Ultimate Energy Pin-Down

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. Energy in food is found in 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 body muscle.

Directions:
1. Place 15 bowling pins and balls throughout the playing area.
2. Place two containers with Nutrition Cards in them in diagonal corners of the playing area outside of the boundaries.
3. Send one student to each pin and the remaining students spread out on the outside of the boundary lines.
4. On the signal to start, students on the inside guard their pin while attempting to throw or roll balls at the other pins.
5. The students standing on the outside retrieve balls that leave the play area.
6. If a student’s pin is knocked down by a ball, he/she goes to the outside of the play area and picks any Nutrition Card from a container.
7. The student then performs an exercise that corresponds to the type of ball that knocked down his/her pin AND that corresponds to the number of grams for that nutrient on his/her Nutrition Card.
   For example:
   • Small Foam Balls represent carbohydrates and receive quick energy. To burn off carbohydrates, the student does 4 rocket blasters for each gram of carbohydrates in the food chosen – up to 3 grams.
   • Large Foam Balls represent fat and receive a lot of energy. To burn off fat, the student does 9 jumping jacks for each gram of fat in the food chosen—up to 3 grams.
   • Foam Footballs represent protein and receive energy and also the ability to repair muscle. To burn off protein, the student does 4 push-ups for each gram of protein in the food chosen—up to 3 grams.
8. When a student completes his/her exercise, he/she stands on the outside of the play area to retrieve balls and waits for a pin to open up.
Ultimate Energy Pin-Down - continued

Assessment
Throughout the activity, periodically stop and ask students to name foods that are high or low in fats, proteins and carbohydrates.

Diagram:

- $\times$ = Students
- $\triangle$ = Bowling Pins
- $\cdot$ = Small Foam Balls (carbohydrates)
- $\blacksquare$ = Large Foam Balls (fat)
- $\bigcirc$ = Foam Footballs (protein)
- $\boxed{\text{□}}$ = Containers with Nutrition Cards