

CHASE THE RAINBOW

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- **Health Skills:** I will discuss GO or SLOW foods from each food group that my family likes to eat.
- **Nutrition Education:** I will be able to identify the 5 basic food groups.
- **Social & Emotional Learning:** I will demonstrate behaviors that create a safe learning environment for myself and my classmates.

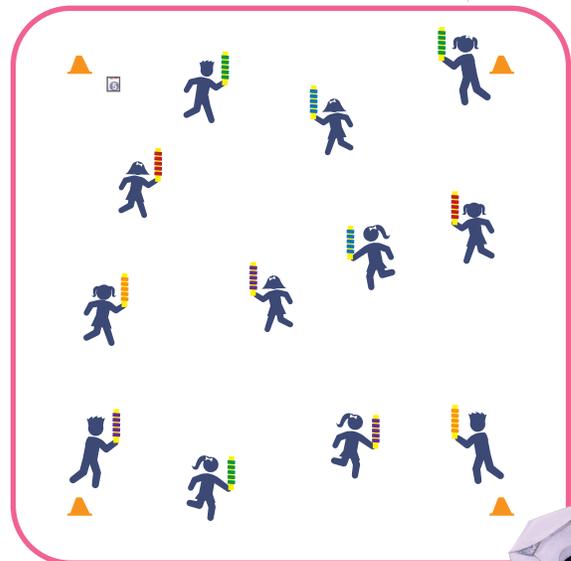
LEARNING TARGETS

What you need...

- Cones to mark boundaries
- Colorz Foam Dice (Dice with 6 color sides)
- 5 Wrist bands per student - each student with 1 color using 5 colors to match the 5 food groups (Red, Orange, Green, Blue, Purple).
- 1 Cut Foam Noodle per student for tagging

How to set it up...

- Create a large activity area using cones.
- Place 5 wrist bands on each noodle (all the same color). For example, a noodle will have all red wrist bands, or all orange, or all green, and so on.
- Scatter students in the area, each with a noodle.



This activity is Chase the Rainbow!

- The object of the game is to collect wristbands from each of the 5 food groups (red, orange, green, blue, and purple). You'll do that by tagging your classmates and collecting different colors.
- On the start signal, a class leader will roll the die and call out the color that the die lands on. For example, they might call out ORANGE!
- As soon as the color is called, students assigned that color would begin tagging their classmates. If tagged, give an armband to the person who tagged you. If you have more than one color when tagged, the tagger gets to choose.
- We'll play each round until someone collects all 5 colors.



HOW TO PLAY

Discussion Questions

- What are the 5 food groups?
- Can you name a GO food from each food group that you and your family like to eat?
- Can you name a SLOW food from each food group that you and your family like to eat?

Universal Design Suggestions

- Change the pace of each round by choosing new locomotor skills.
- Play in small grids with fewer students. Allow students to play with others of similar skill and competitive preferences.