

Elementary Nutritional Concepts through Games/Activities

by Patrick L Swope, Trevvett ES, Henrico County

**Virginia Commonwealth University Graduate Cohort
HEMS 591: Presentations of a Professional**

Warm-Up/Instant Activity:		
Nutrition Tag	<ul style="list-style-type: none"> Have students walk into gym and stand on a polyspot, representing good personal space. Pick 2-3 students to be the taggers for Nutrition Tag (quickly re-emphasize safety rules of tagging with Noodles). If a student gets tagged by the tagger, they must go to one of the four designated areas and complete the exercise listed. Upon completion, they can re-enter the game. You can start and stop a few times to switch locomotor movement and taggers. 	<ul style="list-style-type: none"> Polyspots Yellow Demi-Noodles Cones Four areas with signs of Food Group and Exercises.
Activities:		
Fatty Acid Chain Tag	<ul style="list-style-type: none"> Start with one student as a Fat Molecule. Every time the student tags someone, they must link together. The chain gets longer as the original fat molecule continues to tag people. The fatty acid chain must communicate and work together to move, and the original fat molecule is the only person who can tag others. Play until there is only one person left and they become the new fat molecule. Post Game Lesson – Bring group together and discuss afterwards. <ul style="list-style-type: none"> Discuss Fatty Acid Chains and how Fats can be good and bad... 	<ul style="list-style-type: none"> Polyspots. Yellow Demi-Noodles. Visual of Fatty Acid Chain.
Noodle Soup <i>(game developed by Chad Triolet from "Noodle Mania" book)</i>	<ul style="list-style-type: none"> The class will be split into 4 teams and we will also start with two Executive Chefs. There will be 4 bowls (hula-hoops) filled with food/ingredients (noodlettes) toward the center of the gym. 2 members at a time from each team will jog out and try to grab one food item at a time from any one of the four bowls. The Angry Chefs can tag any other player below the waist to avoid them taking the food. Members not going should be doing exercises picked by teacher or picked by rolling a die and doing the exercise of that number from a exercise chart. If a player gets tagged they must head back immediately to their home area and let one teammate in to go and try. If they get an item, they come back put the food in their basket and let another player go. After a few minutes, you can get the food back into the middle and pick two new Executive Chefs. 	<ul style="list-style-type: none"> 4 cones. 4 buckets. 4 hula-hoops. 2 demi-noodles. Large assortment of noodlettes. Exercise Key. 4 game dice.
Food Group	<ul style="list-style-type: none"> Students are in 4 even groups with a Hula-hoop. Each group will also have two demi-noodles to use to pick up their food items. There will be tons of noodlettes in the center area (this represents the food items). 	<ul style="list-style-type: none"> 4 cones. 4 hula-hoops. 2 demi-noodles per group (8 total) Large assortment of

<p>Shopping Spree</p> <p>(adaptation of "Chinese Take-Out" created by Chad Triolet from Noodle Mania 2).</p>	<ul style="list-style-type: none"> Two players at a time from each group, connected by holding each noodle, will run toward the middle and pick up as many noodlettes as they can. They cannot use their hands at any time. They are then retrieve the noodlettes to their hula-hoop back at the home area. Once the two members drop the noodlettes in their hoop they will hand the two noodles to the next two members. <ul style="list-style-type: none"> Each food group item has point designations: <ul style="list-style-type: none"> Fruits and veggies – 5 points. Grains – 4 points Meats and Dairy – 3 points. Fat – 1 point. Talk about teamwork, working cooperatively, etc. Have the team add up their points at the end. 	<p>noodlettes.</p>
<p>Food Group Challenge (whole class).</p>	<ul style="list-style-type: none"> Students have to work together to get the correct colored noodlettes into the correct food group basket (<i>Discuss the food group colors prior to game if you have not yet discussed them</i>). The students can use their noodle hockey skills to move the noodles in the right direction, and can also use partners to lift up noodles into the baskets. NO HANDS CAN BE USED ON THE NOODLES AT ANY TIME. Time the students and talk about what worked well and what did not work well, and then have them try it again to see if they learned how to work better together. 	<ul style="list-style-type: none"> Noodlettes. Demi-noodles for every student. Baskets or buckets at each food group area.
<p>Daily Nutrition Relay</p> <p>and/or</p> <p>Food Group Pattern Relay</p>	<ul style="list-style-type: none"> Set students up in relay lines, 5-6 lines or about 4 people per line (Fit to your class size). <p style="text-align: center;"><u>Daily Nutrition Relay</u></p> <ul style="list-style-type: none"> Object is to take food item from basket and run it to the other end of the gym and put on the groups plate (polyspot). <ul style="list-style-type: none"> Each group needs to fill the plate with the daily recommended amount of each food group – list of servings will be provided for each group based on MyPyramid guidelines. <p style="text-align: center;"><u>Food Group Pattern Relay</u></p> <ul style="list-style-type: none"> Same concept of relay, except now the students have to pick the right color noodlette based on the pattern written on dry erase board which is placed at the other end of the gym. Players must communicate to each other when they return to their relay line on which food item to pick next. Food groups will be written out and the students will have to figure out which color to pick. 	<ul style="list-style-type: none"> 5 color cones. 5 buckets of random noodles. 5 polyspots. Dry Erase Board and Marker.
<p>Conclusion</p> <p>And</p> <p>Questions</p>	<ul style="list-style-type: none"> Bring students together and have a question/answer session based on nutritional concepts from the games played: <ul style="list-style-type: none"> Hold up each color noodlette and have the students' call out the food group that matches. How many servings are recommended for each food group? What are the two major types of fats? 	<ul style="list-style-type: none"> Evaluation Forms Pencils

	<ul style="list-style-type: none">○ Talk about teamwork strategies...○ Questions and Evaluation Form ?????	
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