

NUTRITION GAME

Grade Levels: K-5



Fruits, vegetables, grains, protein foods, and dairy are part of a healthy eating style and together provide the nutrients our bodies need.

Materials

- Index Cards
- Felt tip markers
- String
- Magazines (optional)
- Single hole punch
- Masking tape
- Stop watch/timer
- Glue (optional)

Set Up:

With felt markers, write different foods on the index cards (ex: milk, rice cake, banana, bacon, etc). Cut out pictures glued on to index cards could be used for younger children. You can make just enough for the number of children playing or make extras for a variety. Punch a hole in each card and thread some string or yarn through each one to make a necklace.

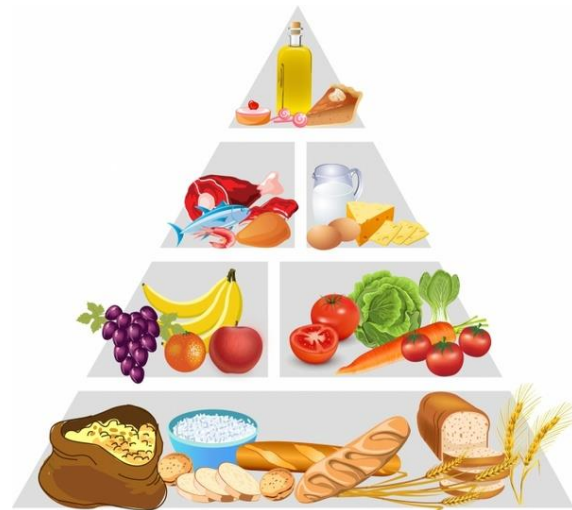
Choose an area and map out a food plate on the floor using the masking tape. If you don't have enough room on your floor for this, you can make signs to designate different parts of the room as different sections of the plate.

Playing:

Hand out food necklaces to each child. Once each child knows their food and is wearing their necklace, explain they must put themselves in the proper place on the food plate.

Count down, then start the timer. Once all the children are on the plate, stop the timer and check them.

If there are children in the wrong spot, tell them they need to correct themselves and restart the timer again. Once all the children are in the right order, tell them their time. Play again and see if they can beat their last time.



Inspiration from: <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>

