

Chase Side Week 2 (Nutrition games)

Four Corner game –

The coach will play a variation of the four-corner game however, this week the game will be linked to nutrition. There will be four different corners and each corner will be a different food group. When the coach says “choose a food group” the children must select one and wait for the coach to choose which group they have chosen as the winning group. For example, if the children go to the protein group the coach may say “The food group which helps to grow and repair muscles”

Fruit bowl game –

Here the coach will label four corners of their area different food groups very similar to the fruit bowl game. When the coach calls a phrase, the children must go to the correct food group. For example, “the food group that makes your bones strong” and all the children must go to the calcium group.

Pirate ship game –

For this game the children will be split into different teams and the coach will place lots of cones in the middle (Treasure chest). Each different colour cone represents a different food group e.g., red is meat and fish. The children must build a balanced diet and if this is deemed by the coaches to be balanced the team gets a bonus 5 points. For each item collected the team receives 1 point.

The Diet Treasure hunt –

The coach is to hide different objects around the camp location and the children must try to find them whilst creating a balanced diet. For example, different colour cones could represent different food groups Which child can find at least one item from each food group

Good food vs Bad Food –

Good food vs bad food here some of the children will be flipping the cones over upside down as a bag of chips however, the other side with the cones the correct way up are carrots. Which side will win the good food or the bad food? Can the children think of which foods are good and bad are there any foods they’re not sure on?

Name the food –

The coach will give each team a selection of coloured cones each representing a different food group they must see if they can identify a different item of food for each cone. Once they have done so they can lock in their answers by writing them all down on a sheet of paper and one at a time they must place the cone in the correct colour food group. Which team can finish their challenge the fastest?

Archery Questions –

Each child gets asked a nutritional question if they get it correct then they must shoot at the archery board and their score is doubled. If they get it wrong, they can only score the regular score of archery. You can play as individuals, or you can group them into teams. A list of questions will be added below

1-2-3 -

The Children start off by facing each other. One child starts by saying one, followed by the next saying 2 and the first child 3 again etc.

The numbers can then be changed for a food type e.g.

1 – Protein

2 – Fruit and Veg

3 – Dairy

Which food works?

For this game the children will be assigned different tasks to complete, and they will have a choice of different foods that they feel could be beneficial after the activity. (This is all theoretical no food will be consumed by the children)

Sports -

Sprint	Long jump	High Jump	Playing Football
	Playing Tennis	Swimming	Endurance Event

Foods –

Banana	Pasta	Jelly Babies	Sweetcorn	Beef
	Peas	Tuna	Water	Lucozade

Shopping list game –

The children are given a food group and they will play the shopping list game. One at a time the coach will ask the children to complete the sentence *“I went to the shops, and I bought....”* The next child must then say the same phrase but include the previous children’s items.

This game will help the children to identify a range of different foods in each food group

Which food shall I pick -

The Coach will set out 3 different coloured cones each cone represents a different food.
Apple, Chicken, Chocolate –

Coach will then say run to the food which will make our muscles big and help us grow big and strong (Chicken)

Coach could then say run to the food which will make us unhealthy and is not good food to eat. (Chocolate)

Coach will then say run to the food which grows on trees and is very healthy for us to eat (Apple)

Question time –

The Coach can have the opportunity to ask the children different questions about what different nutritional area as well as offer a general discussion about nutrition. There is a guide of questions that could be answered below

Nutrition questions

Which food group is beef in?

Meat and Fish

Which food group is Pasta in?

Carbohydrates

How much fruit and veg should you consume within a day

At least 5 a day

Name the food group beginning with F

Fibre

Name which food group Tuna belongs in

Meat and Fish

Which food group is bread in

Carbohydrates

Name a food that provides a source of Protein

Name 3 different food groups

You need a quick burst of energy should you eat a jelly baby or pasta

Jelly Baby

What helps to repair and rebuild muscle

Protein

What liquid must you have every day

Water

In sport what would be best to drink water or Lucozade

Water

What food group is Potato

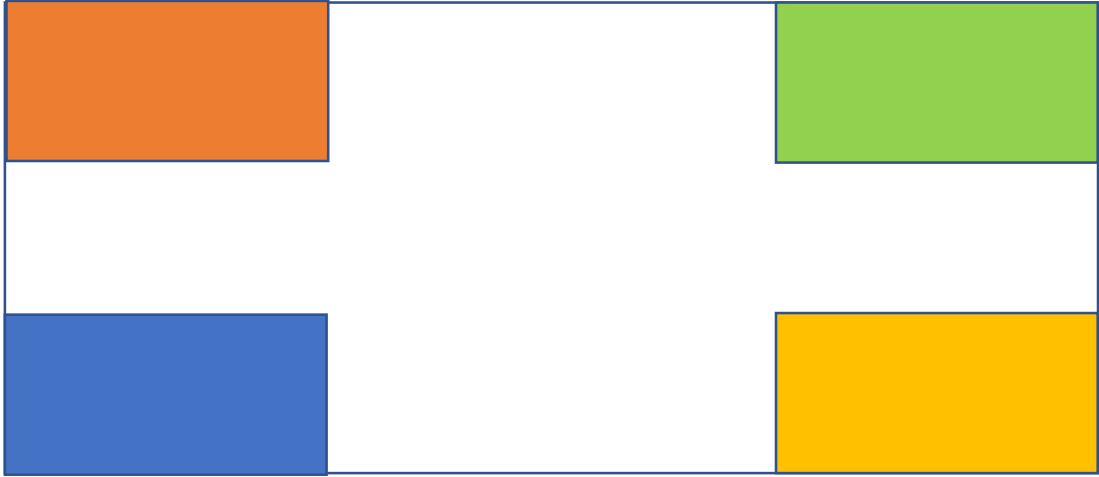
Carbohydrates

Which foods are can be deemed as unhealthy

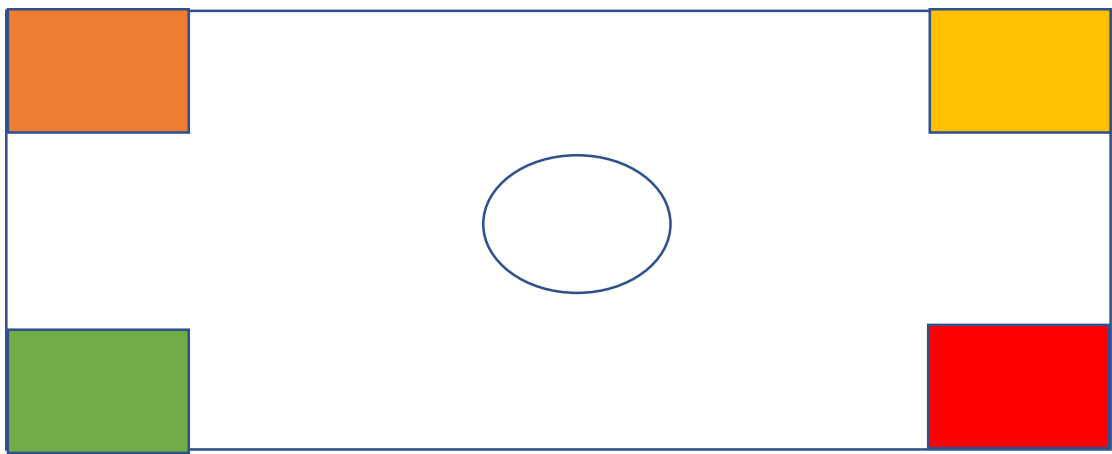
What is your 5 a day

Diagrams for the setup of activities

Four corner game/ Fruit bowl game



Pirate Ship Game -



Good Food vs Bad Food –

