Frozen Food Groups

AGE/GRADE LEVEL: Youth, Grades 1-6; Teens; Adults and Older Adults

FORMATION: Standing in place or in a large circle around the room

EQUIPMENT: None; questions based on lesson topic, prepared in advance

RULES/DIRECTIONS:
1. Begin by having participants move in place or around the room for 30 seconds; choose activities that suit the fitness level of participants:
   - Jumping
   - Twisting
   - Jogging
   - Jumping jacks
   - Hopping
   - Knee lifts
   - Playing air guitar
   - Walking
   - Do-si-do (square dancing)
   - Side stepping

2. Participants continue the activity until the teacher calls out the name of a food group; at this point the participants freeze.

3. Teacher calls on the first or last participant to freeze and asks a question (depending on age). Types of questions that could be asked:
   - Name a food in that food group; spell the name of the food.
   - Give one health or nutritional benefit of that food or food group.
   - Answer a provided question about that food or food group, such as:
     - What vegetable has the most vitamin C?
     - Which food products have the most calcium?
     - How big is a serving of the food?
     - How many servings of this food should we eat each day?
   - Develop questions based on content covered with the class.

4. Resume activity or begin a new activity when the participant gives the correct answer.

NUTRITION NOTE: Use with a food group, serving size, or food benefits lesson.