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.