

Food Court Frenzy

3-8

OBJECTIVE:

A frantic, action-packed game where teamwork, decisiveness, and communication skills are critical to overcoming the Food Court Frenzy. Teams must work diligently to acquire the food items necessary to meet the minimal recommended daily servings on the Food Guide Pyramid. Students will learn the six basic food groups, along with many foods that belong in each group, and the average number of servings that should be eaten from each group to help maintain a healthy diet. This game was derived from “Wheel N’ Deal” (*PE2theMAX: maximize skills, participation, teamwork, and fun, Human Kinetics, 2005*).

EQUIPMENT:

Needs are based on a class of 48 or 16 teams of 3

- Hula hoops (17)
- Pictures of food (289; choose from the six basic food groups; 2 foods for the **Milk, Yogurt, and Cheese Group**; 2 foods for the **Meat or Protein Group**; 3 foods for the **Vegetable Group**; 2 foods for the **Fruit Group**; 6 foods for the **Grain Group or Bread Cereal, Rice, and Pasta**; and 2 foods for the **Fats, Oils, and Sweets**). 17 clip art foods representing the necessary food groups have been provided for you to copy (see pictures below). Option 1: I recommend making 17 copies of the clip art pages onto card stock, cutting each item out and laminating each food picture to make the pictures last longer. Option 2: Choose pictures from Microsoft Word clip art or from the internet.
- Food Guide Pyramid (16 laminated copies; **Download the Preview to get a copy of the Food Pyramid**)

PROCEDURE:

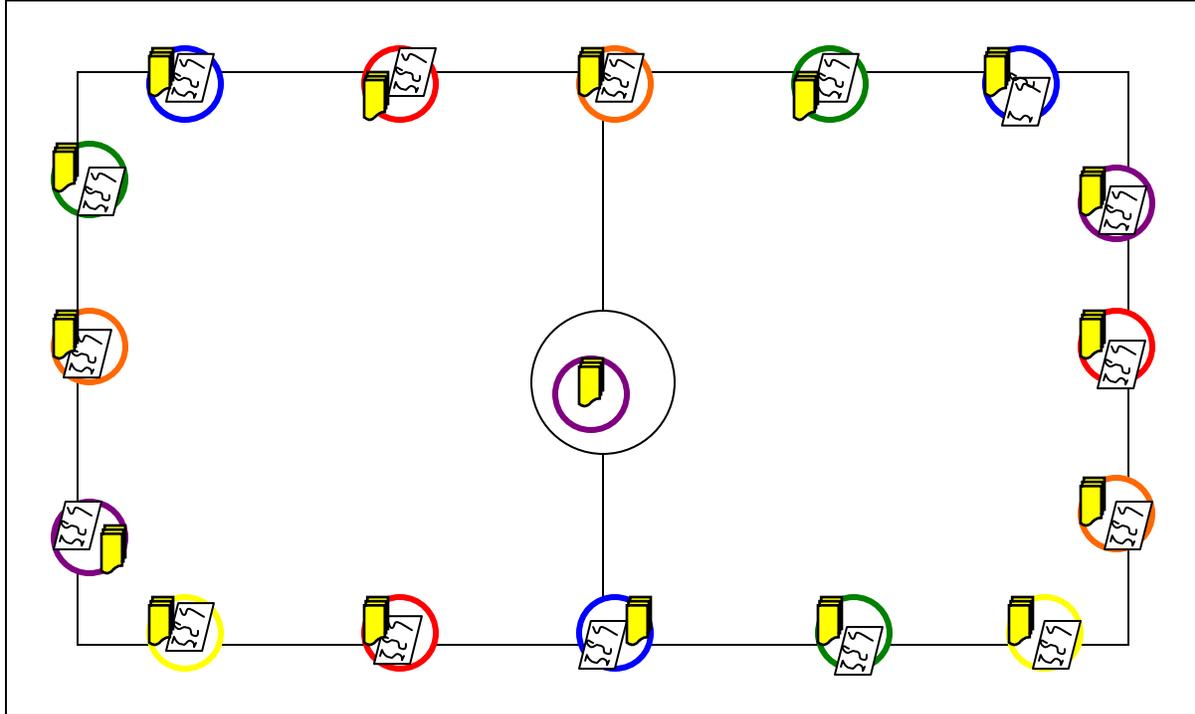
Before classes arrive, set out 17 hula hoops as depicted in the diagram. Next, place each food item picture consisting of 17 copies into one hoop. For example, place the 17 pictures (face up) of apples into one hoop, 17 pictures of broccoli in another hoop, and so on until all 17 foods have their own hoop. Finally place one copy of the Food Guide Pyramid inside each hula-hoop (**See diagram for setup**). When students arrive, instruct them to get into groups of three and go sit beside one of the 16 hula hoops closest to the gym walls to await further instruction. Tell the class that there are currently 17 copies of one food item inside of their team’s hula hoop. The **object** of the game is to be the first team to collect all 17 different food items necessary to meet the minimal recommended daily servings on the Food Guide Pyramid. Explain that players from each team must decide who will be “customers” and “servers.” Customers can take food pictures from their team’s hoop to seek out and trade with other teams for the food items needed. Servers hang out at their team’s hula hoop and trade their items with customers from other teams. **Note:** no positions will be assigned and players are responsible for choosing how they want to contribute to the game. Also, the “Food Court” (hula-hoop located in the center of the gym) will be available for all players to go and trade out one of their items for any item in the Food Court. **Note:** nobody will be stationed at the Food Court. **To Begin:** Play begins by each team collaborating and determining what positions each team member will take and how they want to seek out and collect all 17 different items necessary to meet the minimal recommended daily servings on the Food Guide Pyramid. It is at the discretion of each team how many customers or

servers they want to utilize. For example, some teams may choose not to utilize servers, although it is highly recommended to have at least one server at each hoop to make sure items are not traded without their permission.

Customers, with one item in hand, will quickly venture out to trade at other team's hoops for items that their teams need. Once a trade occurs, the customer will return the item to his or her team's hoop and continue the game. In some cases customers will not get exactly what they are looking for or come across a server at a hoop that is unwilling to trade. In this case the customer has the opportunity to go and trade (sometimes make multiple trades) with other teams until he or she has the particular item necessary to make an "even" trade with the initial unwilling party. Encourage students to be friendly with one another because traveling to each hoop and trading for what your team needs (giving something to get something) takes persistence and being patient with others. **Note:** a teacher-led example of this type of trade may need to be demonstrated, especially with the younger grades. For example, Team A wants toast from Team B, but Team B will only trade for bacon. In order to make an even trade, Team A must find bacon from their team's hoop or make a trade with another team for bacon before going to make an even trade with Team B for a toast. **Servers** on the other hand will stay at their hoop and trade with customers from other teams. Servers **can** refuse to trade any items they possess. Tell students to keep in mind that all 17 items cannot be collected unless teams are willing to trade the 17 items in their possession. **Note:** Remind teams that they are trying to get 17 different food items and cannot win if they possess more than one of the same food pictures. For example, the minimum servings for the Vegetable Group are three, so each team must find the three (there are only 3 vegetables) vegetable pictures of broccoli, carrots, and corn on the cob. The Vegetable Group requirement, for example, **could not** be met if a team collected three of the carrot pictures. The team to persevere and get all 17 different food items first and places them on their Food Guide Pyramid or the team to get most of their items within the time limit will be declared the winners for that round. **Note:** Before starting a new round, take a few minutes and reequip each hoop with each food item picture consisting of 17 copies or while still **following the same rules**, make a game out of the cleanup to see which team can get all 17 of their original items in their hoop the fastest. Start a new round (to get 17 different items) once everyone and the Food Court each have their 17 original picture items.

Special Note: Take the opportunity to also teach why the food groups are in a pyramid shape. The pyramid depicts which foods should be eaten more and which food should be eaten less. For example, the widest part of the pyramid (base) is wider, meaning that most of the food we eat should come from the Grain Group and the smallest part of the pyramid (top) comprises the Fats, Oils, and Sweets Group which means our bodies require less of these to maintain optimal health. Also, introduce terms such as carbohydrates, vitamins, minerals, protein, fat, and calories, etc. and what food groups contain these essential nutrients that our bodies need to function well.

DIAGRAM:



 = Food Guide Pyramid  = Hula hoop  = 17 copies of one picture

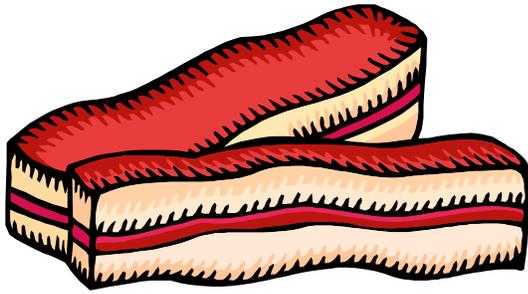
RULES AND SAFETY

1. Each player must take only **one** item at a time to trade for another item.
2. Trading **always** involves an exchange of one item for another whether it is with another team or at the Food Court. Cheating has occurred if a team has less than or more than 17. In this case, stop the game, resolve the matter, and remind players of the rule.
3. All trades must take place at a hoop. Also, servers can refuse to trade any items they possess.
4. A trade cannot be made at an unoccupied team's hoop unless it is at the Food Court.
5. No throwing items!

VARIATIONS

1. Allow teams of one or two players if classes have 32 or less participants. A team consisting of one player must assume the duties of both customer and server. Allow teams of four to five players if the class size exceeds 48 participants.
2. Speed up the game by allowing teams to collect the same pictures in a food group in order to meet the minimal recommended daily servings on the Food Guide Pyramid to win a round.
3. Increase difficulty and game duration by adding more food pictures for the maximum number of servings for each food group. For example, teams must find the maximum servings of 11 food items from the Grain Group instead of the minimum of six items.

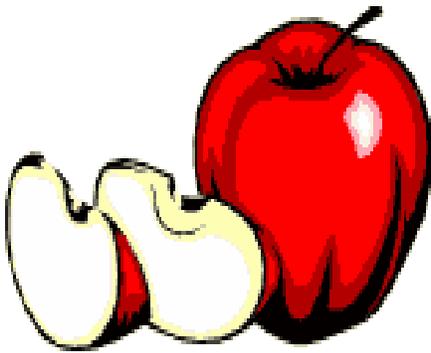
Alternate Version: Play the game “What Did You Say?” from my 3rd book **PE2theMax II: Stepping up the “Game” in Physical Education.** This game can be found on the www.teacherspayteachers.com. Simply give each team a Food Guide Pyramid and replace the regular decks of cards with the food cards.



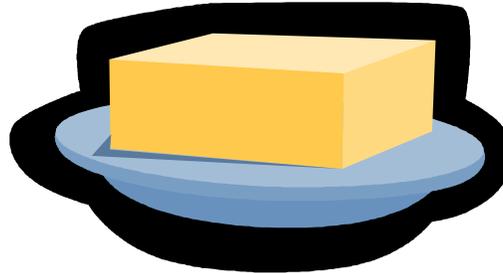
Bacon



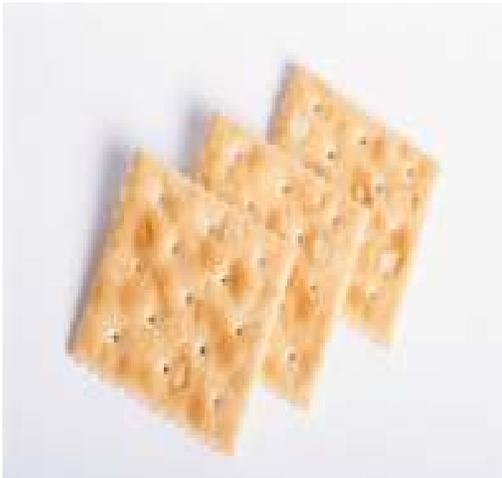
Cake



Apples



Butter



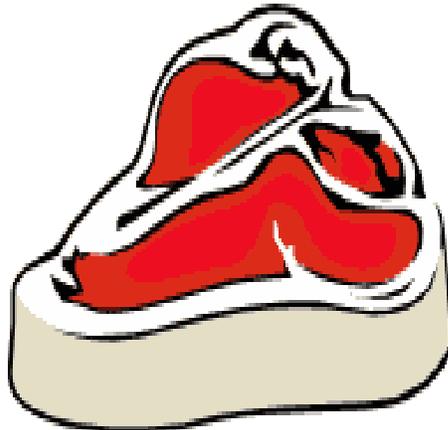
Plain Crackers



Skim Milk



Broccoli



Steak



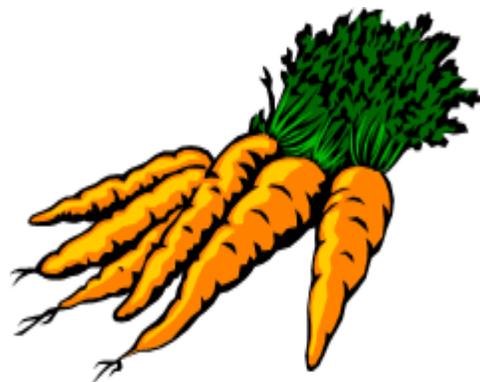
Cold Cereal



Toast



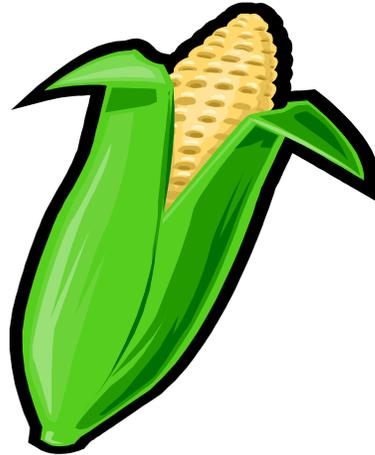
Spaghetti



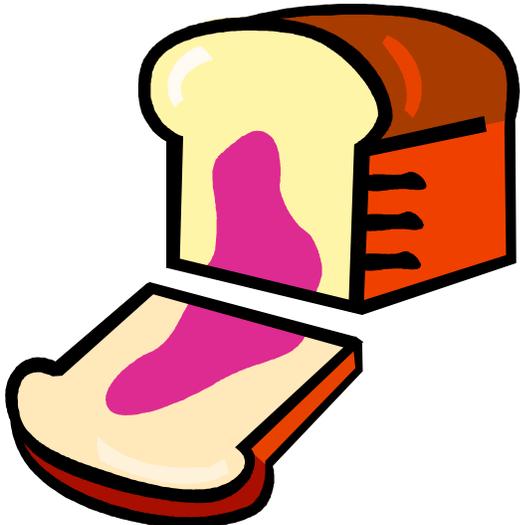
Carrots



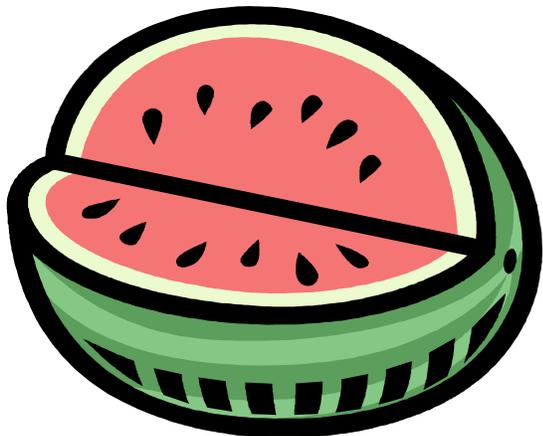
Cheese



Corn on the Cob



Whole Wheat Bread



Watermelon



Pasta