FOOD GROUP TAG AND MOVE
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• Health Skills: I can discuss the importance of eating healthy and exercising.
• Nutrition Education: I can identify at least 1 food from each food group.
• Social & Emotional Learning: I can demonstrate activities that improve my physical and mental health.

What you need...
• 5 foam noodles (red, orange, green, blue, purple)
• 5 hoops (red, orange, green, blue, purple)
• Food Group Reentry Cards with exercises and a food from one of the 5 food groups
• Cones to create boundaries

How to set it up...
• Create boundaries with cones.
• Place hoops around the perimeter with a reentry card in each hoop with a food that matches the food group color.
• Scatter students in area. Choose 5 taggers – 1 for each food group.

This activity is Food Group Tag and Move.
• The object of the game is for taggers to tag students and send them to Food Group Reentry Stations. Let’s take just a minute to review the 5 food groups.
• On the start signal, the game of tag begins inside the playing area.
• Taggers have noodles that match the colors of the food 5 groups (red, blue, green, orange, purple). Taggers will attempt to tag other students from the shoulders down.
• Tagged students must go to the hula hoop reentry station that matches the color noodle that tagged them, and then perform the activity in the hoop before reentering the game.

Discussion Questions
• Name a food from each food group. Why is it important to eat healthy foods from each group?
• Why is it important to be physically active every day?
• How do exercise and healthy eating work together to keep our bodies and minds healthy?

Universal Design Suggestions
• Modify the size of the activity area and use brightly colored boundary markers.
• Create reentry cards that match the abilities and interests of your students.
Jump and Land 5X
Squat 5X
Balance on 1 Foot 5 Seconds
Jumping Jacks 5X