



Educator guide: Who wants to be healthy? game

Recommended for grades:

2nd grade

Time:

6 minutes

Prerequisites:

In order for students to be successful in the game, they would benefit from participating in the following lessons:

- Activity pyramid lesson
- MyPlate lesson
- Restaurants lesson
- Sugar lesson

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. State the recommended amount of daily physical activity for children.
2. Demonstrate the ability to select healthier foods and drinks from a fast food menu.
3. Name one aerobic activity.

Activity description:

In this game students are a contestant on a game show where they need to answer questions about nutrition and physical activity. They need to make it through all five rounds of questions to win the game!



Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Who wants to be healthy? game. You may choose to use this list in any way that fits your needs.

- Aerobic activity– a type of physical activity, such as running, swimming, soccer or bike riding, during which you use your whole body, which causes you to breathe heavier and makes your heart beat faster
- Every day activity – a type of physical activity, such as walking the dog, helping around the house or taking the stairs, that you can do every day to stay healthy
- Go foods – foods that you can eat almost any time because they are good for you
- Nutrition facts label – the label on most foods that has information about what nutrients the food contains
- Physical activity – an activity that makes your body move a lot
- Pulse – the feeling of your heart beating, which you can find by lightly pressing your fingertips on the side of your neck below your ear, or on the inside of your wrist below your thumb
- Sedentary activity – a type of activity, such as watching TV, playing video games and talking on the phone, during which your body doesn't move very much
- Serving size – the amount of food that is considered one serving, which can be found on the nutrition facts label
- Slow foods – foods that have some sugar or fat, which you should eat no more than a few times per week
- Strength and flexibility activity – a type of physical activity, such as martial arts, stretching, push-ups and sit-ups, that makes your muscles strong and your body able to stretch more
- Variety – eating different kinds of foods from each food group every day
- Vegetable – one of the food groups on MyPlate, which includes things like lettuce, broccoli and carrots
- Whoa foods – foods that you shouldn't eat very often because they are not very good for you

Transcript

Instructions

It's time to play Who wants to be healthy?! This is Maxorine Morloonie. She's going to ask you questions about eating healthy food and doing the right activities. Maxorine Morloonie is an alien from the Planet Zorg, but the Zorgians are really friendly aliens. They're also super smart. Maxorine Morloonie's dream is to live on planet Earth and become a teacher!

For every question you get right, you win stars! If you get a question wrong you'll have to start the game over. If you answer all the questions right, you'll win one million stars that will show everyone you are really healthy!

Since Maxorine Morloonie is really smart, some of the questions she asks are hard. But you can ask for help.

You'll see buttons called ask a friend and take two. Click ask a friend to see what one of your friends thinks the answer is. Click take two to take two wrong answers away and make it easier for you to guess which answer left is correct. You can only use each help button once a game though, so think carefully before using the help buttons. Ready to play? Click go to start.

Questions

Game questions will appear randomly within each point category.

This question is for 100 stars:

How many hours of physical activity should you get every day?

- a. Zero (Not quite. You should get at least one hour of physical activity each day.)
- b. **One** (That's right! You should get at least one hour of physical activity a day. You win one hundred stars! Click next to continue.)
- c. Two (Not quite. You should get at least one hour of physical activity each day.)
- d. Three (Not quite. You should get at least one hour of physical activity each day.)



Carrots and celery are part of what food group?

- a. Fruits (Oops. Carrots and celery are part of the vegetables food group.)
- b. Meat and Beans (Oops. Carrots and celery are part of the vegetables food group.)
- c. Oils (Oops. Carrots and celery are part of the vegetables food group.)
- d. **Vegetables** (You got it! Carrots and celery are part of the vegetables food group. You win one hundred stars! Click next to continue.)

What is a go food?

- a. A food with lots of sugar and fat (Uh oh! That's not right. You can eat go foods at any time.)
- b. A food with some sugar and fat (Uh oh! That's not right. You can eat go foods at any time.)
- c. **A food you can eat at any time** (Way to go! A Go Food is a food you can eat at any time. You win one hundred stars! Click next to continue.)
- d. A food you can eat in a race car (Uh oh! That's not right. You can eat go foods at any time.)

This question is for 1000 stars:

Which of these activities is sedentary?

- a. Walking a dog (Not exactly. That is a physical activity that gets your body moving.)
- b. Playing sports like football or soccer (Not exactly. That is a physical activity that gets your body moving.)
- c. **Playing computer games** (Nice job! Playing on the computer doesn't get your body moving so that is a sedentary activity. Click next to continue.)
- d. Playing outside (Not exactly. That is a physical activity that gets your body moving.)



Complete this sentence for 1000 stars. Playing, running and jumping are examples of:

- a. Planet names (You almost got it. These are examples of physical activities.)
- b. Nutrition facts (You almost got it. These are examples of physical activities.)
- c. **Physical activities** (Right on! Playing, running, and jumping are all physical activities. You win one thousand stars! Click next to continue.)
- d. Sedentary activities (You almost got it. These are examples of physical activities.)

Where is one place you can find your pulse?

- a. On your elbow (That's not it. You can find your pulse on your neck, just below your jaw bone.)
- b. On your nose (That's not it. You can find your pulse on your neck, just below your jaw bone.)
- c. On your knee (That's not it. You can find your pulse on your neck, just below your jaw bone.)
- d. **On your neck** (Awesome! You can find your pulse on your neck, just below your jaw bone. You win one thousand stars! Click next to continue.)

This question is for 10,000 stars:

Which of these is the healthiest restaurant choice?

- a. Chicken nuggets (Oops. The healthiest option would be the grilled chicken sandwich.)
- b. **Grilled chicken sandwich** (Good job! A grilled chicken sandwich is the healthiest restaurant choice listed here. You win ten thousand stars! Click next to continue.)
- c. French fries (Oops. The healthiest option would be the grilled chicken sandwich.)
- d. Donut burger (Oops. The healthiest option would be the grilled chicken sandwich.)



Which of these is another name for sugar?

- a. **High fructose corn syrup** (Outstanding! High fructose corn syrup is another name for sugar added to some foods and drinks. You win ten thousand stars! Click Next to continue.)
- b. Fat (You didn't quite get it. High fructose corn syrup is another name for sugar added to some foods and drinks.)
- c. Calories (You didn't quite get it. High fructose corn syrup is another name for sugar added to some foods and drinks.)
- d. Oils (You didn't quite get it. High fructose corn syrup is another name for sugar added to some foods and drinks.)

What does variety mean?

- a. Eating only fruits and vegetables (Not quite. Variety means eating different foods from each of the food groups every day.)
- b. Exercising all day long (Not quite. Variety means eating different foods from each of the food groups every day.)
- c. **Eating foods from all the food groups every day** (Great work! Variety means eating different foods from each of the food groups every day. You win ten thousand stars. Click next to continue.)
- d. Only eating white foods (Not quite. Variety means eating different foods from each of the food groups every day.)

This question is for 100,000 stars:

Which of these is the healthiest drink choice?

- a. Fruit juice (Not quite. Out of these choices, water is the healthiest drink choice.)
- b. Sports drink (Not quite. Out of these choices, water is the healthiest drink choice.)
- c. Salad dressing (Not quite. Out of these choices, water is the healthiest drink choice.)
- d. **Water** (You're really smart! Out of these choices, water is the healthiest drink choice. You win one hundred thousand stars! Click next to continue.)



A food you can have several times a week is:

- a. A go food (Well, not quite. A food you can have several times a week is a slow food.)
- b. A whoa food (Well, not quite. A food you can have several times a week is a slow food.)
- c. **A slow food** (Excellent job! A food you can have several times a week is a slow food. You win one hundred thousand stars! Click next to continue.)
- d. Fried cactus (Well, not quite. A food you can have several times a week is a slow food.)

What should you do if you don't like breakfast foods?

- a. Skip breakfast. (Sorry. If you don't like traditional breakfast foods, try eating other foods you like for breakfast.)
- b. Make up a song about pancakes. (Sorry. If you don't like traditional breakfast foods, try eating other foods you like for breakfast.)
- c. **Eat foods you like for breakfast.** (Fantastic! If you don't like breakfast foods, you should eat foods you do like for breakfast. You win one hundred thousand stars! Click next to continue.)
- d. Eat breakfast later. (Sorry. If you don't like traditional breakfast foods, try eating other foods you like for breakfast.)

For the grand prize of 1,000,000 stars, answer this question:

Where can you find how much a serving size is?

- a. On your family calendar at home (Oops. You missed. You can find how much a serving size is on the nutrition facts label.)
- b. **On the nutrition facts label** (Congratulations, you're the champion! You can find how much a serving size is on the nutrition facts label. You just won a million stars, and you're one of the healthiest people around! Way to go! Click next to continue.)
- c. At the dentist's office (Oops. You missed. You can find how much a serving size is on the nutrition facts label.)
- d. In the car (Oops. You missed. You can find how much a serving size is on the nutrition facts label.)



According to the activity pyramid, what kind of physical activity is swimming?

- a. **Aerobic** (Congratulations, you're the champion! Swimming is an aerobic activity. You just won a million stars, and you're one of the healthiest people around! Way to go! Click next to continue.)
- b. Strength and flexibility (That's not right. Swimming is an aerobic activity.)
- c. Every day (That's not right. Swimming is an aerobic activity.)
- d. Sedentary (That's not right. Swimming is an aerobic activity.)

Win

You win! You got a million stars, and you're the healthiest player in space! Do you think you can do it again with some different questions? If so, click the play again button. If not, move on to the next activity or wait for instructions from your teacher.

Lose

You didn't win enough stars to be the healthiest player, but you can try again by clicking the play again button. If you try again, you'll get to answer some different questions. Go for a million stars this time! If you don't want to try again, move on to the next activity or wait for instructions from your teacher.



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