly spots throughout the play area.
2. Separate students into groups of three.
3. Have each group of students find a triangle to play catch around.
4. Students throw and catch a small foam ball using proper form.
5. On the signal to stop, the student with the ball becomes the tagger. The tagger represents carbohydrates and attempts to tag other students as they all run to the right around the triangle.
   • If a student is tagged by the tagger representing carbohydrates, he/she steps inside the triangle and performs 4 rocket blasters. This demonstrates that there are 4 calories in 1 gram of carbohydrate.
6. Students will resume throwing and catching after tagged students have completed 4 rocket blasters.
7. On the signal to stop, the student with the ball becomes the tagger. This tagger represents fat and attempts to tag the other two students as they all run to their right around the triangle.
   • If a student is tagged by the tagger representing fats, he/she steps inside the triangle and performs 9 jumping jacks because there are 9 calories in 1 gram of fat.
8. Students will resume throwing and catching after tagged students have completed 9 jumping jacks.
9. On the signal to stop, the student with the ball becomes the tagger. This tagger represents proteins and attempts to tag other students as they all run to the right around the triangle.
   • If a student is tagged by the tagger representing protein, he/she steps inside the triangle and performs 4 push-ups. This demonstrates that there are 4 calories in 1 gram of protein.

(continued)
**Energy Tag – Cont’d**

10. Students will resume throwing and catching after tagged students have completed 4 push-ups.
11. On the signal to stop, the student with the ball will represent the nutrient selected by the teacher and attempt to tag other students while they all run to the right around the triangle.
   - This will provide the students an opportunity to demonstrate the correct calories contained in 1 gram of carbohydrates, fat or protein.

**Assessment:**
At the end of the activity, ask students to identify the correct number of calories per gram of carbohydrates, fat and protein.

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* = Poly Spots
x = Students
● = Small Foam Ball