

# NUTRITIONAL HANGMAN

- **Take index cards ( I had about 25).  
Write the name of a food item on it, along with the total number of fat grams and calories. Examples: Peanut Butter, Broccoli, Macaroni and Cheese, Plain Baked Potato. Include both high fat/calorie food with healthier items.  
Blank index cards are handed to each participant and they write their own name on the card.**
- **Decide how many groups you will have - then provide flip style blank page charts, or chalkboards, or large pieces of paper for each group and 1 magic marker**
- **We had 6 to a group. Place one chair facing each group (who are now sitting in a semi-circle around the chair. Place the flip chart on the chair and arrange things so that everyone can see the chart.**
- **Have a central small table where the moderator of the game can be. On this table are placed the index cards with food items, mixed up, and upside down. Vicky also had stickers here.(more about that later).**
- **The person sitting on the far left of the group is first up.  
He/She gets a card from the central table and without letting anyone see - draws one dash for each letter in the food item, leaving appropriate spaces. Underneath and to either side write the fat grams and the calories count of the food item.**
- **Each group member takes turns calling out a letter. If they guess the letter correctly then the person holding the card fills in the blank. If they don't guess correctly than the card holder begins drawing the hangman A person may try to guess what the food item is instead of calling out a letter. The first person to figure out what the item is wins that round.**
- **The winner goes to Vicky and gets a sticker to put on the index card that has their name on it. They then draw a food card from the pile and go back and begin the next round of hangman for the group.**
- **At the end of the time (we played for 30 minutes) the person in the group with the most stickers won a small prize.**

*Eden*