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**Activity Procedures:**

1. The objective of this activity is to identify healthy and unhealthy foods.
2. I’m going to call out different foods. When you hear a Green Light Food, run in place as fast as you can and holler, “Yum, Yum, Yum!” When you hear a Red Light Food, get in plank position and holler, “Whoa, time to slow down!”

**Grade Level Progression:**

**K – 1st:** Say the food name and the light color to help students begin identifying foods correctly.

**2nd – 3rd:** Call out Green Light foods from the different My Plate food groups. Students respond with the name of the food group before running in place. Instead of Green/Red Light foods, call out foods that are beneficial before physical activity (Fresh Fruits, Veggies, Water). These beneficial foods will be Green Light Foods.

**4th – 5th:** Have individual students take turns calling out different foods to their classmates. Add a push-up after students holler, “Whoa…”



* **DOK 1:** What is an example of a Green Light Food? A Red Light Food?
* **DOK 2:** What are different ways that we can tell Green Light Foods and Red Light Foods apart?



* **Standard 3** **[E6.1]** Recognizes that food provides energy for physical activity (K); Differentiates between healthy and unhealthy foods (1); Recognizes the “good health balance” of nutrition and physical activity (2).

* **Fitness:** I will recognize foods that are healthy to eat and good for my body.

**Equipment:**

* None

**Set-Up:**

1. Students are scattered in personal space.

* Green Light Foods are good to eat almost any time (e.g., fresh fruits, veggies, & whole grains)
* Red Light Foods are “once in a while foods” that can be unhealthy if you eat too much too often.