**Lesson:** Sugars vs. Fruits/ Vegetables

**Grade:** 1st Grade

**Activity:** Snack Tag

**Time:** 10-15 minutes

**Oregon Standards:**

PE.1.1.1. Hops and gallops using a mature pattern.

PE.3.1.4. Differentiates between healthy and unhealthy food

**Materials Needed:**

Three Red Fleece Balls (Sugar)

Three Green Fleece Balls (Fruits/ Vegetables)

**Pre-Existing Knowledge:**

Students will have recently learned about Sugary Foods and Carbohydrates and how they can make us sick if we have too much. This includes obesity, type 2 diabetes, and heart disease. The key here is too much. So, to avoid having “too much,” students should choose other types of foods like fruits and vegetables. Besides choosing the healthier options, students should have many different kinds (variety). Students will have access to a list of sugars/ carbohydrates and also fruits/ vegetables for reference.

**Description:**

- Sugar Taggers (Each holding a red fleece ball): These students will try and tag students with the sugar ball (red fleece), which will slow them down. If tagged, students will perform a physical activity (directed by teacher or free choice) until saved.

- Fruit and Vegetable Savers (each holding a green fleece ball): These students will look for students stuck doing an exercise. Students will give their fleece ball to a student doing exercises. When giving them the ball, the student giving the ball away will say a fruit or vegetable. Once the fleece ball has been passed to the student who was doing the exercise, both students are free to move again.

**Rules:**

1. Students must use safe tags
2. Sugar taggers may not tag someone with a green fleece ball or someone already doing exercises.
3. No “puppy guarding”
4. Change taggers after 30-90seconds.
5. Students will move by galloping only in this game (other locomotor movements may be used depending on grade).

**Resources:**

This lesson has been adapted to reflect the research on sugars and carbohydrates in Go Wild, chapter on food, by John Ratey and Richard Manning.