

Outdoor Education & Health-Related Activities: Healthy Nutrition Alphabet

Objectives

The objective of the game is to understand and to promote essentials of health nutrition.

Competencies

Understanding of health nutrition essentials as well as energy balance; development of team cooperation; self-opinion expression

Preparation

30 minutes for material preparation (cards with names of the most frequent/common meals/food with caloric values; cards with physical activities/exercises with their energy expenditure values). 8 minutes for game preparation.

Duration

20-30 minutes

Number of pupils/participants

10 to 25

Material/equipment

Cards with the names of most common foods and nutrients and their caloric values; cards with the names of physical activities and the values of their energy demands; exercise mats, benches, skipping ropes, tapes, beams, balls and any other useful material for exercise (available at school).

Environment/space

Gym, football field, meadow, schoolyard

Additional staff

1 to 2

Description

- In relation with other classes with a natural sciences background, and a thematic plan focused on human biology, we can start up the topic of energy balance and essential principles of nutrition (income/outcome).
- Groups of 5 to 7 pupils are established.
- The first task will be to create an optimal lunch (or snack, dinner) from predefined and prepared cards with food and nutrients (eggs, milk, bread, various kind of fruits)
- There is a caloric value on the other side of each card.
- This part takes 10-12 minutes.
- The other part of the game will make them physically active. They will perform particular activities, each of which will contain information about energy expenditure during the period of exercise (e.g. squats, push-ups, skipping rope, crunches, lunges). This should take 15-18 minutes.
- Pupils should calculate their total energy expenditure and compare it with total energy intake from the initial part of the class.

Variety

Physical activities are chosen with respect to the motor development of a particular age group and their functional exercise capacity; number of physical activity/exercise spots varies based on the total size of the group

What happens next?

Highlighting of interclass relations and context (biology, physical education and mathematics); basic context of energy balance in the human body and its influence on the health of the individual.

Links

An alphabetical list of the number of calories found in specific foods can be found at:

<http://www.invive.com/calorie.html>