



November PE Activity: The Hunt for Thanksgiving Dinner

Nutrition Lesson(s) Supported:

- Thanksgiving Feast

Supplies Needed:

- 2 sets of Food Cards Small
- Cones or 12 ounce cups to hide cards under

Length of Time to Complete:

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

Audience (grades): 3rd

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 3.1
 - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
 - Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.
- English Language Arts: Speaking and Listening: 3.3
 - Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.

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 (cake, ice cream, 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!

Today we are going to play a game called the Hunt for Thanksgiving Dinner. First, we are going to get into about 10 groups with 3 or 4 people in each group. Next, each group will be given a set of cards. In the center of the room, there are a bunch of overturned cups. Under each cup is a picture of a food that we may eat for Thanksgiving.

To start the game, each group will line up single file in a designated area of the gym. Then the first person in line will draw a card from their set of cards. This person then goes to one of the cups in the center of the room and turns it over to see if the picture matches. If it does, remove the card and return the cup to the floor, overturned. Every student should only turn over one cup each turn.

Then the next person in line is tagged, draws another card and looks under another cup. Remember, the idea is to get as many matches as possible. So make sure to tell your teammates which cup you turned over and what it was. That way you can make more matches!

The game continues until each person in the group has a turn or until time is called by the teacher.

The group with the most matching cards at the end is the winner.