

# Thumbs Up! Game

## Who's NOT Been Eating Healthy Food? outdoor game

*(Similar rules as "What's the Time Mr Wolf?")*

*All students start the game, standing right in front of the teacher*

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**Children chant:** "Who's NOT been eating healthy food?"

**Teacher answers:** "Anyone who drank soft drink this week"

Anyone who complies with the statement takes a step backwards.

**Children chant:** "Who's NOT been eating healthy food?"

**Teacher answers:** "Anyone who had a packet of chips this week"

Repeat chant and teacher answers each time using a "Sometimes" food item from the food groups.

The last person to reach the other end is the winner.

Swap roles, the winner stands out the front. The teacher may need to assist the student to think of items from the "Sometimes" food group.

Play a number of times to ensure the students are grasping the concept of "Sometimes" foods.

Explain to the children that our choice of foods can affect if we are healthy or go backwards in our health because we are not feeding our body the correct mix of foods.

**WE NEED TO LOOK AFTER OUR BODY** is the key message.



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