

Food Tag

Overview: Children get plenty of physical activity with this fun and engaging version of tag based on food preferences.

Subject area: Physical Activity

Grade level: K-5th

Prep time: 2 minutes

Game time: 10+ minutes

Materials needed: 4 hula hoops

Space needed: Field

Staff needed: 1

Preparation steps: Set up four hula hoops in a field with enough room to run between them.

Presentation steps:

1. Designate each hoop as:
 - a. Like it
 - b. Love it
 - c. Never tried it
 - d. Don't like it
2. Choose one person to start in the center of the field as *It*. The other children are scattered around the field.
3. *It* calls out a food.
4. Children run to the hula hoop that represents how they feel about the food.
5. Then *It* tries to tag children as they run to a hoop. If someone gets tagged, that child becomes the new *It*.