



## Integrating Gender and Nutrition within Agricultural Extension Services

### Nutrition Activity Sheet 4

### Food Olympics

**Age:**

8-12 years

**Time:**

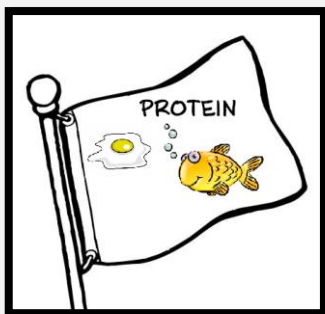
1.5 hours

**Materials Needed:**

- Pictures of foods
- Name Cards for body language game and matching game
- Colored pens
- Drawing paper
- Colored pieces of paper for understanding relationship between nutrition and body system
- Prizes (e.g. fun pencils, erasers, pens)

**Design & Structure:**

- Flags: Each group makes a “nutrient flag” displaying foods from that Group.



- Matching game



### Introduction

Children need to eat a variety of foods to support adequate growth, increase strength, increase brain function (do well in school), and improve health (less illness). The goal of the “Food Olympics” activity is for children to eat various nutrients on a daily basis.

### Objectives

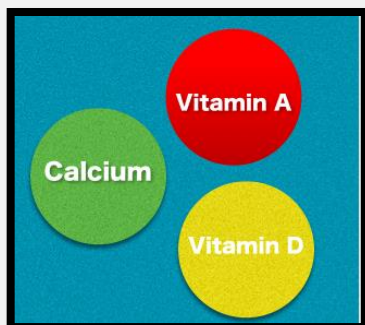
At the end of the lesson, children will be able to:

- 1) List the 6 nutrients
- 2) Identify foods that contain particular nutrients
- 3) Illustrate the function of these nutrients within the body
- 4) Explain how to eat these nutrients on a daily basis

### Guide

Use the following table to help teach the children about the different nutrients and the foods (use examples within that particular country) that commonly contain particular nutrients:

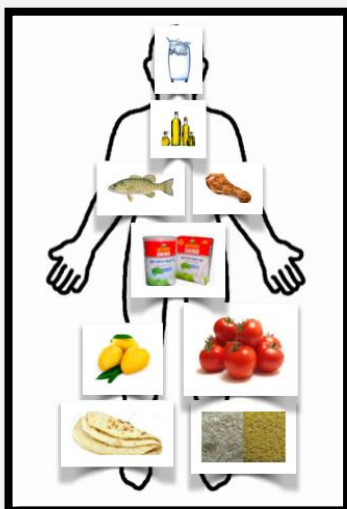
Nutrient	Example of Foods	Importance
<b>Carbohydrates</b>	Rice, porridge, tortillas, yogurt, milk	Provides energy
<b>Proteins</b>	Chicken, Eggs, Beans, Beef, Cheese	Builds new tissues, antibodies, hormones, and other compounds
<b>Fats</b>	Oils, Butter, Nuts, Seeds, yogurt, milk	Provides long-term energy, insulation, and protection
<b>Vitamins: A, B, C, D, E, K</b>	Fruits (bananas, mango, pineapple); Vegetables (kale, onions, tomatoes); Meat, Staples, Dairy	Facilitate use of other nutrients in regulating growth and manufacturing hormones
<b>Minerals: Iron, Calcium, Magnesium, Zinc</b>	Fruits (bananas, mango, pineapple); Vegetables (kale, onions, tomatoes); Meat, Staples, dairy	Help build bones and teeth involved in muscle function and nervous system activity
<b>Water</b>		Dissolved and carries nutrients, removes waste, and regulates body temperature



- Body language game: First person only can see the name card of food, and describe in body language to next person. The group who deliver the name card to the final person the most clearly will win.



- Body Game



## Class Activity

1. Awareness and prompt. Use the table above to guide the discussion.
  - a. The instructor holds up some foods and asks the children why foods are important. Instructor tries to hint to special compounds in foods call nutrients. (~5 minutes)
  - b. The instructor discusses the different types of nutrients, provides examples of foods that contain more of each nutrient, and the importance of consuming these nutrients on a daily basis. (~15 minutes)
2. Group Activity.
  - a. Children will be evenly divided into 6 groups by nutrient to play the Olympic game. (~5 minutes)
  - b. Each group will design a flag in which their nutrient must be represented by at least 3 foods (Objective 2). (~10 minutes)
  - c. Next, each group will need to choose a child (athlete) that will be the one who plays the game. There will be three Olympic Games. Be certain that each team rotates its athletes. The rest of the group will help out the athletes. The instructor will play 2 games with the groups.

**Game 1 - Matching game:** Each team is given a piece of paper. On the left side of the board, the instructor lists the 6 nutrients. On the right side of the board, various food items are placed. The athlete needs to match the foods with its nutrient as fast as possible. The team helps (quietly) in this Game. The athlete needs to raise his/her hand when finished. The 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place receives 3, 2, and 1 points respectively. (Objective 2) (~10 minutes)

**Game 2- Question/Answer game:** The instructor prepares six questions about nutrients. The questions will be about the nutrients, the foods associated with these nutrients, and the nutrients' functions within the body. The instructor will call for an athlete from each team to come forward. At the end of reading each question, the athlete that raises their hand the quickest, will be the first to answer the question. The team cannot help in this Game. If the athlete answers the question correctly, the team will receive one point. If the athlete answers the question wrong, the team loses one point. If the athlete answers the question wrong, another athlete from a different team will have an opportunity to answer the question. The 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place receives 3, 2, and 1 points respectively. (Objectives 2 and 3) (~15 minutes)

**Game 3- Body Function:** The instructor will draw a large human body on the board and place the pictures of foods on the board outside of the body. Then, the instructor provides a piece of paper to all groups. The



Designed to be shared.

This work is licensed under a Creative Commons Attribution 3.0 Unported License. [creativecommons.org/licenses/by/3.0/](https://creativecommons.org/licenses/by/3.0/)

Prepared by the Jiyun Park, University of Illinois at Urbana-Champaign

groups will draw the body on the paper. A child athlete from each group will need to write the name of the food on the body drawn on the sheet as fast as possible (Objectives 2 and 3). The team helps (quietly) in this Game. The athlete needs to raise his/her hand when finished. The 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place receives 3, 2, and 1 points respectively. (~15 minutes)

At the end of the Olympic Games, the instructor will hand out the prizes. The winning groups get first pick of the prize. The other groups will receive the prizes. (~ 5 minutes)

3. Take home and conclusion. As a whole group, the instructor will ask the children the following questions: (~25 minutes)
  - What are the 6 nutrients? (Objective 1)
  - What are some foods that contain each nutrient? (Objective 2)
  - Why should you eat these nutrients on a daily basis? (Objective 3)
  - How can you eat these nutrients at home on a daily basis? (Objective 4)

## Reference

"Christian Paths to Health and Wellness 2E: The Six Categories of Nutrients." *Human-Kinetics*. N.p., n.d. Web. 19 Feb. 2016. [www.humankinetics.com/excerpts/excerpts/the-six-categories-of-nutrients](http://www.humankinetics.com/excerpts/excerpts/the-six-categories-of-nutrients)



Designed to be shared.

This work is licensed under a Creative Commons Attribution 3.0 Unported License. [creativecommons.org/licenses/by/3.0/](http://creativecommons.org/licenses/by/3.0/)

Prepared by the Jiyun Park,  
University of Illinois at Urbana-  
Champaign