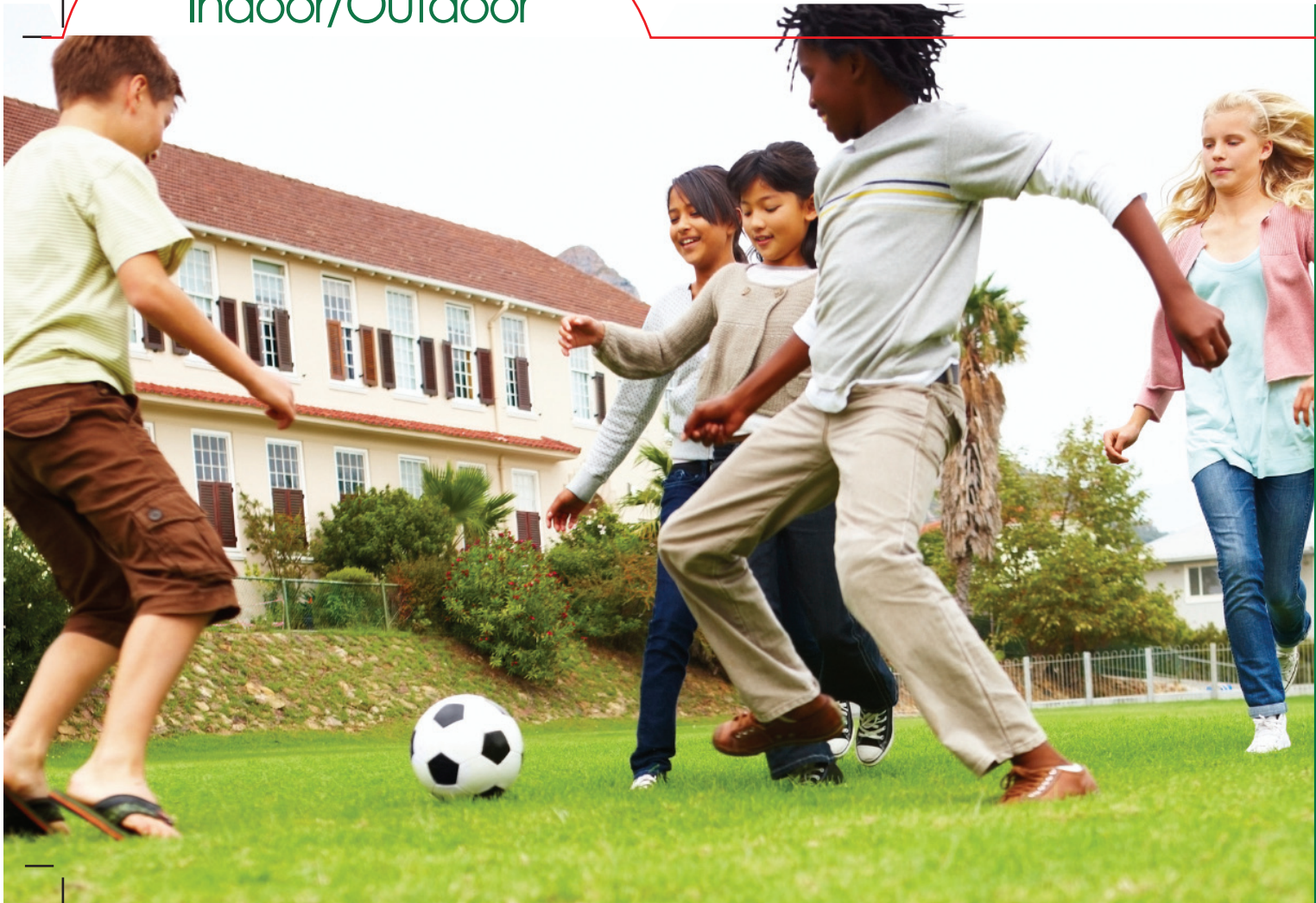


Indoor/Outdoor



Canada Day Picnic

MATERIALS & SPACE:

- Hockey puck or anything that slides along the ground easily
- Rings or chalk to draw rings on the ground, or circles of paper
- Hallway, Gym or Field
- Strawberries or raspberries for snacking and a plastic spoon

GAME:

1. Divide children into teams and set up a "lane" for each team with a ring at the end of each lane.
2. Children must throw or slide hockey puck down their lane and try to land it in the ring at the end of their lane.
3. Explain that most of the foods we eat everyday need to come from the 4 food groups. Snacks such as candy, chips, pop, cookies, etc. are ok sometimes. A large serving of unhealthy foods such as eating a bag of potato chips, or bag of cookies, is never ok.
4. If children throw their hockey puck too far they have eaten too many unhealthy snacks. Ask: "What did you eat that was unhealthy?" If the puck falls short of the ring explain that unhealthy foods don't provide good nutrition and don't give you enough energy. Ask: "What did you eat that was unhealthy?" Let players keep trying until their puck lands in the ring.
5. If their puck lands in the ring they had a good snack. Ask: "What did you eat that was a healthy snack?"

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6. Give everyone a spoonful of berries at the end of the game. The first team to complete the task can make up a Canada Day menu using the 4 food groups.

MODIFIERS: For younger children, place rings closer to team members. Use bean bags and toss into the centre of the ring. This game can be played at any time of the year as a form of bowling or curling.

Canadian Corn Fields Relay

MATERIALS & SPACE:

- "Batons" – can use chalkboard erasers or rulers, ball, water bottle, etc.
- 4 Cones – can use pylons, sweatshirts, or boxes
- Gym or Field

GAME:

1. Set up a large square race area using 4 cones or objects to mark the corners of the square.
2. Divide the children into teams of 4. The object of the game is to be the first team to complete the course twice in order to receive your bushel of Canadian Corn! Explain that fresh corn is available in the summer and most people like to eat it right off the cob.
3. As in a relay, the first player on each team starts by carrying the 'baton'. Each player runs around the outside of the cones following the course, handing over the baton when they get to the next player on their team. As the player with the baton passes it off to his/her teammate, he/she must call out an example of a vegetable or fruit before passing the baton. Play continues until one team has done the course twice.

MODIFIERS: N/A



Cholesterol Tag

MATERIALS & SPACE:

- No materials needed
- Gym or Field
- 'Question Bank' (from Resources section)

GAME:

1. Explain that your body makes most of its own cholesterol, but also gets some from foods. Cholesterol builds cells and hormones in your body, but too much may be harmful.
2. Choose 2 pairs of children to be 2 small "cholesterol molecules."
3. Allow the rest of the children to spread out and run around the playing field before the "cholesterol molecules" are released.
4. Children must run away from "cholesterol molecules" and avoid being tagged.
5. If the children get tagged they must link arms and become a part of the chain of cholesterol.
6. Once the chain has 4 children linked, a nutrition question is asked (see 'Question Bank').
7. If the question is answered correctly then the chain splits into two separate groups and each group attempts to catch more people to add to their chain.
8. If the question is answered incorrectly then the chain is cemented to the ground (cannot move their feet) and they must remain in one spot and attempt to catch others.
9. Continue until all children have been tagged.

MODIFIERS: N/A



Clothespin Tag

MATERIALS & SPACE:

- 3 Clothespins per child
- Copy of Canada's Food Guide
- Gym or Field
- Markers to colour wooden clothespins, if not already coloured

GAME:

1. Select 2 children to be the "Foodies." Divide the other children into 4 groups. Each group will be one of the four food groups and each child will pin 3 clothespins on his/her back. The colour of the clothespin will correspond to the food group.
2. Allow time for the groups with the coloured clothespins to run and spread out on the playing field.
3. On the instructor/leader's signal, the "Foodies" must try to collect the number of clothespins equal to the number of servings from that food group that they need each day. When "Foodies" collect clothespins, they should pin them to the front of their shirts. Others cannot steal them back.
4. "Foodies" can go the instructor/leader to view Canada's Food Guide if they are unsure of how many servings they need.
5. Once the servings are collected the game is complete and 2 new "Foodies" can be chosen.

MODIFIERS: If you don't have enough clothespins, give each child 1 clothespin and the "Foodies" will need to collect four clothespins – one for every food group. A physical activity component can be added for children who lose all 3 clothespins – they must do 10 push-ups, 20 jumping jacks, etc.



Dairy 3-Pointers

MATERIALS & SPACE:

- Basketball nets in the gym, or 2 buckets, boxes (to be used as “basketball nets”)
- 4 small milk cartons per “basketball net”
- 1 marker per “basketball net” (to represent where the children need to stand)
- Gym, Classroom, Hallway, or Field

GAME:

1. Ask students to bring in ‘clean’ small (250 ml) milk cartons.
2. Place the marker a reasonable distance from the basketball net.
3. Divide the children into two teams.
4. Tell the children that they need 3-4 servings of food from the Milk and Alternatives food group every day, and the object of the game is to sink all 4 cartons.
5. Each player gets 4 chances at the net, and then the next player on the team takes a turn. Team members keep score by counting the baskets in unison.
6. The relay continues until all players have had a turn.
7. Team with the high score wins.

MODIFIERS: For a group of younger children (age 4-8) have 2 milk cartons per marker to represent the number of Milk and Alternative servings suggested for their age group. Make it a relay race from one end to the other before any attempts at the basket are made.



Don't Skip a Beat!

MATERIALS & SPACE:

- Skipping rope
- Classroom, Hallway, Gym or Field

GAME:

1. The object of the game is to jump rope for exercise and to make your heart healthy. Make it interesting by singing songs, playing games or having competitions to see who can jump the longest, fastest or in the most interesting way.
2. OR jump rope while spelling nutritious foods such as: A-P-P-L-E, C-H-I-C-K-E-N, and M-I-L-K.

MODIFIERS: Children age 4-6 can make it into a game or play 'jump rope' by turning a longer rope that other children can jump in and out of.

Set up 4 stations, one for each food group. Have children move from station to station and spell out the food group and one item from that food group while they skip.



Eggtastic!

MATERIALS & SPACE:

- Spoons
- Hard-boiled eggs (or ping pong ball, crumpled paper)
- Hallway, Gym or Field

GAME:

1. Set up Start and Finish lines in the play area.
2. Divide children into two teams and have each team line up at one end of the playing area.
3. Give the child at the front of each line a spoon and a hard-boiled egg.
4. When the instructor signals, the first child runs/walks as fast as they can to the Finish line and back to the Start while balancing their hard-boiled egg on their spoon.
5. Once the team member returns to his/her team, the spoon is passed along and the next child runs the course.
6. The first team to have all team members complete the relay race wins.

MODIFIERS: For older children, place obstacles on the course or shout out actions they must complete while racing such as “spin” or “hop.”



Food Chain

MATERIALS & SPACE:

- Pylons or markers to define a race course
- Classroom, Hallway, Gym or Field

GAME:

1. Number off children in sequence, 1, 2, 3, or 4.
2. All the 1's are "Vegetables and Fruit," all the 2's are "Grain Products;" all the 3's are "Milk and Alternatives;" and all the 4's are "Meat and Alternatives."
3. Have children mingle and mix together.
4. On the instructor/leader's signal, children race to form a "balanced meal," groups of 4 containing one child from each of the four food groups. If there is an unbalanced meal, reassign children to join with another group.
5. Once groups of 4 are formed, the children must form a food chain by crawling on their hands and knees and holding the ankles of the child in front of them. Teams must stay linked at all times and complete a designated race course.
6. The group who forms the food chain and completes the race first, wins!

MODIFIERS: For younger children, use different coloured flags to represent the 4 food groups. For older children assign a food item (instead of a food group). This way children must figure out which food group their food item belongs, and still try to form a "balanced meal" with the other children.



Food Guide Traffic Light

MATERIALS & SPACE:

- No materials needed
- Physical Activity & Movement Ideas' (from Resources section)
- Classroom, Hallway, Gym or Field

GAME:

1. Divide children into four groups.
2. Each group will represent a food group from Canada's Food Guide (Meat & Alternatives, Milk & Alternatives, Grain Products and Vegetables and Fruit).
3. Assign each group an exercise to perform (e.g. jumping up and down, scissor strides, touching toes, sit-ups).
4. All four groups will perform an activity together. (see 'Physical Activity & Movement Ideas').
5. When "green light" is called, each group must perform their specified exercise.
6. When "yellow light" is called, children must run on the spot.
7. When "red light" is called, children must stand perfectly still in whatever position they were in.

MODIFIERS: For younger children choose activities that are less strenuous such as touching your toes, and call out "red light" more often to provide them with breaks. For older children, choose more challenging exercises, and call out "green light" and "yellow light" more often. Speed up the traffic signals for older children.



Free The Turkeys!

MATERIALS & SPACE:

- Markers (can use containers, markers or books from classroom)
- Gym or Field

GAME:

1. Divide playing area in half and set up square 'cages' at the far end of each playing area using the markers.
2. Divide children into two even teams. $\frac{3}{4}$ of the team is instructed to be the 'Turkeys' while the other $\frac{1}{4}$ are the 'Farmers.' The turkeys go to the designated cage area on the opposite team's side.
3. The object of the game is to free all of your team's turkeys first. To do this, farmers will have to run to the other team's side and tag a turkey to free them without getting caught.
4. Once in the cage, the farmer and turkey are off limits. Both the farmer and turkey must make it back to the other side without being caught. If tagged before getting to the cage, the farmer becomes a turkey and goes to their cage. If tagged on the way back, they both return to the cage and become turkeys.
5. Once safely back on their team's side, both players become farmers and have the ability to free more turkeys.
6. The first team with all of their turkeys freed wins!

MODIFIERS: For children age 4-7, the playing area should be smaller and once they reach the cage they get a free walk back without being caught.



Frozen Food

MATERIALS & SPACE:

- No materials needed
- Classroom, Gym or Field

GAME:

1. Before the game, ask students for 5-10 food combinations (food combination examples: oatmeal cookie and milk, apple and yogurt dip, cracker and cheese) and create actions to describe the food (action example: one child puts their arms out in front and creates a circle while the other child pretends to dunk a piece of apple into the centre of the partners arms, slap palms together to represent cheese and crackers, etc).
2. Allow children to choose a partner and form 2 circles, one inside the other, with one partner in each circle.
3. Teach the children the actions associated with each food combination.
4. When the game begins, one circle walks clockwise and the other circle walks counter-clockwise.
5. When the instructor/leader calls out a food combination, children run quickly to find their partner and make the associated action or have them create their own actions that are appropriate for that food combo. Students freeze in their position.
6. The last pair to freeze in their position is eliminated.
7. Keep playing with different food combos until there is only 1 pair remaining – the winners!

MODIFIERS: The more combinations, the more complex and difficult the game becomes. Be creative with the different actions and food combinations. Make the game a craft activity by clipping foods from grocery store flyers or magazines.



Giants and Wizards and Elves...Oh My!

MATERIALS & SPACE:

- No materials needed
- Gym or Field

GAME:

1. Divide the children into 2 teams and divide the play area in half.
2. The concept is similar to 'Rock Paper Scissors!'
3. Explain to the two teams: • giants beat wizards • wizards beat elves • and elves beat giants
4. Have the two teams line up facing each other. On the count of 3, players pose in their character positions: • Giants – stand up really tall with your arms above your heads • Wizards – point your arm out with your 'wand' • Elves – crouch down
5. 'Winners' try to tag their opponent. If successfully tagged, the opponent joins their team and attempts to catch others.
6. To add a nutritional theme, tell the children milk is necessary for strong bones, like the giant, fish helps with brain development to keep smart like the wizards, and whole grains provide energy and keep digestive system healthy for the elves

MODIFIERS: Find a partner and pose on the count of 3. Winners advance to new partners and losers are eliminated until there is only one person remaining.



Gold Diggers

MATERIALS & SPACE:

- "Gold" – potatoes or balls, or anything that can be piled
- 'Physical Activity & Movement Ideas' (from Resources section)
- Gym or Field

GAME:

1. Explain that potatoes and other foods rich in carbohydrates are a good source of energy for the body. Establish two sides on the playing field.
2. Mark out a home base approximately 2m x 2m wide on each team's side and place 'gold' in the middle. Choose 2 people to guard the gold.
3. Divide the children into two teams.
4. The object of the game is to be the first team to retrieve all of the other team's gold.
5. Players must infiltrate the other team's home base to steal their gold. The guards must defend the home bases by tagging opponents.
6. Players may take only one piece of gold at a time. However, gold may be passed to another player who may run to his/her home base.

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7. If tagged, players must return to their side. If caught a second time, they must sit out or do a series of physical activities to get back into the game. (See 'Physical Activity & Movement Ideas').

MODIFIERS: Younger children have less gold and a smaller area to play in.

Good Healthy Food!

MATERIALS & SPACE:

- Flip chart paper or Chalkboard, Markers
- 'Question Bank' (from Resources section)
- Classroom, Hallway, Gym or Field

GAME:

1. Divide the class into pairs, or if there are odd numbers, have one group of three.
2. Children should practice jumping and landing using three landing positions:
 - Feet together
 - Feet apart (straddle position)
 - One foot in front and one in back (scissor position)
3. Instruct children to use the three landings to respond to questions by using the following guide:
 - If answer choice is "A": land with feet together
 - If answer choice is "B": land in straddle position
 - If answer choice is "C": land in scissor position
4. This game is like "Rock, Paper, Scissors!" A nutrition question will be posed by the leader (see 'Question Bank') and the children will answer by jumping up and down three times, yelling "Good Healthy Food!"
5. On the forth jump, children should land according to the answer they have chosen. Continue to ask nutrition questions from the 'Question Bank'.

* Remember, each question must have two or three answers from which to pick. (It is helpful to have answers to choose from, posted on the wall or flipchart if possible).

MODIFIERS: For younger children, ask simple and easy to understand questions, and for older children, ask more difficult questions that will challenge their thinking.



Grain Elevator

MATERIALS & SPACE:

- 12 pylons
- 12 soft balls, (or round objects, or crumpled up pieces of paper)
- Classroom, Hallway, Gym or Field

GAME:

1. Divide the children into two teams.
2. Set up the pylons in two rows (6 pylons in each row). Place the balls or round objects behind the pylons.
3. Line up teams behind the row of pylons.
4. Tell the children that each of the balls on each team's side represents one of the servings of grain products they need for the day.
5. When the instructor says "GO," the first child runs to the pylon, sits, and using feet only, tries to put the ball or piece of paper on top of the first pylon.
6. Once the object is in place, the second person in line runs to the same pylon and removes the object from the pylon by lifting it off, using feet only.
7. The game progresses this way until all the objects have been added to and removed from each pylon. The team that completes the course first, wins.

MODIFIERS: For a group of younger children (age 4-8) have 4 pylons and balls/pieces of paper per side to represent the number of grain servings suggested for their age group, and use hands instead of feet



Hanukkah Apple Relay

MATERIALS & SPACE:

- One spoon for each team
- One apple for each team (can use balls or crumpled paper)
- One chair for each team
- Hallway, Gym or Field

GAME:

1. Create a Starting line for the relay race and place chairs on the other side of the play area.
2. Teams consist of 6 players, corresponding to the number of servings of fruit 9-13 year old children require each day.
3. Each team lines up at the Starting line.
4. The first players of each team are given a spoon and the “apples” are placed on the chairs at the end of the relay course.
5. The first players run to the chairs with their spoons and must put the apples in their spoons without using their hands.
6. Once they return to their team, they give the next team member the apple and spoon. He or she must run and replace the apple on the chair and return to the next person with only the spoon.
7. Play continues in this fashion until all team members have had a turn.

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8. If the apple is dropped at any time, it must be put back on the spoon without using hands.

MODIFIERS: For younger children, set chairs up at a closer distance and allow them to use hands. Various movements can also be used to perform the relay such as walking backwards or using a slide step. This game can also be played without the Hanukkah theme.

Healthy Food Spelling Relay

MATERIALS & SPACE:

- Popsicle sticks
- Classroom, Hallway, or Field

GAME:

1. Divide the children into two teams.
2. Place a large pile of Popsicle sticks in the middle of the playing area and have each team stand in lines on opposite ends of the playing area.
3. Call out the name of a healthy food for each team to spell.
4. The first team member in each line must run to the pile to grab a stick and bring it back to their side.
5. The next team member is only allowed to run once the previous team member returns with a stick.
6. The first team to retrieve enough sticks to spell out the healthy food wins (Students are not allowed to break the sticks).

MODIFIERS: For younger children, choose easier words for each team to spell or allow each team member to take two Popsicle sticks at a time.



Healthy Lifestyle Relay

MATERIALS & SPACE:

- Use equipment to make different stations of an obstacle course. *Example:* Mats for push-ups/sit-ups, chair for triceps dips, chart paper with 5 nutrition questions written down, see 'Question Bank' and 'Physical Activity & Movement Ideas' (from Resources section).
- Classroom, Gym or Field

GAME:

1. Set up obstacle course based on materials/ equipment available. Stations can include either a physical activity or nutrition activity.
2. Have one station that is "Nutrition Speed Round" where simple questions will be asked (see 'Question Bank'). Physical activity stations can include 20 push-ups, 25 sit-ups, 30 seconds of jumping jacks, crawling under a table, etc. See 'Physical Activity & Movement Ideas' for suggestions.
3. Line children up in 2 lines at the start of the obstacle course.
4. When the instructor/leader calls out "GO," one child per team must races through the course and complete each station.
5. As each child finishes a station, the child behind him/her can proceed to the first station.
6. Continue obstacle course until everyone in the line has completed it.

MODIFIERS: For younger children, ask simpler nutrition questions, and for older children, ask more difficult questions that will challenge their thinking. Vary the number of repetitions depending on the age of the children.



Hot Potato Food Groups

(adapted from "I Can Be Healthy Classroom Activities" with permission from Windsor-Essex County Health Unit, Windsor, Ontario)

MATERIALS & SPACE:

- Ball or crumpled piece of paper
- 'Physical Activity & Movement Ideas' (from Resources section)
- Classroom, Hallway or Field

GAME:

1. Children are divided into groups of 6 and must stand in a circle with one child in each group holding the "hot potato".
2. Explain that 6 is the number of recommended servings of vegetables and fruit children age 9-13 need every day.
3. Instructor calls out a food group or nutrient and each child must call out a related food before they can pass their "hot potato" to the next person.
4. When the instructor calls out "Stop", the child holding the "hot potato" must perform a physical activity that the instructor selects. See 'Physical Activity & Movement Ideas'.
5. After the activity, the game is repeated with a different food group or nutrient.

MODIFIERS: Instructor may require children to perform movements while in the circle playing "hot potato" such as jumping up and down, knee lifts, jumping jacks, etc.).



Hot Potato Mash

MATERIALS & SPACE:

- One small ball per group, (preferably a different colour for each group)
- Chart paper and markers
- Classroom, Hall, Gym or Field

GAME:

1. Prepare a list of tasks (see below for ideas, or add more of your own).
2. Form 3 or 4 groups and give each group a small ball and ask them to form a circle.
3. Choose one child in each group to be the group leader.
4. Have the leader facing the chart paper or chalk board, so they can easily see the next task. When the game starts, players pass the ball around the circle as quickly as they can to get back to the leader.
5. When the ball gets back to the leader, the group has to complete a task. Each time the ball gets back to the leader, the group must do a new task.
6. If the ball drops and touches the ground then the group has to start all of the activities over from the beginning.
7. First team to complete all the tasks wins!

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MODIFIERS: For older children, pass the ball between knees without using hands.
Examples of fitness and nutrition related tasks:

- 10 squats
- Name 5 vegetables for dinner
- 10 lunges
- Run on the spot
- Name a healthy snack
- Name 3 foods in the Meat and Alternatives
- 10 squats
- Name 5 vegetables for dinner
- 10 lunges
- Run on the spot
- Name a healthy snack
- Name 3 foods in the Meat and Alternatives food group

Hugs & Kisses

MATERIALS & SPACE:

- Markers to create safe bases (can use text books, sweatshirts, cones, etc.)
- 'Question Bank' (from Resources section)
- Watch with a second hand
- Gym or Field

GAME:

1. Use 'markers' to set up two safe bases. Spread them apart in the playing area.
2. Choose a child to be 'cupid', the tagger.
3. The object of the game is to not get caught by cupid!
4. There are two home bases each called 'Hugs' and 'Kisses'. Each base only holds one player at a time, and players have to call out 'hugs' and 'kisses' respectively in order to take advantage of the sanctuary of that base. Children can only stay at the safe base for 20 seconds and must not return to the same base until 2 children have come and gone.
5. Part way through the game, show children how to find their pulse (at side of neck or inside of wrist). This will allow them to feel the strength of their beating hearts.
6. Name examples of heart healthy foods which keep their hearts beating strong (see 'Question Bank').

MODIFIERS: N/A



Match Maker

MATERIALS & SPACE:

- Popsicle sticks or clothespins
- 'Physical Activity & Movement Ideas' (from Resources section)
- Music is optional
- Classroom, Gym or Field

GAME:

1. Write a different food on each Popsicle stick and be sure to include complementary foods that are easy to match (For example, crackers and cheese or toast and jam).
2. Ensure there is a Popsicle stick for each child.
3. Play music and allow children to walk, dance around or do some other activity while music is playing.
4. When the music stops (or when instructor signals) children must run around and try to "match" their food with a complementary food from another food group to make a tasty snack.
5. When pairs are matched, perform a physical activity. Resume the game after a period of time choosing a different physical activity when pairs are matched.

MODIFIERS: N/A



Match or Mismatch

MATERIALS & SPACE:

- 4 different coloured objects, one set for each child, to represent the 4 food groups. Use clothes pins, coloured slips of paper, poker chips, etc.
- 'Physical Activity & Movement Ideas' (from Resources section)
- Classroom, Gym or Field

GAME:

1. Have children choose a partner and form two circles (one inside of the other).
2. The children in the inner circle should be facing out toward their partners and their partners should be facing them.
3. Each child is given a set of coloured objects, representing each of the 4 food groups.
4. In the first round, the leader/instructor will call out a number and a physical activity (e.g. 15 jumping jacks). See 'Physical Activity & Movement Ideas'.
5. Partners stand back to back and each selects one of the four items they have.
6. On the leader/instructor signal, the children have to show each other their item.
7. If partners match, they perform the given activity. If they mismatch, they do double the number of activities.
8. Game continues with the inner circle moving one place to the left. The game is finished when original partners meet again.

MODIFIERS: N/A



Melt My Valentine's Heart

MATERIALS & SPACE:

- Valentine's Day cards and a basket
- 'Physical Activity & Movement Ideas' (from Resources section)
- Gym or Field

GAME:

1. Place Valentine cards in a basket or box.
2. Establish boundaries for the children, and place the basket with Valentines outside the boundary.
3. Select 2-4 children to be the 'Ice King/Queens'.
4. The object of the game is to not get tagged by the 'Ice King/Queens.'
5. Begin by having children walk and run around. For variation, incorporate different movements such as skipping, crab walking, etc. (see Physical Activity & Movement Ideas for suggestions).
6. If a child is tagged, he/she must assume the shape of a valentine with hands held in a heart shape over their head, feet together.
7. To get back in the game, another child who is free takes a Valentine's Day card and reads it to the frozen person to "melt them". The reader cannot be tagged while he or she has the card. Once it is read, the child who reads it puts it back into the basket. The frozen heart has been melted and is now free to re-join the game!
8. Play for a few minutes, and choose new Ice Kings and Queens.

MODIFIERS: For children age 4-6, instead of reading the Valentines, they can use compliments to un-freeze such as "I like your smile" or "Have a great day".



Name that Food

MATERIALS & SPACE:

- No materials needed
- 'Physical Activity & Movement Ideas' (from Resources section)
- Classroom, Hallway, Gym or Field

GAME:

1. The game begins with each child doing an activity on the spot (e.g. jumping, hopping, knee lifts, playing air guitar, twisting). See 'Physical Activity & Movement Ideas'.
2. Children continue the activity for 20 seconds.
3. The instructor/leader calls out a food group and chooses a child to name a food that corresponds to that food group.
4. If the child is correct, he/she picks the next activity (e.g. jumping jacks, touching toes, sit-ups, etc.). If the child is incorrect, he/she is eliminated.
5. The instructor/leader calls out another food group and chooses another child to provide an answer.
6. The game continues until everyone has a chance to play or until there is only one person left standing.

MODIFIERS: For older children, instructor/leader can call out a nutrient and ask children for a food that is a good source of that nutrient.



North Pole Chase

MATERIALS & SPACE:

- 4 Markers – can use pylons, sweatshirts, textbooks
- Gym or Field

GAME:

1. Use objects to mark out a large rectangular playing area and designate 'safe zones' at the farthest ends.
2. Arrange children into groups of 4 or 5.
3. Choose one group to be the "Santas" and all other groups to be named after a vegetable (e.g. carrots, celery, turnip, etc).
4. The Santas go to the middle of the playing area (North Pole), while the vegetables spread out on the playing field. The goal of the activity is for the vegetables to make it past the Santas at the North Pole to the safe zone, without being tagged so they can be healthy treats for the reindeer.
5. To begin, the instructor/leader calls out which group has to run past the Santas at the North Pole. If 'carrots' are called, all of the children in the 'carrots' group must run to the opposite side without getting tagged by a Santa. If they are tagged, they join Santa's sleigh by freezing where they were tagged. The captured vegetables can help catch other vegetables with their arms only.
6. When "North Pole" is called out, all of the vegetables who haven't been tagged attempt to cross the North Pole together. Play continues until a new group of Santas is chosen.

MODIFIERS: For younger children, have the instructor/leader call out the groups. For older children, choose a Santa to call out the groups.



Nutrition Tag

MATERIALS & SPACE:

- Object for carrying between legs (ball, a toy, sweatshirt rolled into a ball, etc.)
- 'Question Bank' (from Resources section)
- Gym or Field

GAME:

1. Give each child an object to put between their legs, which will restrict their speed during the game.
2. Select one child to be "It."
3. "It" will try to catch other children and tag them. If any of the children drop the object between their legs, they must answer a nutrition question (see 'Question Bank').
4. When a child tags someone, he/she will have to answer a nutrition question. If the child answers correctly, then the child he/she tagged will now be "It." If the child answered incorrectly, he/she is still "It" and will have to tag another child.
5. Play resumes with a new player who is "It".

MODIFIERS: When players are tagged, they can drop the object they were carrying and perform a physical activity.



Odds and Evens – Rolling to a Healthy Lifestyle

MATERIALS & SPACE:

- 2 Dice
- 'Question Bank' and 'Physical Activity & Movement Ideas' (from Resources section)
- Classroom, Gym or Field

GAME:

1. Children form a circle and one child is given the dice to roll first.
2. Children jog on the spot while first child rolls and once dice are settled, child adds the dice together.
3. If the child rolls an odd number, he/she must answer a nutrition question.
4. If the child rolls an even number, they must perform a physical activity such as jumping jacks, push ups, sit ups, or laps around the play area. See 'Physical Activity & Movement Ideas'.
5. The entire class performs the activity until the instructor allows the next child to roll the dice.
6. If the child cannot answer the nutrition question, another child may answer.
7. If the question cannot be answered after 3 guesses, the class must perform a physical activity.

MODIFIERS: Age group determines difficulty of nutrition questions and physical activities.



Pass the Fruit!

MATERIALS & SPACE:

- One bean bag, foam ball, or anything else that can represent a fruit
- Gym or Field

GAME:

1. Divide children into two teams.
2. Members of both teams are interspersed in the play area, and the “fruit” is thrown.
3. Whichever team member catches the fruit, he or she then passes it to another team member (handing or throwing) without letting a member of the opposite team steal the fruit.
4. The fruit must be passed 6 consecutive times between team members for a team to win.
5. Indicate that the 6 consecutive passes represent the number of servings of vegetables and fruit children aged 9-13 should be consuming daily.
6. A player may not hold the fruit for more than 3 seconds at any time. If this occurs, a member of the opposing team gets the fruit.
7. If a team member drops the fruit, it goes to the opposing team.
8. No body contact is permitted, however the opposing team may guard team members or intercept the fruit while it is being thrown in the air.

MODIFIERS: For younger children, decrease the number of consecutive passes needed for a victory to 5. This represents the number of recommended servings of vegetables and fruit for children 4-8 years old.



Picnic Basket Relay

MATERIALS & SPACE:

- Drawings or cut-outs of foods from each of the four Canada's Food Guide groups (use food cards from 'Food Cards' activity).
- 8 buckets, plastic containers, etc to use as picnic baskets
- Hallway, Gym or Field

GAME:

1. Divide class into 2 teams. With children's input, sort cards into piles representing each of the four food groups.
2. Set up 4 "picnic baskets" at an equal distance apart (use a piece of masking tape on the floor if you don't have containers).
3. Each team member chooses a picture of a food from the pre-made piles.
4. Teams line up in single file and when the instructor calls "Go", the first member must run to the closest basket and drop his/her food into the basket.
5. The next team member is only allowed to drop his/her food into the next basket once the first member has returned to the starting line.
6. This relay continues until the entire team has run their food to a basket.
7. The fastest team to complete the relay wins.

MODIFIERS: For younger children, decrease the number of baskets that the children must run to, or bring the baskets closer together. For older children, spread the baskets farther apart. Use different movements such as hopping, skipping, jumping jacks, crab walk, etc.



Pumpkin Roll

MATERIALS & SPACE:

- Small pumpkins (or balls), for each team
- Copy of Canada's Food Guide
- One broom Or pen/pencil for each team
- Hallway, Gym or Field

GAME:

1. Choose Start and Finish lines.
2. Divide the area in half and split the children into teams.
3. Each team has a set number of "pumpkins" (balls can be used as well).
4. Object of the game is to use brooms (can also use arms or legs, pen or pencil) to move pumpkins from the Start to the Finish line. Each child takes a turn with a new pumpkin. The first team to get all their pumpkins across the Finish line wins.
5. Teams are assigned pumpkins according to how many fruits and vegetables their age group is to eat in a day.

MODIFIERS: Children age 4-8 get 5 pumpkins according to their recommended daily servings. Children age 9-13 get 6 pumpkins per team. Use smaller pumpkins/balls for younger children.



Pumpkin Tag

MATERIALS & SPACE:

- 2 basketballs
- Gym or Field
- Broom – if available
- 'Physical Activity & Movement Ideas' (from Resources section)

GAME:

1. Pick 2 children to be the "Pumpkins" (they hold the two basketballs).
2. Choose another child to be the "Witch" (the Tagger).
3. All other children are "Trick-or-Treaters".
4. The "Trick-or-treaters" move around the area performing various movements (walking, skipping, hopping etc. See 'Physical Activity & Movement Ideas' for suggestions.
5. The "Witch" will move around on his/her broomstick if available (otherwise pretend). If the "Witch" tags a "Trick-or-Treater," they turn into a "Ghost" and must stay where they are and move like a "Ghost" (swaying).
6. The "Pumpkins" also performing movements, must move around and un-tag the "Ghost" so he/she can become a "Trick-or-Treater" again.
7. Tell the children that eating vegetables makes you healthy humans! Change roles after 2 minutes of play.

MODIFIERS: Use a smaller area with younger children and have more children act as pumpkins.



Race for a Healthy Breakfast!

MATERIALS & SPACE:

- Anything solid that can be passed, such as a ball or toy; 1 needed for each group
- Classroom, Hallway, Gym or Field

GAME:

1. Explain the importance of eating a healthy breakfast everyday- fuels up your body, gives your metabolism a boost. Ask children to name healthy breakfast foods.
2. Divide the children into groups of 5 or 6.
3. In the groups, have children stand in a line (facing the back of the child in front of them.)
4. The first child in each line holds the object and passes it down the line, alternating over the head and between the knees. As the object is passed, each child calls out a healthy breakfast food. When the object gets to the end of the line the last person runs to the front and everyone shouts "Healthy".
5. The first team to complete the race wins.

MODIFIERS: For older children increase the activity length. Repeat the race, calling out healthy food options for lunch and dinner.



Raid the Fridge!

MATERIALS & SPACE:

- 8 balls
- Pylons or markers
- Gym or Field

GAME:

1. Divide the children into two teams, and assign each team to one half of the playing field.
2. Using pylons or markers, make a “refrigerator” at the far end of each playing field.
3. Each team receives 4 balls representing foods from each of the 4 food groups and stores them in their “fridge.”
4. The object of the game is to try to raid the other team's fridge while protecting your own.
5. Opponents can steal from the refrigerator, but must drop the food if tagged. When food is dropped, another player can pick up the “leftovers” and run to their fridge.
6. The team that has all the food in their fridge wins!

MODIFIERS: If you do not have balls available, substitute a rubber chicken, plastic fruit or other equipment you have that relates to food.



Roll the Dice and Act Up!

MATERIALS & SPACE:

- 1 die per group of two
- Flip chart paper, Markers or Chalkboard
- 'Physical Activity & Movement Ideas' (from Resources section)
- Classroom, Gym or Field

GAME:

1. On chart paper, or chalkboard create a physical activity that corresponds to each number on the die. (e.g. 1 = running on the spot for 30 seconds, 2 = 20 sit-ups, etc.). See 'Physical Activity & Movement Ideas' for suggestions.
2. Have children select a partner (or assign partners).
3. Each pair receives one die.
4. Partners take turns rolling the die and performing the activities together.
5. When partners have rolled each number on the die once, they are finished.
6. First pair to complete all activities can choose new activities for a second round of the game, or lead the group in one of their favourite games.

MODIFIERS: For older children, roll the die twice. The first number corresponds to the physical activity. The second number is the number of times the activity must be repeated.



Run Free Radical, Run!

MATERIALS & SPACE:

- No materials needed
- Gym or Field

GAME:

1. Divide children into two groups.
2. The larger group (3/4 of the class) will be the Free Radical team; the small group (1/4) will be the Antioxidant team.
3. Tell the children that free radicals are produced in our body, and antioxidants such as Vitamin C and E are used to capture them and help us stay healthy.
4. The goal of the game is to capture all Free Radicals.
5. Free Radicals begin at the one end of the playing area and Antioxidants spread out in the centre of the field. Once the instructor calls "Run Free Radical, Run!" Free Radicals run to the opposite side of the playing area which is considered the "safe zone" while Antioxidants try to tag them.
6. If a Free Radical is captured, he or she joins the Antioxidant team in the next round.
7. Free Radicals who reach the safe zone, must attempt to cross back to the other side when the next round begins.
8. Play continues in this fashion, until all Free Radicals are caught.

MODIFIERS: Ensure size of playing area is appropriate for the age of your children. For mixed groups, have 2 safe zones and allow younger children to run to a safe zone that is a closer distance from the starting area.



Santa's Hungry!

MATERIALS & SPACE:

- Cones (or markers of some sort- books, clothing, branches)
- 10 Bean bags (or balls) to represent Santa's dinner
- Gym or Field

GAME:

1. This game is a form of 'Capture the Flag'. The Grinch has stolen Santa's dinner! The object of the game is for the children to retrieve Santa's Healthy Christmas dinner so he has the energy to deliver his presents on Christmas Eve.
2. Divide the playing area in half and set up a small area to represent the 'Grinch's cave' containing the stolen Christmas dinner items (bean bags) at the back of each playing area.
3. Divide children into two teams. Ask children for foods that would make a healthy dinner for Santa.
4. Each team has a square (Grinch's cave) containing the other team's Christmas dinner items: Turkey, Stuffing, Broccoli, Cranberry Sauce and Glass of Milk.
5. When the instructor/leader says 'Go,' the children cross onto the other team's side to try to get the dinner items without being caught. If they are tagged they must go to the Grinch's cave. They can be set free when tagged by another teammate.
6. When they are captive in the cave, they cannot take a dinner item.

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7. If they enter the cave to retrieve the dinner items, they cannot be tagged until they exit the cave and are on their way back to their side. If they are tagged on the way back, they must return the item taken.
8. The first team to gather all their Christmas dinner items for Santa wins!

MODIFIERS: N/A

Seasoned Veggies

MATERIALS & SPACE:

- Canada's Food Guide
- Gym or Field

GAME:

1. Review Canada's Food Guide with the group and ask children to determine the recommended number of servings of vegetables and fruit they need to eat each day.
2. Divide class into two teams, A and B. Each team has a "home base" on the opposite side of the area.
3. Instructor calls out a season or holiday and each team goes to their home base and decides on a vegetable that is commonly eaten at that time of the year (e.g. corn in summer, squash at Christmas, etc.).
4. Team A enters Team B's home base and tells them the first letter of the vegetable they have chosen.
5. Once a member of Team B correctly guesses the vegetable, all teammates from Team B try to tag players from Team A, while they flee to their home base.
6. The children who are caught join Team B, and the game continues until all players have been caught.
7. Play again choosing Team B to start.

MODIFIERS: This game can be played at any time during the year by asking children to think of a vegetable that is in season at that particular time or a vegetable that is used for a holiday during that time of the year.



Spooky Skeleton Skirmish

MATERIALS & SPACE:

- 2 Skeletons (purchase from Dollar Store)
- 12 Chairs
- Classroom, Gym or Field

GAME:

1. Set up 2 relay courses using 6 chairs as follows: 1 chair at start, 3 chairs (with spaces between) in a row and 2 chairs facing each other.
2. Take skeletons apart and place in piles at the end of the relay course.
3. Divide children into two teams and have children in each team line up in single file at the starting position.
4. The object of the game is to be the first team to retrieve all skeleton bones and successfully put the skeleton body back together.
5. Children run through the relay as follows: run around first chair five times, weave through next set of chairs, jump (or climb) over the last set, pick up a bone and run back. Child tags next player in line and he or she runs the course.
6. Once all bones are retrieved, the team works together to put the body back together.
7. Explain the importance of drinking milk because it contains calcium which makes our bones strong!

MODIFIERS: For younger children age 4-7, shorten the course and have them crawl under the chairs. They need not reassemble the skeleton. For older children, have a picture available for reference and award the team whose reassembly is most accurate.



Steppin' Out for a Snack Attack!

MATERIALS & SPACE:

- Chalk & chalk board OR dry erase markers & dry erase board
- Classroom, Hall or Gym

GAME:

1. Have the children stand towards the back of the room or playing area, with the chalk board at the other end. The object of the game is to get to the chalk board to write down your favourite foods.
2. The instructor/leader asks children for movements that correspond to each food group. See 'Physical Activity & Movement Ideas' for suggestions. When a snack is called out, ask which food groups it belongs in. For example if cheese and crackers was called out, the food groups would be Milk and Alternatives, and Grain Products. Children perform the activities that correspond to those food groups until the instructor signals to stop.
3. If children believe the food should be consumed 'Anytime' they take 3 steps forward.
4. If the children believe the food should be eaten only 'Sometimes', they take 1 step forward.
5. When a child reaches the front of the room, he/she writes a favourite snack item on the board and returns to the back of the room to continue the activity.
6. When the instructor/leader calls 'Time', discuss food choices written on the board.

MODIFIERS: Choose food items from breakfast, lunch, or dinner.



Sweet Attack!

MATERIALS & SPACE:

- Hula Hoops (or Chalk if playing outdoors)
- Classroom, Gym or Field

GAME:

1. Divide children into two groups. One group will be named the “Sweets.” Sweets spread out around the play area and choose a spot to stand.
2. The Sweets should draw a circle with chalk around them or use a hula hoop.
3. The other group is the “Kids.” Select one child in the Kids group to be “The Apple.”
4. The Kids need to cross the playing field without being touched by the Sweets. The goal of the game is to make it through the land of Sweets without giving into temptation.
5. If Kids are touched by the Sweets then they become frozen. Only the child who is The Apple can save the Kids who have been frozen. The Apple cannot become frozen by the Sweets.
6. The Sweets have to stay within the circle they have drawn and must not go outside of it or else they will be “out.”
7. Switch the two groups half way through so the group who were the Kids are now the Sweets and vice versa.

MODIFIERS: To make the game more challenging, change the way the Sweets are allowed to move around. For example, Sweets have to keep their feet planted on the floor OR, are allowed to move only one step to reach for Kids running by OR have to sit down and only use their arms. Do not include The Apple to save frozen kids. Instead every Kid who is caught becomes a Sweet.



Sweet Potato Sweet Potato!

MATERIALS & SPACE:

- No materials needed
- Gym or Field

GAME:

1. Explain that sweet potatoes are a vegetable. Which food group do they belong in? They provide energy and essential vitamins too.
2. This game is similar to 'Red Rover.' Divide children into two equal teams.
3. Children line up facing each other, all holding hands, forming a chain. Choose the distance between teams that meets your age group and the space you are playing in.
4. The object of the game is to get more than half of the other team over to your side in order to be the first to get enough 'ingredients' in order to make your healthy pie! – Sweet Potato Pie (eaten on Kwanzaa, an African American holiday celebrating black history and culture). Sweet potatoes are also popular at Thanksgiving and Christmas dinners.
5. One team starts by saying "Sweet Potato, Sweet Potato we call <child's name> over!"
6. The child runs and tries to 'break' through the children's' arms. If successful, he/she returns to the team. If caught, he/she becomes part of the chain.

MODIFIERS: N/A



Tag with a Colourful Twist

MATERIALS & SPACE:

- Coloured flags or scraps of fabric
- Masking tape
- Blue, green, yellow and red permanent markers
- Classroom, Gym or Field

GAME:

1. Use flags or add colour to the fabric in equal amounts of red, blue, green and yellow. Make enough so that each child can be given 2-4 pieces of one colour.
2. Select a group of 3 children to be the “Foodies” (a foodie is someone who loves to eat!)
3. Divide the rest of the children into four equal sized groups (Food Groups). The groups can be identified as: Green = Vegetables and Fruit, Yellow = Grain Products, Blue = Milk and Alternatives, Red = Meat and Alternatives. Each member of the group attaches their coloured fabrics (“food”) to their clothing where they are visible to all.
4. Allow time for the Food Groups to run away and spread out. Once they have spread out, allow the Foodies to chase them.
5. The Foodies goal is to collect food from all four food groups.
6. When a child loses all of their food they turn into a Foodie and need to start collecting food.
7. The game continues until the Foodies have made a “balanced meal” by catching all four coloured fabrics OR until a specified amount of time runs out.

MODIFIERS: For a group with mixed ages, have older children hop or skip while younger children run.



Turkey Trot

MATERIALS & SPACE:

- No materials needed
- Gym or Field

GAME:

1. Divide playing area into a square formation with a midcourt line, end-lines and sidelines.
2. Children are divided into four teams; Turkeys, Broccoli, Cheese Sauce, and Stuffing (to represent each of the four food groups).
3. Choose one group to be the Taggers in the center.
4. When the instructor calls out a group, children in that group must get to the opposite side of the playing area without being tagged in order to be part of a Thanksgiving meal.
5. If runners are tagged, they must go back to their starting line. They don't get counted as 'part of the Thanksgiving meal'. After all teams have had a turn to run, choose a new group of Taggers.

MODIFIERS: For children age 4-7 make the area smaller. Once children are tagged they remain frozen instead of returning to the start.



We Belong Together

MATERIALS & SPACE:

- Cue cards and markers
- Various items for obstacle courses
- Gym or Field

GAME:

1. Set up 2 identical obstacle courses based on materials available (e.g. chairs, pylons, etc.).
2. Write names of various types of foods on cue cards, one food/drink per card. Ensure each food has at least one complimentary food (examples: cheese & crackers, crackers & peanut butter, cheese & celery, banana & peanut butter, milk & oatmeal cookies, bagel & cream cheese, veggies & dip, etc).
3. Give each child a cue card with a different food item and ask children to spread out in the playing field.
4. When the instructor/leader calls out a food item, the child that has been assigned to that food/drink has to run around and find someone with a food that is complimentary to theirs. When the pair is matched up, both children race to complete the obstacle course.
5. The winners in each pair of races go on to play the next round(s).
6. Play continues until there is one final winner.

MODIFIERS: N/A



What Kind of Fat are You?!

MATERIALS & SPACE:

- No materials needed
- 'Physical Activity & Movement Ideas' (from Resources section)
- Classroom, Hallway, Gym or Field

GAME:

1. Explain that there are different types of fat in our diet. Two types are saturated and unsaturated. Unsaturated fats are a healthier choice.
2. Every 15 – 20 seconds, the instructor/leader will call out “are you a saturated fat?!” or “are you an unsaturated fat?!”
3. Instruct the children that when the instructor/leader says “are you a saturated fat?!” then they must move very stiff and slow, such as slowly marching around the playing area.
4. When the instructor/leader says “are you an unsaturated fat?!” then the children move freely- skipping, jumping, etc. around the playing area. See 'Physical Activity & Movement Ideas' for suggestions.

MODIFIERS: For younger children age 4-8 shorten the length of time between fast/free movement and slow/stiff movement so they do not get tired as quickly.



Winter Wonderland Relay

MATERIALS & SPACE:

- Chairs
- Balls, rope/scarf to create a line
- Scrap paper
- Classroom, Gym or Field
- Snow (if outdoors)

GAME:

1. Set up 2 relay courses side by side and divide children into 2 teams.
2. "Snowball Toss" – children use snowballs (or real balls) and toss underhand or overhand to the next person in line a set number of times without dropping the ball.
3. "Ski Team" – children must 'slalom ski' by jumping back and forth across a line, 10 times.
4. 'Speed Skating"- place paper under feet and move back in forth in skating motion.
5. "Jump Snow Hurdles" – children must jump over a series of snow hurdles (if inside use chairs or something similar).
6. "Santa's Snow Course" – use chairs set up for weaving in and out of, (or jumping over or crawling under).
7. The first team to complete the course wins!

MODIFIERS: For younger children, create smaller hurdles or have them crawl under the chairs.



Your Goose is Cooked!

MATERIALS & SPACE:

- Squishy balls from dollar stores or very soft balls
- Gym or Field

GAME:

1. This game is similar to 'dodge ball'. Line up balls along centre line of gym/field.
2. Split the children into two teams. Each team goes to their side and sits cross-legged at the farthest end of the playing field.
3. When the instructor/leader says 'Go,' children run to the middle and pick up the balls.
4. The object of the game is to throw balls at the other team and hit them below the waist, while also dodging balls. If you catch a thrown ball – the person who throws it is "out" and the person who caught the ball can yell "Your goose is cooked!" Explain that this is a slang term that means "you're in some kind of trouble!" However, instead of sitting out of the game, the player crosses over to join the other team.
5. The team with the most cooked geese on their side wins!
6. Tell the children that poultry (goose, chicken, duck) is a source of dietary protein and would be in the "Meats and Alternatives" food group of the food guide.

MODIFIERS: N/A



Zombie Tag

MATERIALS & SPACE:

- Rope (or sweaters/sweatshirts)
- Blindfold (t-shirt or any material)
- Large Playing Field Inside or Out - Gym or Field

GAME:

1. Rope off (or use sweatshirts) a circular area. Ensure it is a 'trip-free' area.
2. This game follows the same rules as Marco Polo.
3. The child that is "It" wears a blindfold. Everyone else is a vegetable planted in the garden, and has to stay within the circle, while the "It" wanders around with their arms stretched out in front, zombie style.
4. When "It" groans, all the vegetables must groan back and extend their arms. This is how the zombie zeroes in on its victims.
5. When a player gets tagged, he/she becomes the next "It" and gets to wear the blindfold.
6. Let children know the importance of eating a nutritious diet and how orange vegetables are good for vision – if they were zombies they could see in the dark!

MODIFIERS: Children age 10-12, use a larger circled area.

