

# Tour de Health Game Instructions

## Purpose of the Game

In this game, students respond to questions relating to the eight healthy living messages covered throughout *Eat Well & Keep Moving*. You may add new questions as new concepts are introduced. The game may also serve as a means of reinforcing previously taught information.

## Materials

- Game cards for each group (to be printed from cards provided)
- Game scorecard
- Answer Cube (optional)

## Setting Up the Game

The general game questions are worth 1 point, 2 points, or 3 points. Print the cards on Game Sheet 32.4, and cut them up. There will be 80 questions (10 for each Principle of Healthy Living) in a deck. Shuffle the deck and place it facedown on the top of a desk or table. Keep the cards if you are playing option 2 of the game; give them to the question reader of each group if you are playing option 1.

## Playing the Game

Here are two ways to play the game:

- Option 1: Divide the class into groups of four, five, or six. Assign one person in each group to be the question reader. In this option, the members of each group compete against one another. There will be one winner from each group.
- Option 2: Divide the class into groups of four, five, or six. Read the questions to the class and have the members of each group work cooperatively to come up with an answer. In this option, the groups compete against other groups.

The reader draws one card at a time, in order from the top, and reads the category of the question (e.g., Sleep Well, Keep Moving). The reader then asks the question of the group or groups. All the questions are either multiple choice, or true or false. All the players in the group (or all the groups) use their Answer Cubes to answer the question. For example, if they think the answer is true, the side of the cube that says *True* should be up; if they think answer 1 is correct, the side of the cube that says *1* should be up. (If desired, players can use their hands to shield their answers until everyone has placed a cube.) Instead of using Answer Cubes, students can use hand signals to answer questions (thumbs-up for true, thumbs-down for false, and one, two, three, or four fingers to indicate answer 1, 2, 3, or 4).

Students who answer correctly receive 1, 2, or 3 points depending on the value of the question. These points are then entered on the scorecard in the related category column.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

For example, if 2 points are earned for answering a Keep Moving question, then 2 points are entered in the Keep Moving column.

## How to Win

- Option 1: Play can be timed (e.g., for 15 or 20 minutes), and the student with the most points at the end wins.
- Option 2: The first group to get 20 points wins.

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