



# I'm a Food, You're a Food



## Equipment Needed:

- ✓ 1 bean bag

**TIP:** *Don't have the items needed to play? Use any small object that is safe to pass, such as a rolled-up pair of socks.*

## Get Ready!

**Choose** one player to lead the activity.

**Write** down the 5 food groups:

- Dairy
- Vegetables
- Fruits
- Grains
- Proteins

## Instructions:

1. The game will begin with the leader saying "Go!" Everyone will then start marching in place.
2. The leader will then call out one of the food groups and toss the bean bag to one of the players.
3. The player must try to name a healthy food from the food group (i.e., dairy = low-fat/non-fat 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 had a turn.

**TIP:** If you have a hard time thinking of foods, write down a list of examples.

## Family Talking Points:

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

1. Exercises like dancing and marching help make your muscles stronger. What exercise do you like to do that helps make your muscles stronger?
  
  
  
  
  
  
  
  
  
  
2. How do you feel after doing something that makes your muscles and heart work very hard?