



Food Olympics Theme Night



This is a resource for a one off theme night with your group with lots of activities around food. There are lots of game ideas as well as some reflections and discussion starters.

Starburst Discussions

This is a great opportunity to kick off your night and welcome new young people. Pass around a bag of Starburst. Once everyone has one, ask each young person a question based on the colour of sweet they picked. Red is favourite food. Orange is if they could have lunch with anyone, who would it be. Purple is name a song you love. Green is name something you do well.

Fancy Dress

Why not ask your group to come dressed up as their favourite food?! Encourage them to make their outfit rather than buying anything and ensure your leaders participate too. Have a prize for the best dressed!

Fishing

Get two young people up to the front to participate in this activity. Have a basin half filled with water for each young person. Place a handful of sweetly fish (Haribo do Freaky Fish or Swedish Fish) into the basin. Each young person will have a spoon but they can only use the spoon while it is held by their mouth and teeth. The aim of the game is for the young person to get as many fish as possible from the basin, once they do they yell FISH and must feed the fish to their opponent. The opponent must stop their fishing, eat the fish and then continue.

So young people can only use their teeth and the spoon to fish for fishes. After catching one, both players must stop while the player feeds it to the opponent. That player must eat the fish before continuing!



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Orange Peeling

This challenge involves your youth team representative peeling an orange with one hand! They can't use any other part of their body or drop it. The quickest or most successful wins.

Donut on a String

Again having two teams, relay style. Get a bunch of ring donuts, and thread them onto a string. Young people have to take it in turns to kneel, without the use of their hands, bite the donut off the string!

Food Alphabet

Work in teams to find a food substance for each letter of the alphabet! You can give the teams a time limit or wait to see if you get a team that finishes first.

Fill The Toaster

Line up your group in two teams, like before a relay race. The aim of the game is to fill the slots of the toaster with bread. However they must throw them in from around 5 feet away. Have a loaf of bread for each team. So the first young people take a piece of bread each run up, stop short of the toaster and throw it into their side of the toaster. Ideally have a four slice with each team needing to fill the two slots of their side.



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Deal or No Deal

Why not organise a food based round of Deal or No Deal?! The idea for this is working together as a group for them to try and get the best treat for their Food Olympics snack. Try to have roughly as many boxes as young people to get them all involved, for a bigger group you could get them to be in pairs for a box. Choose one young person to run the game. Have a leader as the Banker role and a few leaders to run the game.

Find a list of 'bad foods' or just really ordinary options for snacks e.g. Digestive Biscuits or Bottle of Water. Then have your list of exciting or treat foods e.g. McDonald's, Ice Cream or a Chocolate mountain. Using the boxes, have your foods mixed up and placed inside boxes at random. Write a number on the top of the box.

When your young people arrive, have them choose a box and sit round in a circle. Use a PowerPoint slide to show all the options in a similar format to Deal or No Deal. Contact Christina if you would like some specific graphics made for your group!

Advice: try and make it as much like the game show as possible! You might want to dress up a leader like Noel Edmunds, have the music in the background or even have an audience!

The young person running the game, then chooses 3 boxes each round to eliminate. The banker can make the group mediocre options to dissuade them from playing on.

Keep playing until you have two boxes left, they can either swap or open their own box to reveal the group's prize!



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Reflections & Discussion

If you want to spend some time with your group taking about the life & ministry of Jesus to end your evening you might want to use one of the following ideas:

1. Jesus feeds five thousand - John 6:1-15

Why not read through the experience of Jesus feeding the five thousand? Ask the young people to reflect on Jesus providing for his people and what that could tell us about who God is.

2. 'I am the bread of life' – John 6:22-40, 47-52

Read through the passage and talk about the meaning of Jesus being the bread of life, through his provision and also his death and resurrection.

You might want to talk about communion and how we can understand this passage through the sacrament. Ask the young people to pray for those around the world who are hungry, that they would have food to eat but also would know Jesus & his provision.

3. 'I am the true vine' - John 15:1-17

Why not spend some time talking about how fruit grow and flourish using this passage? Ask the young people to list what fruit need to grow well and what Jesus says the meaning of being part of the vine is. Ask them to think about what that would look like for them to follow Jesus and what they might struggle with.

4. The parable of the Great Feast - Luke 14:15-24

Read through the passage and think about those who we would want to invite to a feast. Ask your young people what they think this is telling us about how we should act and who we should share the gospel with?