

Name of Activity: **Shop 'til you Drop**

Grade Level: 3-5

Formation: Partners

Equipment: Scrap piece of paper for every 2 students, 6 pieces of paper with the following information (* indicates healthy options and is for teacher use only, do not put * on paper posted around the room):

- **Bread/cereal/grains** - *whole wheat bread, white bread, *Cheerios, *spaghetti, *rice, cocoa puffs, *tortillas, *popcorn, cinnamon rolls, *bagels.
- **Meat/poultry** - *grilled fish, fried chicken, hot dogs, *meatloaf, *baked chicken, chicken fried steak, *lean hamburgers, sausage, bacon, *eggs.
- **Dairy** - *cheese, *skim milk, *yogurt, ice cream, whole milk, *cottage cheese, cream cheese, *frozen yogurt.
- **Fruit** - *apples, *bananas, *orange juice, *grapes, Fruitopia, Hi-C, Jungle Juice, *100% apple juice, *apple sauce, *dried apricots, *canned peaches in their own juice, canned pears in heavy syrup.
- **Vegetable** - *broccoli, iceberg lettuce, *spinach, *dark green lettuce, *corn, *squash, *carrots, *baked french fries, pickles, *refried beans, *collard greens, french fries.
- **Fats/oils/sweets** - twinkies, pop tarts, butter, candy bars, chips, cookies, brownies, cake, salad dressing, soda.

Rules/Directions:

1. Teacher labels 6 areas of the room with each food group listed above, including the food choices.
2. Students must pick 1 item at a time and move to the next food group, planning a healthy breakfast, lunch and dinner.
3. Have students travel from one area to the next using different movements (march, gallop, jump, skip, hop, etc.).
4. Partners circulate and plan a healthy breakfast, lunch and dinner from the options listed.
5. Partners write down their menu for each meal.
6. After sufficient time, have partners return to desks and discuss meals as a class.
7. Review food guide pyramid.
8. Make sure students move quickly from one area to another.

Variation:

1. Have children choose the most unhealthy meal they can.

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