Unpack the Groceries

AGE/GRADE LEVEL: Youth, Grades 3-5; Teens; Adults and Older Adults

FORMATION: Standing

EQUIPMENT: Paper grocery bag; timer; food models, names or pictures of food for each food group

RULES/DIRECTIONS:
1. Teacher tells participants to fill grocery bag with items from different food groups. Tell them the bag should contain “anytime” foods (OK to eat any time) and “sometimes” foods (OK to eat only sometimes). Teacher also instructs participants to choose (and announce to the class) any movement or activity for each food and perform it as indicated below.

2. One participant at a time announces a movement or activity and pulls a food out of the bag; the class determines if it’s a sometimes or anytime food, and then performs repetitions of the chosen movement:
   - Sometimes food – 20-30 repetitions
   - Anytime food – 10 repetitions

3. Repeat with each participant; allow approximately 5 minutes per food group.

VARIATION: Teacher can pre-assign movements by food group; post for all to see.

NUTRITION NOTE: Accompany with a discussion of “sometimes” foods as more calorie dense, which requires more physical activity. Can be used to introduce the food groups in MyPlate.

"Energizers for Nutrition Education" was developed by Health and Nutrition staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the “Energizers Classroom-based Physical Activities” program developed by East Carolina University’s Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4591. For more information on Health and Nutrition, visit www.extension.umn.edu/family/health-and-nutrition.