

# FUEL FORWARD GAME



## DIRECTIONS

- 1 Pass out one Fuel Forward Activity Card to each student.
- 2 Explain that you're going to talk about two types of foods: "Fuel Foods" and "Treat Foods". Explain that all foods give us energy. We need this energy so our brains can think, our lungs can breathe, our heart can beat, and our muscles can move.
- 3 **Fuel Foods** (and drinks) give us energy, but they also give us other things our bodies need to be healthy and strong. Fuel Foods give us vitamins, minerals, protein, healthy fats, fiber, and water, and these things are extremely important for our bodies. We need them every day to grow strong.
- 4 Ask if anyone thinks they have a Fuel Food card. If so, what benefits does their food provide? Youth should see the benefits on their card (e.g. vitamins & minerals, protein, etc.) Let students share their cards until you've covered all five benefits (see below). Treat Food cards will be addressed later.
  - Vitamins & Minerals boost our immune system so that our bodies can fight off colds, make sure our bodies grow and develop the way it should, and help all our organs do their jobs.
  - Protein is needed by our bodies to keep our organs working properly and to build strong muscles.
  - Fiber helps to keep our stomachs and the rest of our digestive system healthy. The digestive system is the part of the body that processes the food we eat. Fiber also helps us feel full and gives us long-lasting energy.
  - Healthy Fats protect our hearts and keep them strong so they can beat and pump our blood.
- 5 Ask if anyone can guess something that you need to drink every day to stay healthy.
  - Water is vital to our health! We need water to make sure all of the vitamins, minerals, and other nutrients we get from eating Grow Foods can get to the different parts of our bodies. If we don't drink enough water, we can become dehydrated, making us tired and weak. Most Fuel Foods, especially fruits and vegetables, contain water. So, when we eat these foods we help our bodies stay hydrated!
- 6 **Treat Foods** (and drinks) also give us energy, but they don't give our bodies any of the other benefits (vitamins, minerals, protein, fiber, etc.) that we get from Fuel Foods. So, they don't give us the nutrients we need to grow in a healthy way. Since we can only eat so much food in a day, the more Treat Foods we eat, the less likely we are to eat enough Fuel Foods. This means our bodies will miss out on the things it needs to grow strong and stay healthy.
- 7 Ask if anyone has a Treat Food card. What is it?

- 8 Now prepare the group to play the Fuel Forward game. The goal of the game is to play Activity Cards that allow you to take steps and move forward. An Activity Card lets you take a step when it's a food that helps you grow healthy (Fuel Food). Teams that complete 10 steps win! Two teams get 12 cards each (or 1 page), some cards will be Fuel Foods and some will be Treat Foods. Each card lists the different benefits that the food contains. For each benefit, players will act out the corresponding action. Some cards have more than one benefit, so players get to do all the actions on the card. Read the actions aloud and have kids practice what to do for each one.

## ACTIVITY CARDS: BENEFITS & ACTIONS

**VITAMINS & MINERALS:** Hop on one foot for 10 seconds, then take 1 step

**FIBER:** Do 10 jumping jacks, then take 1 step

**PROTEIN:** Do a squat, then take 1 step

**HEALTHY FATS:** Stomp your feet twice, then take 1 step

**WATER:** Pretend to swim for 10 seconds, then take 1 step

**ENERGY:** Run in place for 10 seconds, but DON'T take any steps

- 9 How to play the Fuel Forward game:

- Divide the youth into two teams.
- Distribute 12 cards to each team. Have teams start at the same time by drawing a card to play from the top of the deck.
  - For younger players, keep the cards and read them aloud, alternating one for each team.
- All players on the team do the actions on the card to move forward.
- Teams continue to draw cards at the same time until one team has taken 10 steps forward. If neither team reaches 10 steps in the first round, shuffle and redistribute the cards.

# ACTIVITY CARDS

## WATER



**WATER**  
SWIM +1 step



## BEANS



**ENERGY**  
RUN IN PLACE for 10 seconds  
**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step  
**FIBER**  
DO 10 JUMPING JACKS +1 step  
**PROTEIN**  
DO A SQUAT +1 step

## DONUTS



**ENERGY**  
RUN IN PLACE for 10 seconds

## BROCCOLI



**ENERGY**  
RUN IN PLACE for 10 seconds  
**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step  
**FIBER**  
DO 10 JUMPING JACKS +1 step  
**WATER**  
SWIM +1 step

## CANDY



**ENERGY**  
RUN IN PLACE for 10 seconds

## STRAWBERRIES



**ENERGY**  
RUN IN PLACE for 10 seconds  
**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step  
**FIBER**  
DO 10 JUMPING JACKS +1 step  
**WATER**  
SWIM +1 step

## FRUIT DRINK



**ENERGY**  
RUN IN PLACE for 10 seconds

## MILK



**ENERGY**  
RUN IN PLACE for 10 seconds  
**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step  
**PROTEIN**  
DO A SQUAT +1 step  
**WATER**  
SWIM +1 step

## COOKIES



**ENERGY**  
RUN IN PLACE for 10 seconds

## CUCUMBERS



**ENERGY**  
RUN IN PLACE for 10 seconds  
**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step  
**FIBER**  
DO 10 JUMPING JACKS +1 step  
**WATER**  
SWIM +1 step

## TUNA



**ENERGY**  
RUN IN PLACE for 10 seconds  
**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step  
**PROTEIN**  
DO A SQUAT +1 step  
**HEALTHY FATS**  
STOMP +1 step

## SPINACH



**ENERGY**  
RUN IN PLACE for 10 seconds  
**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step  
**FIBER**  
DO 10 JUMPING JACKS +1 step  
**WATER**  
SWIM +1 step



# ACTIVITY CARDS

## CUPCAKES



**ENERGY**  
RUN IN PLACE for 10 seconds



## APPLES



**ENERGY**  
RUN IN PLACE for 10 seconds

**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step

**FIBER**  
DO 10 JUMPING JACKS +1 step

**WATER**  
SWIM +1 step

## SPORTS DRINK



**ENERGY**  
RUN IN PLACE for 10 seconds

## WHOLE WHEAT BREAD



**ENERGY**  
RUN IN PLACE for 10 seconds

**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step

**FIBER**  
DO 10 JUMPING JACKS +1 step

## YOGURT



**ENERGY**  
RUN IN PLACE for 10 seconds

**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step

**PROTEIN**  
DO A SQUAT +1 step

## CARROTS



**ENERGY**  
RUN IN PLACE for 10 seconds

**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step

**FIBER**  
DO 10 JUMPING JACKS +1 step

**WATER**  
SWIM +1 step

## CHOCOLATE GRANOLA BAR



**ENERGY**  
RUN IN PLACE for 10 seconds

## NUTS



**ENERGY**  
RUN IN PLACE for 10 seconds

**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step

**PROTEIN**  
DO A SQUAT +1 step

**HEALTHY FATS**  
STOMP +1 step

## BANANAS



**ENERGY**  
RUN IN PLACE for 10 seconds

**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step

**FIBER**  
DO 10 JUMPING JACKS +1 step

**WATER**  
SWIM +1 step

## AVOCADOS



**ENERGY**  
RUN IN PLACE for 10 seconds

**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step

**FIBER**  
DO 10 JUMPING JACKS +1 step

**HEALTHY FATS**  
STOMP +1 step

## SODA



**ENERGY**  
RUN IN PLACE for 10 seconds

## MANDARIN ORANGES



**ENERGY**  
RUN IN PLACE for 10 seconds

**VITAMINS & MINERALS**  
HOP ON ONE FOOT +1 step

**FIBER**  
DO 10 JUMPING JACKS +1 step

**WATER**  
SWIM +1 step

