

Healthier Options Twister

Outcomes:

- Increase fiber
- Decrease sugar
- Increase a variety of fruits, vegetables and protein
- Increase physical activity

Theme:

Healthy Celebrations

Handout:

Healthy Celebrations

Recipe:

Delicious Baked Apple

Estimated Time:

10—15 Minutes

Materials:

One or Two Twister Boards • Spinners

Before You Begin

Prepare laminated pictures of popular, unhealthy food options typically served at parties.

Lesson Objective

- Discuss healthier options to some common, popular unhealthy foods served at celebrations and parties.

Ask: Why is it important to eat healthy foods even at celebrations and parties?

- Point out key features of MyPlate (half the plate is fruits and vegetables, a quarter grains, and a quarter protein, etc), emphasizing that MyPlate helps guide us in making healthy food choices even for celebrations and parties.
- Point out that foods at celebrations can be loaded with added sugar (e.g. drinks, cookies, cakes, ice cream, and candies) and healthy substitutions can be made to reduce the amount of sugar we eat (e.g. fizzy drinks, fruit and vegetable kebabs, etc).

How to play:

1. Have the twister board spread out in a large open area. If enough kids want to participate, have two twister boards, two games can be going on at the same time. There can be three to four players per twister board.
2. The leader of the game will spin the spinner and call out the move to be made. All players will move at the same time to place the appropriate foot/hand on the corresponding picture. The spinner contains only categories for dessert, snack, beverage, or activity—the leader of the game must attach “healthy” or “unhealthy” to each of these categories when calling out directions.
3. Few basic rules of the game:
 - Each player must try to place the called-out body part on a vacant circle of the called-out picture. For [example, if the referee calls out "Right hand, healthy dessert," each player must try to place a right hand on any vacant healthy dessert picture.
 - If your called-out hand or foot is already on a circle of the called-out picture, you must try to move it to another circle of the same picture.
 - There can never be more than one hand or foot on any one circle. If two or more players reach for the same circle, the leader must decide which player got there first. The other player(s) must find another vacant circle of the same picture.
 - Never remove your hand or foot from a circle unless you're directed to by the referee after a spin. Exception: You may lift a hand or foot to allow another hand or foot to pass by, as long as you announce it to the referee beforehand, and replace it on its circle immediately afterward.
 - If all circles of a corresponding picture are already covered, the referee must spin again until a different picture can be called out.
4. Elimination Rules: Any player who falls, or touches the mat with an elbow or knee, is immediately out of the game. (If you feel that a new position is impossible, or will cause you to fall, you may eliminate yourself.)