



# Empty Calories



## Equipment Needed:

- ✓ 6 cones or poly spots
- ✓ Plenty of space

**TIP:** *Don't have the items needed to play? Use plastic cups, toys, or shoes to mark your play area instead.*

## Get Ready!

This game is similar to the game of tag!

**Create** an activity area using the cones or poly spots. Then, **create** a second, smaller activity area that will be the "doctor's office."

**Decide** which players (1 or 2) will be the chasers. The chasers are the "empty calories." Empty calories are calories derived from food that contain no nutrients.

**TIP:** The more players involved in the game, the better! Invite your neighbors over to play.

## Instructions:

1. The goal of the game is for the chaser(s) to tag as many people as they can!
2. Begin the game by having the "empty calories" (chasers) chase the other players around the activity area.
3. The first time you are tagged by a chaser, put one hand on your stomach while you are running.
4. The second time you are tagged, you must put two hands on your stomach and keep moving.
5. The third time you are tagged, you must run to the "doctor's office."
6. Since you've had too many empty calories, the doctor's office prescribes you 10 jumping jacks and asks you to name a healthy food in order to return to the activity area.

## Family Talking Points:

*Discuss together and write or draw your answers in the space provided.*

1. What are some foods you can think of that have empty calories?
  
  
  
  
  
  
  
  
  
  
2. Easy snacks often contain empty calories, but not always! What are some healthy snacks that will properly fuel your body?