Electronic Games and Movement Games

FoodFat Attack™

Battle the obesity epidemic with these fun, fast-paced activities that promote good nutrition and fitness to the entire class!

**Objective**
To have the fewest number of balls (“fat cells”) in your vest at the end of the round.

**Equipment**
(check your Gopher catalog or call for current pricing)
58-051 FoodFat Attack™ Activity Set

**Pre-Game Discussion**
1. Discuss nutrition labels on foods, particularly serving size, calories, and grams of fat. Using the foods shown on the FoodFat Attack pinnies, ask students to estimate how much one serving of that food is, how many calories are in each serving, and how many grams of fat are in each serving. Point out that individual bags of chips and individual packs of cookies often have three servings, thereby tripling the number of calories and fat.
2. Discuss the goal of balancing calories consumed versus calories burned. Talk about the consequences of being out of balance, such as filling up fat cells or not having enough stored energy when needed.
3. Emphasize the safety rules for playing tag-type games: keep your head up, watch where you are going at all times, and only touch players to tag them, never pushing or striking.

**Set-Up**
1. Scatter the plastic balls evenly around the perimeter of the gym between the wall and the basketball court boundary lines. (If playing outside, use cones to mark the playing area and place the balls outside the cones.)
2. Choose 3 players to taggers. Have each tagger select a FoodFat Attack pinnie to wear.
3. Instruct the rest of the players to put on a blue vest (Medium or Large) and to spread out within the playing area.

**Rules**
1. Players must put a yellow ball in their vest each time they are tagged.
2. A tagger cannot tag the same person twice in a row. Taggers must tag another player before tagging the previous player again.
3. Players are only safe from being tagged when they are outside the boundary lines.
4. Players are allowed to go outside the boundary lines when they have been tagged and are picking up a ball. Players must return to the playing area immediately after placing the ball in their vest.
5. Players going outside the boundary lines in order to avoid a tag must pick up a ball and place it in their vest.
6. Taggers must say the name of the food item shown on the pinnie they are wearing each time they tag a player.
7. All players who have filled their fat cells (have yellow balls in their vests) must go outside the boundary lines and perform a designated exercise. One they have completed the exercise, they “lose the fat” and drop the balls out of their vests. The next round cannot begin until players have retrieved any balls that have rolled into the playing area and placed them outside the boundary lines.

**Grades K-12.** Players wearing the “unhealthy” FoodFat Attack™ pinnies (French fries, brownies, etc.) try to tag the players wearing the “healthy” blue vests. Each time players are tagged, they pick up a “fat cell” (yellow ball) and place it inside their vest. As the balls accumulate, players can “lose the fat” by doing exercises. Teaches up to 24 students about healthy eating choices, nutrition concepts, and the benefits of exercise. Set includes 9 FoodFat Attack™ pinnies, 36 blue vests (18 med/18 lg), 200 roto-molded balls (3¼” dia), an XL VersaBag™ mesh storage bag, a nylon storage bag with wheels, and complete instructions.
**Directions**

1. Announce the exercise that all tagged players will perform at the end of the round.
2. On a start signal, the taggers try to tag as many players wearing vests as they can. The players wearing vests try to avoid being tagged.
3. Play continues until the stop signal and most or all of the balls have been picked up and put into vests. If the taggers are getting too tired, add more taggers or use cones to reduce the size of the playing area.
4. At the end of the round all tagged players perform the designated exercise. NOTE: Emphasize to the students that actually burning off fat grams requires a great deal more exercise than they are able to do in one class period.
5. Select new taggers and announce a new exercise for each round.

**Option**

- Players are allowed to go outside the designated boundary lines at any time during the round in order to perform a designated exercise. Completion of this exercise allows the player to remove one ball from his or vest and immediately reenter the game.