Food Group Movement

**AGE/GRADE LEVEL:** Youth, Grades 1-5; Teens; Adults and Older Adults

**FORMATION:** 5 groups, each in a separate area of the room

**EQUIPMENT:** Food group labels: 5 pieces of paper (color optional) labeled with the following: Grains (orange), Fruits (red), Vegetables (green), Dairy (blue), and Proteins (purple); alternatively 1 game spinner with the food group names or food group colors

**RULES/DIRECTIONS:**
1. Teacher labels 5 areas of the room with one of the food group labels and assigns one group of students to each area.

2. Teacher calls out the name of a food from a food group either randomly or by spinning the wheel. Teacher also calls out one movement (e.g., jumping, skipping, walking, hopping on one foot, or marching).

3. Participants who are in the named food group move to any other food group area, using the assigned movement. Example: Teacher calls out “broccoli” and “jumping” and participants in the vegetable (green) group jump to any other group.

4. Participants continue the movement in place until another food from their new food group is called. Example: Participants in the above example would continue jumping in place until their new group is called, at which point they would move to a different food group area using the new assigned movement.

5. Once a food from each group is called, all participants should be moving in place.

**VARIATION:** Works well with University of Minnesota Extension’s Go Wild with Fruits & Veggies! curriculum – http://z.umn.edu/gowild. Use paper in Go Wild colors with no labels. Teacher can call:

- The name of a fruit or vegetable.
- Name of a vitamin or phytochemical associated with a specific Go Wild color.
- A trivia question from the Go Wild curriculum.