Instructions:
1. One player will begin calling out foods or food groups and everybody else will do the movement for the food group.
2. Keep doing the movement until another food is called out.
3. Continue calling out foods and food groups until the game is over.

Tip: Change the movements to keep the game going!

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

Movements like jumps and squats help us build strong bones. What other movements do you do that help you build strong bones?

What is your favorite bone building activity?