

Innovative Health Ideas

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Food Groups

Old Maid-Classroom activity;

Take a deck of cards and glue pictures of different food groups and foods onto the card. Make sure that there is one food per food group and multiple foods in the deck. Create a 1 Fats card in the deck.

Game Play: Distribute the cards evenly to a group of 4-5 students. The dealer starts by picking one card from the student to the left of them. If the student makes a match (e.a. apple/ fruit group) they place the match down face up. Game continues with each student picking a card from the player to the left of them one at a time. When a students has no more cards, they win but the game continues until one student is left with the Fats card.

Food Group Tag-Gymnasium Activity

Equipment: Colored Pinnies, 5 tag sticks color blue, green, orange, red, purple

Game Set Up: Assign 2 students to be taggers and they will wear the pinnies. Assign 5 students to be the unfreezers, they will have the colored tag sticks.

Game Play: The students with the pinnies will freeze the non food group students. The students with the food group sticks will assist a frozen friend by asking them to name two foods from the food group they are representing (e.a. green stick-name two vegetables) Once the student names the two foods, they now become the helpers.

Disease Prevention

Disease Sort-Classroom Activity

Objective: to have students sort different diseases into one of two categories, virus or bacteria and to name the different parts of the immune system.

Early Activity: Discuss what the immune system does and what diseases are caused by bacteria and viruses.

Set up: Create cards with the following words on them along with the definitions on the back. All the words except the ones with a * will be one color and the ones with a * will be a separate color.

Vaccine	Villi
Good Bacteria	Antibodies
Skin	Bronchi
White Blood Cells	Stomach Acid
Antibiotic	Diphtheria
Whooping Cough	Chicken Pox
Measles	Influenza
Mumps	Tetanus
Rubella	Virus*
Bacteria*	Immune System*

Game Play: Have the students with Virus, Bacteria, and Immune System stand in different corners of the room. The other students will each be given a definition word and have to go to where they think their word would go. Students may help each other. At the end of the activity, have the students trade words and do the activity again.

Immune System Tag-Gymnasium Activity

Equipment: 3 different colored pinnies

Game Set Up: Assign one color pinnie to 3 different students. The three colored pinnies represent Bacteria, Virus and Immune System.

Game Play: The Virus and Bacteria pinnied students try to tag students without a pinnie. If a student gets tagged, they are now sick. They stand with their hand on their forehead to indicate they are sick. When the immune system pinnied student sees a sick student, they unfreeze them by tagging them.

Game variation: Add more illness to make the immune system job more difficult. Add immune system helpers (medicine, vaccine, antibiotics) to help the immune system.

Class Discussion: Ask the immune system why their job was difficult? Was the game easier or more difficult when we only had two illnesses?