



## Good Fat Versus Bad Fat



### PHYSICAL ACTIVITIES FOR THE CLASSROOM

#### Fat Snatchers

The object of the game is to have students remove fat (fluff balls) from their home base and replace it with lean muscle (bean bags.)

To play:

- Arrange 4 hula hoops into a large square (ex: 4 corners of classroom)
- Place 5 fat (fluff balls) and 5 lean muscle (bean bags) in each hoop.
- Divide class into 4 fat fighting groups, one behind each hoop.
- Students carry fat from their home base to other hoops and pick up lean muscle to return to their home base. They can only carry one at a time and place it in another hoop. No throwing or tossing. The goal is to have as many lean muscles (bean bags) and as few fats (fluff balls) as possible in the specified time period.
- Make sure games are short; start with students walking. Students cannot defend their hoop.

(adapted from SPARK lesson 7, unit Aerobic Games)

#### Get Rid of the Fat

The object of the game is to have the least amount of fat in your kitchen. Each side will clean their kitchen of fat (fluff balls) by throwing fluff balls over to the other side.

To play:

- Divide area in half with cones or use existing lines.
- Divide students into 2 groups.
- Give each group half of the fat (fluff balls.)
- On START cue, throw the fat on your side over to the other side as fast as you can.
- Each student can only throw 1 ball at a time.
- On STOP cue, count the amount of fat (fluff balls) on each side.

The winner is the team with the least amount of fat!

(adapted from SPARK lesson 1, unit Great Games)



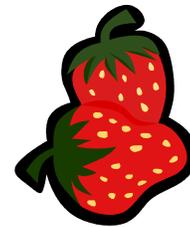
## Good Versus Bad Fat

### NUTRITION ACTIVITY FOR THE CLASSROOM

Get rid of the bad fat in the classroom by omitting unhealthy foods, such as cookies, cupcakes and candy, during classroom parties. Offer parents the opportunity to bring in healthy foods for their children to make in class. This recipe could be used for Valentine's Day.

#### Fruit and Yogurt Parfaits

Amounts based on 25 students



25 small clear cups

4 to 5 bags of 16-oz. fresh or frozen unsweetened berries (thawed)

2 to 3 containers of 32-oz. fat free vanilla and/or strawberry yogurt

32-oz. low fat granola

Use small spoons for serving. Have students layer berries, yogurt, and granola in each cup. Repeat layers if desired. Pay attention to portions, encourage children to take small portions.

*Ingredients can be split up by students. Send a letter home specifying what and how much each child should bring.*

