

Nutritional Activities:

Equipment List:

[W9301 Food Pyramid Parachute](#) (Nutritional Parachute)

[W9336 Nutrition Spots](#)

[W8831 Foam Fruit and Vegetables Set](#)

[W9259 Foam Grain, Protein, Dairy and Snack Food Set](#)

[W8742 Blindfold Set](#)

“Oil Switch”- Equipment: Nutritional Parachute

On 3 count, the students lift the parachute and the person holding the Oil section calls out the name of another student in another section. They must run and switch places before the chute comes down. The new oil person would then continue the activity.

“Oil Switch Redux”-Equipment: Nutritional Parachute

Variation of “Oil Switch”; the students lift the parachute and the teacher calls out the name of a section other than the oil. The person holding the oil section must quickly call out a name of a person in that section to quickly switch with. The new person will then repeat the process again.

“Unhealthy Shake-Off”- Equipment: Nutritional Parachute, Foam fruits/veggies set, Foam foods.

Place all the foam objects on the top of the parachute. Tell the students that the object of the game is to shake off the unhealthy items, while trying to keep the healthy one on. Students will then shake the foam objects to try to get the unhealthy ones off. Allow students to hit the healthy ones back on while still holding on to the chute. After a minute or two see how many are off and how many are still on.

“Grab the food Relay”- Equipment: Nutritional Parachute, Foam fruits/veggies set, Foam foods, nutritional spots.

Place the objects underneath the chute. Split the students into two equal teams. Place the nutritional spots at one end of the gym/room approximately 25-35’ away. To start the game students begin shaking the parachute. On the teacher’s signal the first person must go underneath the parachute, pick up an object, run out and over to the spots. The student must place the object at the correct spot, return to the parachute and tag the next person on their team. Continue until all the objects are gone. Go over with the students to see if they are correct.

“On The Spot”- Equipment: Nutritional spots.

Split the group/class into two teams. Each team designates a person to shout out the answer in each round. The teacher shows the students a spot. Each designated player must shout out a name of a food that would match the spot the teacher is holding. If the student is correct, their team gets one point. If the student shouts out an incorrect food, they lose a point. For example, the teacher holds up the Fruits spot, and one of the students yells “Banana”. That team would get one point. Play until all students have had a chance to go.

“Guess the food”- Equipment: Foam fruits/veggies set, Foam foods, blindfolds.

Split the group/class into two teams. Each team designates a person to be blindfolded. Each team chooses an object (i.e.: carrot) for the other team. The object of the game is to describe the fruit/vegetable/food/unhealthy food to the person who is blindfolded. Allow the blindfolded team a specific amount of time to get the answer (45 seconds to 1 minute). Play several rounds.

“Toss a Food Tag”-Equipment: 2-3 unhealthy foam foods, 2-8 foam fruits or vegetables (dependent on the number of students in group/class), music.

Have the entire group choose a partner. One partner in each group should have a foam object. The teacher begins the activity by playing music. While the music is playing, each group gently tosses the foam object back and forth to each other. When the music stops, any person who is holding an unhealthy foam object is “it”. The “its” must try to tag as many of the students who are not holding any objects. If an “it” tags another student, that student must freeze in place. All the students who are holding healthy foam pieces must try to free anyone who is frozen by the “its”. In order for a healthy food to unfreeze the student, they must perform a simple exercise together (i.e.: 10 jumping jacks). Once the exercise is performed, play continues. Rotate the foam pieces and play several rounds.

“Know Your Nutrition Relay”-Equipment: Nutritional spots, Foam fruits/vegetables, Foam foods, lots of cones to hide the foam pieces under.

At one end of the playing area, hide all the foam pieces underneath cones. At the opposite end of the gym/playing area, split up the group/class so that there are equal numbers of students at each nutritional spot you use for teams (meats, fruits, vegetables, grains, and milk). The object of the game is to have each team (different spots) run out to the cones, lift up a cone and find a foam piece that corresponds to the spot their team is at. It is important that you place the same number of foam objects that correspond to each team (i.e.: 5-6 pieces per team). If they lift up a cone and find what they are looking for, they take it back to their team, high five the next person and play continues. If they lift up a cone and it is another team’s object or no foam piece, they run back and play continues. If a student picks up a cone and finds an unhealthy foam piece, the entire team must run over to an exercise area. Depending on what the piece taken, the teacher can create a specific number of exercises each team must perform. For example, if a team finds the foam soda can they run to the exercise area and decide if it is a junk food, oil/fat, couch potato, etc. When they decide on what spot to flip over, on the back of the spot the teacher places an exercise on it (i.e.: 15 ski-jumps). The team performs the exercise together, places the foam piece at that spot, and returns back to their home base spot. Play continues until a team has found all their foam pieces.

All activity suggestions were provided by

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