

PE Activity: The Hunt for Thanksgiving Dinner

Supplies Needed for a Class of 25:

- 2 sets of EP_Food-Cards-Small
- 16 Hula Hoops

Length of Time to Complete:

- 5 minutes to introduce activity
- 10-15 minutes to play the game

Audience (grades): 3rd – 5th

Lesson:

Raise your hand if you can tell me why it is important to eat food.

(Food gives us energy to play, to grow strong and to think clearly. We also use food to socialize with others and to celebrate special events like birthdays or Thanksgiving.)

What kinds of foods do we eat when we celebrate special events like birthdays or Thanksgiving? *(We eat cake, ice cream, turkey, potatoes or pie.)*

Some of these foods, like turkey, are Go Foods that give us long lasting energy during the day. But others like cake, ice cream and pie are Slow Foods that provide us a quick burst of energy but then may slow us down. It is fine to eat Slow Foods every once in a while for celebrations like Thanksgiving, but we shouldn't eat them every day. If we did, they wouldn't be special foods!

Who can remember the difference between hunger and appetite? *(Hunger is a physical feeling of stomach pain or gurgling sounds or feeling light headed or spacey and/or weak from lack of food. Appetite is an emotional wanting or desire for a food or beverage with no actual physical symptoms.)*

Is anyone feeling hungry now? What does it feel like? Now everyone think about their favorite food, it may be a juicy hamburger or a plate of lasagna. Does thinking

about this special food increase your appetite making you want that food even though you are not hungry?

Today we are going to play a game called the Hunt for Thanksgiving Dinner.

Set-Up:

- Divide into even groups, with three or four students in each group.
- Each group will have two hula hoops. The first hula hoop has food cards facing up. The second hula hoop has matching food cards that are upside down.

Rules:

- The object is to get as many matching cards as you can.
- To start the game, each group will line up single file behind a line.
- The first person in line will run to the first hula hoop and grab a food card.
- Then the person should run to the second hula hoop, choose one card and turns it over to see if the picture matches. If it matches, they keep both cards and run back to their team. If it doesn't match, they return the card upside down to the second hula hoop, keep their card and run back to their team.
- The next person in line is tagged and starts their turn.
- In order to get the most matches, make sure to tell teammates what was on the card that got turned over.
- The game continues until each person in the group has a turn or until the teacher calls time.
- The group with the most matching cards at the end is the winner.