


Under the Cone Scavenger Hunt

General Directions:

CHOOSE HEALTH: FOOD, FUN, AND FITNESS ACTIVE GAME		LESSON 2: EAT MORE VEGETABLES AND FRUITS	
<h2>2-3 Under the Cone Scavenger Hunt</h2>			
Equipment	<ul style="list-style-type: none">• 10 cones or markers (boxes, milk cartons, etc.),• 1 set Under the Cone Activity Cards (from Games Appendix, 4 sets provided)• 1 Team Sequence Card per team (from Games Appendix)		
Set Up	<ul style="list-style-type: none">• Place 1 Under the Cone Activity Card randomly under 8 of 10 cones scattered around room• Divide children into up to 4 teams of 2-6 children		
How to Play	Say, <ul style="list-style-type: none">• Here is your Team Sequence Card. (Give one card to each team)• As a team, find the first activity on your list on a card under one of these cones and do the activity. Leave the card for the next group.• Then look under cones until you find the second activity on your list and do it. Keep looking under cones till you find and do all the activities on your Team Sequence Card <i>in order</i>. Not every cone has a card under it!• When you're done, sit as a team here. (Point out where they can sit.)		
Up the Challenge	<ul style="list-style-type: none">• Challenge teams to think of their own activity to do for bonus points.		
Source	Adapted from <i>Jump Into Food and Fitness</i> Lesson 3, Michigan State University Extension, 2006.		

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Choice Cards

Choice Cards: Print and cut apart to place under cones/item. Add your own with blank cards.

Be a couch potato	Dance to your favorite song
Shoot some hoops	Write in your journal
Listen to a favorite song	Talk to a friend
Talk to a parent or trusted adult	Pig out on ice cream
Eat a bag of chips	Guzzle an energy drink

Eat a banana or apple	Blank Card? What is your idea?
Read a favorite or inspiring book	Blank Card? What is your idea?

Activity adapted from Cornell University 'Under the Cones' Sequence Chart. CHFFF ACTIVE GAME PLAYING PIECES, (Cornell University; Food and Nutrition Education in Communities, 2018) <https://fnec.cornell.edu/for-partners/curricula/chfff/order-information/curriculum-materials/>

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Directions: Look under the cones or other markers to find five healthy choices to ‘Choose a Positive Mood’, find three ‘unhealthy choices’ and *change them to a positive choice!* Put a check in the column labeled ‘Healthy Choice’ if it is healthy, put a check in the column labeled ‘Unhealthy Choice’ if it is unhealthy. In the last column, describe how you would change it to be a healthy choice.

Team member names:

	Cone #	Healthy Choice ✓	Unhealthy Choice ✓	Positive Change
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				