

Energy In : Energy Out

Equipment:

Hula Hoops
Colored balls

The children are divided into four teams and located at four corners, each team has two hula hoops. In the center of the room is a hula hoop with different colored balls. Each color ball represents a predetermined food group. The challenge is to make a well rounded meal with this game. On "Go," the children, one from each team run to the center of the room and retrieve a ball, they bring it to their corner, place it in their teams hula hoop, pick up the extra hula hoop and while doing the hula hoop tell their group what food they placed in the hula hoop. The second team member goes, brings back a ball and repeats the process with the extra hula hoop. Now they name the first persons food and what their ball represents, adding to the menu. At the end of the game, each group stands up and tells everyone else what each ball represents and we discuss if they have made wise choices.

This activity is from the YMCA's of North Carolina.