

# Healthy Snack Tag

Healthy snack tag is a game that was created for a fitness and nutrition unit. It is a game that is geared toward teaching students about healthy lifestyles and healthy eating habits. It also promotes sharing and caring in a physical education environment.

## **ORGANIZATION:**

Give six students healthy snacks that the class will share. (You can use foam shapes and have the students use their imagination, or use rubber or plastic fruits and vegetables). After passing out the snacks, ask students to name their snacks. The students who have these snacks are “healthy snackers”. Give pennies to four students and name these students the “junk food junkies”. Ask the class to give you examples of what they think the Junk food Junkies like to eat. This often spurs interesting dialogue for that ‘teachable moment’.

## **HOW TO PLAY:**

Healthy Snackers cannot be tagged by Junk Food Junkies. Junk Food Junkies can only tag students who do not have healthy snacks. When students are tagged by a Junk Food Junkie, they do not have the energy to keep playing the game and must do “sugar jumps” at the spot where they were tagged.

If a Healthy Snacker sees a player who is doing sugar jumps, he/she can give them their healthy snack, and the energy from that healthy snack allows that player to re-enter the game. That player is now a Healthy Snacker and cannot be tagged until they give their snack to another player who is in need of a healthy snack.