

# FLAGHOUSE Activity Guide

## Faux Food

### What Are the Educational Applications?

Now, more than ever, the connection between obesity, lack of physical activity, and poor nutrition needs to be stressed with your students. Some researchers believe that if current trends continue, the generation currently in school will be the first in American history to not outlive their parents' lifespan. The CDC reports that obesity will overtake smoking as the number one cause of avoidable death in this country, unless some sort of progress is made.

According to Dale's "Cone of Experience", people generally remember:

- 10% of what they read
- 20% of what they hear
- 30% of what they see
- 50% of what they hear and see
- 70% of what they say or write
- 90% of what they say or do as they engage in an activity

Teachers are faced with delivering their curriculum, abiding by Core Curriculum Standards, and staying up to date with NASPE standards... all while spending limited time with their students each day. With this in mind, how can teachers make the topic of nutrition active enough so that their students will be motivated to learn? Faux Foods are a helpful way to get your students actively involved in their own learning.

### How Can I Use Faux Food With My Students?

Using Faux Foods is a fun way to teach or reinforce the principals of the newly revised My Pyramid. With most groups, you may need to have My Pyramid visible until they gain some knowledge, and then try to take it away to check for extra reinforcement. For groups with limited experience with My Pyramid, you may want to build a pyramid on the floor of the gym. Have each section labeled by name and how many approximate servings there are, so students can physically place the foods on the pyramid. This will give your kinesthetic learners words to look at, foods to touch, and actions to remember. After some practice, take the signs away and see how they do.

### Building My Pyramid in Your Gym or Classroom

Pyramids can be built on the floor using floor tape. A multi-bucket or hula hoop can be placed in the middle of each pyramid section to contain the food. Need a better visual for your students?

Build a pyramid on the wall using tape or VELCRO<sup>®</sup> tape to attach the foods. It is important to note that My Pyramid has been designed to generally fit a person's gender, age, and physical activity level, so encourage your students to get a read-out of their pyramid online at: [My Pyramid.gov](http://www.MyPyramid.gov) or for more nutrition information check the [Dietary Guidelines for Americans 2005](http://www.healthierus.gov/dietaryguidelines/) at <http://www.healthierus.gov/dietaryguidelines/>



Source: U.S. Department of Agriculture and the U.S. Department of Health and Human Services

### Safety Note

Please know that Faux Foods would not make for a good throwing implement. They may break if thrown on a hard surface. When tossing, you may want to use a safety mat or grass.

### Physical Education Activities

#### Calorie-Burning Activity

To do this activity, have copies made of the enclosed table. Have plenty of food in the center of the play area in paper bags. Each student will go over and get a piece of food. They will then look at one of the posted tables to determine how much exercise they will have to do to burn off the calories of that particular food. The calories can be burned off either by speed walking, jogging, or jumping rope. As you see, some of the foods will take much too long to burn off, so you may want to scale the minutes down however you see fit. Once they are done burning off the food, have them go pick out another one and start again. Make sure you stress to the students that just because one food has more calories than another, that does not make it a healthier food. (i.e. 1 strip of bacon = 46 calories/ 1 med. apple = 81 calories). It is also important to discuss with the students the idea of serving sizes. How many 10-year olds do you know that eat one potato chip? Perhaps you can make the connection between this activity and food labels as well.

### **Meals in Wheels**

Split the class into groups of 4-5. Every group gets a hoop with 5-10 Faux Foods in it. The object for each group is to end up with a healthy diet for the day. To accomplish this, one student at a time from each group will pick up a food from their own hoop that they do not want in their healthy diet. They drop it off at one of the other group's hoops, take one of that same group's healthy foods and bring it back to their own hoop. Once they return to the home hoop, the next person from their group goes.

*Variations:* You may want to change locomotor movements. You may want them to just collect foods that are a good source of protein. You may want to have them get rid of the foods that are high in saturated fat and cholesterol. You may just want to have the groups try to get foods that would make for a healthy breakfast, lunch, or dinner.

Rules:

- Each person may only take one food at a time
- No food can be thrown from one student to another
- Students are not permitted to block their own hoop
- No contact

At the end of the activity, take some time to debrief as you walk around and visit each group's hoop. Have the students look at what is left in the hoop as if it were what they ate for the day. During the debrief, see if the students can pick out what food groups are being represented at each hoop. Have the class determine which group's diet is highest in saturated fat, carbohydrates, or protein. See if each group would have enough food for the day, and make a possible connection to the Recommended Daily Allowance according to their age and level of activity.

### **Need teams? Here is a Food GROUPing Strategy:**

If you have a class of 25 students and you needed 5 groups, have 5 foods from each food group ready to go before your class comes in. Ask them all to pick up a piece of food and then find all the people that belong to the same food group.

### **Roll, Pepper, Salami**

Faux Food version of Rock, Paper, Scissors: Have the group separated into partners. All partners will get a piece of food from their side of the gym without the other person seeing what they have. Then all partners will meet in the middle of the gym facing one another (see below). Partner X and partner O will both have a piece of food hidden behind their backs. They will say "Roll, Pepper, Salami, shoot" or "1,2,3 shoot" and show their food. If their food is from the same food group, the two partners give each other a "high five" and then each run one shuttle. The partners will then return to their side and pick out a new type of food and repeat the process. If they shoot and the two foods are different, then the students will do 2 push-ups and then skip 1 shuttle. Make sure that the

students do their shuttles in a straight line so that they do not have any collisions.

**x shuttles to this line**

**X X X X X X X X X X X**

**O O O O O O O O O O O**

**o shuttles to this line**

### **My Pyramid Warm-Up**

This activity must be set up before the class arrives. Get 5 or 6 foods from each food group and hide them under dome cones or regular cones in the middle of the gym. You may want to put a little piece of tape over the holes so your students cannot peak. Separate the class into 5 groups (6 if you want to include fats and sweets). Let each group know what kind of foods they will be looking for. One group will be looking for fruits, one will look for vegetables, one will look for dairy products, etc. Each group will line up behind a poly spot on the perimeter of the gym. The first person in each group will travel in a specified movement and turn over one cone. If the food is theirs, they bring it back to their group and the next person goes. If the food is not theirs, they replace the cone, do 3 jumping jacks and then return to their group so the next person can go. If they find an empty cone, have them replace the cone, do 5 ski jumps, and return to their group. The activity is over when all of the groups have retrieved all of their foods. Upbeat music is a great motivator for this activity.

### **Health Activities**

#### **Food Commercials**

Give each group a piece of food. Have them make a commercial telling what the product is made of. Have the commercial tell why people may want to eat the product or why they may only want to eat it sparingly. Have the students make a jingle, rap, song, poem, billboard, pamphlet, newspaper article, flyer, or public service announcement.

#### **Hot Potato...and Carrots...and Watermelon...and...**

Set up a pyramid somewhere in the classroom. Have the class standing in a circle. When the music starts, have the group pass a piece of food around the circle. When the music stops, the student left holding the piece of food must take it to the pyramid and put it in the proper food group.

*Variations:* Add multiple pieces of food to maximize the time on the task for your students. Set this up in the gym and have the students use different locomotor movements to travel to the pyramid.

**“What do you know?” handshake**

Get a paper bag ready for each student in your class. Put one piece of food in the bag. After looking at the food, the students then get up and shake hands with someone else in the class. Then, they each show each other their food. They must share what their food is and what food group it belongs to. Then they move to someone new.

*Variations:* Have them trade foods with each person they shake hands with.

**Integration Ideas**

Art: Have students use Faux Foods as models/visuals for a school wide healthy foods poster campaign.

Language Arts: Give individuals or groups an assortment of Faux Food. Have them write a recipe that would include all the foods given to them. Have them write a nutrition pamphlet on a given food.

Math: Have students work on categorizing/grouping the foods. Get the students to figure out how long it would take to burn off certain foods. Have them practice using money by buying/selling the foods in a town market setting.

Music: Give a student or group a piece of food and have them make up a song or rap about the food or the group it belongs to. Have them make a connection between their food and living a healthy lifestyle in their song or rap.

Science/Health: Use the foods to spark a discussion on the digestive, muscular, circulatory, or nervous system. Use the food to start discussions about advertising of foods, peer influence, decision making, dieting, and eating disorders.

Social Studies: Use the multicultural set to spark a discussion on different countries. Give your students a piece of food and have them research the country of origin and some facts about the country. Have your class make a multicultural dish.

Technology: Give students a piece of food and have them research it on the internet. Have the students do a PowerPoint presentation on their research.

**How Does Faux Food Relate to Current Educational Thinking?**

Faux Foods can be a unique way to implement the following National Health Education Standards:

- Students will comprehend concepts related to health promotion and disease prevention.
- Students will demonstrate the ability to access valid health information and health-promoting products and services.
- Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

The National Health Education Standards were created to help students achieve the education goals set in America 2000: An Educational Strategy, and the health goal in Healthy People 2000: National Health Promotion and Disease Prevention Objectives. The National Health Standards are recognized by AHPERD and the American Cancer Society.

“85% of school-aged children are natural kinesthetic learners. Bringing learners into a three dimensional format increases retention and retrieval of learning.” Jean Blaydes Madigan, Neurokinesiologist, Educational Consultant.

Whether you teach in a gym or a classroom, Faux Foods will help you facilitate your nutrition lessons in the “hands on” style essential for today’s student.

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