



## TOM TURKEY'S SHOPPING LIST

### STUDENT TARGETS

- **Skill:** I will perform the exercises and movements safely during this activity.
- **Cognitive:** I will describe the specific roles that nutrition and physical activity play in overall health.
- **Fitness:** I will recognize that food provides energy for physical activities.
- **Social/Emotional:** I will use supportive and encouraging language with my classmates.

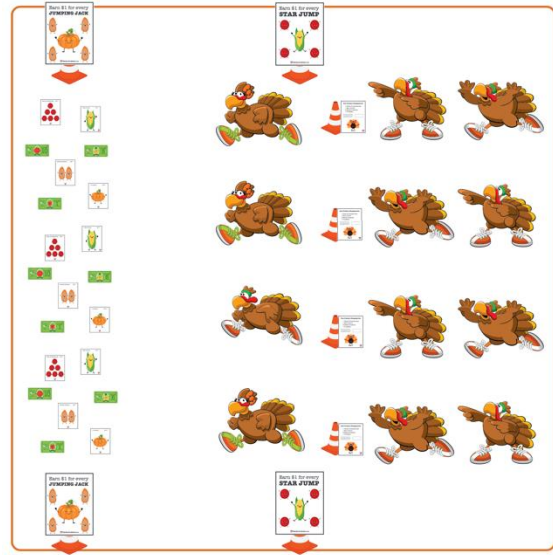
### EQUIPMENT & SET-UP

#### Equipment:

- 1 Cone per team (as home base)
- Food Cards, Funny Money, and other Printables created by *Nutrition From the Hart* found [here](#)

#### Set-Up:

- Print and cut out all activity materials from the link above.
- Create teams of 2-4 students, with each team beginning at a cone with Shopping List 1.
- Place Activity Earnings Posters in each corner of the activity space.
- Spread Funny Money & Food Cards with Prices across one end of the activity area.



### ACTIVITY PROCEDURES

1. This activity is called Tom Turkey's Shopping List! The object of this game is to be physically active in order to earn enough money to buy all of the items on your team's shopping lists.
2. On the start signal, move relay-race style (one at a time) to get Food Cards that match each item on your shopping list. After you've collected each item, calculate how much money your team needs to earn to buy all the items on the list. Then, move to an Activity Earnings Poster. Everyone on the team must perform the activity together to earn Funny Money. After doing the activity, move to the Money Pile to pick up the amount earned. Once you've earned enough money for all items on your shopping list, go back to your team's cone.
3. When you get there, everyone will begin marching in place. This will tell the teacher you are ready for your next shopping list – there are 4 shopping lists to complete. The teacher will check your work and then give you Tom Turkey's next Shopping List.

### DEBRIEF QUESTIONS

- **DOK 1:** What are some of your favorite fruits and vegetables to eat at Thanksgiving?
- **DOK 2:** Do those foods make you feel like you have enough energy to be physically active after you eat them?
- **DOK 3:** How would you compare and contrast the health benefits of the different foods you choose to eat?

### PRIORITY OUTCOMES

#### Nutrition:

- **Grades K-2:** Recognizes that food provides energy for physical activities.
- **Grades 3-5:** Describes the specific roles that nutrition and physical activity play in overall health.
- **Grades 6-8:** Compares and contrasts the health benefits of different food choices.