

I'm a Food, You're a Food

Equipment

✓ **1 bean bag**

DIY Equipment:

Don't have the items needed to play? Make your own bean bag by filling an old sock with rice or beans and tying it shut!

Get Ready!

Write down the 5 food groups: dairy, vegetables, fruits, grains, proteins.

Instructions:

1. When the leader says "GO!" everyone starts marching in place.
2. Then the leader will call out one of the food groups (ex: dairy) and toss the bean bag to one of the players.
3. Try to name a healthy food from the food group called (ex: low-fat/nonfat milk)
4. Now everybody joins in! If you like the food called out, dance! If you don't like the food, keep marching.
5. Toss the bean bag back to the leader and continue calling out food groups until everybody has a chance.

TIP:

- If you have a hard time coming up with foods, write a list of examples down.

Family Talking Points:

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

Exercise like dancing and marching help make your muscles stronger. What exercise do you like to do that helps make your muscles stronger?

How do you feel after doing something that makes your muscles and heart work VERY hard?