



Food Group Fitness



Get Ready!

Write down food group-activity combinations, like those below:

- ✓ Fruit = Dance
- ✓ Vegetable = Skip
- ✓ Grain = March
- ✓ Protein – Squat
- ✓ Dairy = Jumping jacks



Make room inside or outside so that everyone has space to move.

Choose one player to be the activity leader.

Instructions:

1. The activity leader will begin calling out foods or food groups, then everybody will do the movement for that food group.
2. Keep doing the movement until another food or food group is called out, then switch movements.
3. Continue calling out foods and food groups until you can not think of any more!

TIP: Change the movements to keep the game going!

Family Talking Points:

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

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

2. What is your favorite bone building activity?